

Clark County Parks & Recreation

Aquatics Program Handbook



Where Fun Happens

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Letter from Aquatics

Dear Participant:

On behalf of the Clark County Department of Parks and Recreation, we would like to welcome you to our programs. Studies show that children's play is essential to the human development process. We recognize that participation in this program contributes to your child's health and wellbeing. We are pleased that you have chosen Clark County Department of Parks and Recreation as your "partner in play."

Our Aquatic facilities will provide programming that ensures the safety, health and enjoyment of all patrons and participants. We will promote a sense of community trust and support by displaying a professional image to you our customers at all times.

Our staff will have a fun, safe and exciting time planned for your child. The information in this handbook will assist you in helping us to provide a positive and rewarding experience.

Please take a moment to read the information and review it with your child. Feel free to talk to the aquatic staff if you have any questions or concerns at any time during the program.

We look forward to a great time and a happy, healthy future. Thank you for your confidence and continued support. Remember, Clark County Parks and Recreation is "Where Fun Happens!"

Sincerely,

Clark County Aquatics



Drowning Prevention Information

Deaths and Injuries

- A swimming pool is 14 times more likely than a motor vehicle to be involved in the death of a child age 4 and under.
- Each year, approximately 1,150 children ages 14 and under are hospitalized due to near-drownings.
- Of children surviving near-drownings, 5-20% suffer severe and permanent disability.

Where Drownings Happen

- Approximately 50% of preschool aged drownings occur in residential swimming pools.
- Each year, more than 2,000 preschool aged near-drownings occur in residential pools.
- Each year, 350 drownings (for all ages) happen in bathtubs.
- Each year, approximately 40 children drown in five-gallon buckets.
- Nevada is one of the ten states in the US where drowning surpasses all other causes of death to children 14 & under.

How and When Drowning Happens

- Of all preschool aged children who drown, 70% are in the care of one or both parents at the time of drowning.
- Of all preschool aged children who drown, 75% are missing from sight for five minutes or less.

Parent Drowning Prevention Tips

- Never leave a child near a pool/spa, bathtub, toilet, water-filled bucket, pond or any standing body of water. There is no substitute for adult supervision, make sure an adult is constantly watching.
- Drownings and near-drownings occur in familiar surroundings during very short lapses in supervision, such as leaving to answer the phone or the doorbell.
- If you must leave the pool/bathtub area, take your child with you.
- Do not have older siblings watch younger children in the water. They are not trained or mature enough to be given such a responsibility.
- Do not rely solely on swimming lessons, life preservers, or any other equipment to make a child “water safe”. While these help to minimize risk, they are not foolproof.
- A fence or wall barrier should completely enclose your pool or spa.
- All gates or doors leading from the house to the pool area should have a self-closing and self-latching mechanism that protects against unauthorized entry and use.
- An alarm on windows and doors out to your pool is recommended, to notify you if someone goes out.
- Do not place objects near the pool or spa fence that could allow a child to climb over.
- Do not leave toys/objects out in the open that will attract your child to the pool area ...put them away and out of sight.
- NEVER swim alone. Always swim with a buddy.
- Learn to swim.
- Take a CPR/First Aid course.
- Keep a portable telephone by the pool/spa.
- Be prepared for an emergency. Have a plan.
- Look in the pool area first if a child is missing.
- **Constant Adult Supervision is Essential!**

Three Steps of Drowning Prevention



PATROL

Always designate an adult to actively watch children in the water to prevent drowning.



PROTECT

Installing four-sided pool fencing, door alarms, locks and other safety measures provide defensive barriers between your child and the pool.



PREPARE

Create a plan ahead of time by enrolling your child in swimming lessons, taking adults CPR classes and ensuring every Water Watcher knows how to call 9-1-1 in case of an emergency.

General Clark County Information

Check-In

Attendance will be recorded each day of class/practice; be sure to check-in at the front counter upon entering the facility. An area of the pool will be assigned to each group of participants. Swimmers may wait on the deck for instructors/coaches in this area. However, please make sure your child does NOT enter the water until the instructor/coach begins class/practice.

Communication

On the first day of class/practice the pool manager will introduce instructors/coaches and give useful information for making your experience in Clark County programs successful. If you have a comment, concern or problem, please go to the instructor/coach at the end of class/practice. Please do not disrupt the class/practice unless it is an emergency. If the situation is not resolved, please contact the pool manager or assistant manager on duty. If further assistance is needed after addressing it with both the instructor/coach and pool manager, please call the Desert Breeze Zone - 455-7798, option 2 or Hollywood Zone - 455-8508.

Dress

Each participant will need a bathing suit, towels and sunscreen. Optional items may consist of swim cap, goggles, earplugs, etc. (Please note that during swim lessons some underwater skills require students perform them without the use of goggles.). Some extra equipment is needed for each of our different programs; please see the class description for those items. If your child is prone to ear infections or other medical conditions, you may want to consult your child's doctor before continuing. No flotation devices, please. If your child has long hair, please have it pulled back from his/her face. Be sure to put sunscreen on your child prior to class/practice and have them ready to begin on time.

Pool Closures

Clark County Parks and Recreation cannot be held responsible for cancelled classes/practices due to inclement weather or pool malfunction; refunds and make-up classes/practices will NOT be given. Each level of

swimming lessons has safety activities which participants are required to perform. These activities can be done out of the water. Therefore, swim lessons will only be cancelled for severe weather. Swim Team and Synchronized Swimming have dry land workouts and may hold practice during inclement weather. However, during severe weather practice will be cancelled. During severe weather, if you have not received a phone call 10 minutes prior to you leaving your house please call the pool to find out if programming is cancelled.

Inclusion Statement

Our agency will provide service in the most integrated setting appropriate to meet the needs of participants with a qualified disability. Clark County Parks and Recreation will make every effort to provide reasonable accommodation. Although policies and practices may be revised, the **Behavior Guidelines** are applicable to ensure everyone's safety and enjoyment. To assist us in making reasonable accommodations, we urge you to please call the Desert Breeze Zone - 455-7798, option 2 or Hollywood Zone - 455-8508 in an effort to help staff provide for his/her individual needs.

Staff

Our lifeguards, instructors and coaches have been selected from a field of qualified applicants. For the participants' safety and enjoyment, staff has received training in First Aid, CPR, positive discipline, safety procedures and program development. Staff also receives on-going training to further enhance the organization and delivery of our programs. Staff members have completed a background check to help ensure the safety of participants.

Our aquatic staff members have been trained as American Red Cross Water Safety Instructors and Lifeguards, receiving over 40 hours of training. Our staff members have also attended many in-services specific to the programs that they are teaching/coaching.

Clark County Swim Lessons

General Information

It is important for you to register your child for the appropriate level. Please look at the requirements for each level and select the level that is appropriate based on the skills your child has mastered. If you are not sure and would like your child to be evaluated please contact the pool manager. Pool staff can assess your child's skills and recommend the proper level. On the first day of class all swim participants will be evaluated on their skills to ensure they are placed in the appropriate swim level. Participants who are not in the appropriate level may only be moved up or down one level on a space available basis. Class ratios are 1:8 for Water Introduction; 1:6 for Water Independence; 1:6 for Stroke Introduction; 1:8 for Stroke Progression, 1:10 for Advanced Stroke Development; 1:10 for Intro to Aquatics Sports. Water Introduction and Water Independence are 30 minutes in duration and all other are 45 minutes in duration.

Be sure to put sunscreen on your child prior to class, and have him/her ready to begin class on time.

Remember, this is a learn-to-swim, water safety program. A certain amount of water safety activities will be incorporated into each level such as; appropriate operation of a Coast Guard Approved Personal Flotation Device, safety in and around the water, reaching assists, how to get help and basic CPR. If you have any further questions, please ask your child's swim instructor or the pool manager at the site where you are registered.

On the last day of each session, after water skills are completed, an open swim time may be conducted and all those in attendance are welcome to swim (proper swimwear is required). Your child will be given a participant progress card outlining skills they have completed successfully and skills that he/she needs to continue to practice. Children that have passed a level will receive a completion certificate on that day. If you do not receive either on the last day of class please contact the instructor or facility manager.

CLASS DESCRIPTIONS

Participants' skills will be tested on the first day of class for appropriate level placement. If registration placement is incorrect, **participants will be offered a refund.**

(Programs offered at most of the Pools)

Water Introduction **6 mo. – 3 yrs. old** **30 minute classes**

Required skills to enter class: ability to enter water and have fun.

Class set-up: Accompanied by a parent/guardian in shallow water. Adults & children participate in guided classes together. **Children MUST have an adult in the class with them.** 10 parent/child pairs per instructor.

Class goal: This class builds swimming readiness and by emphasizing fun in the water and introduction to basic water exploration skills and an introductory experience to group swimming lessons.

Skills taught: water entry & exit, blowing bubbles, freestyle arm movement, backstroke arm movement, underwater exploration, flutter kicking & floating positions.

****Children that require diapers must wear a swim diaper with a swimsuit on top.****

1. Water Independence **3 – 12 yrs. old** **30 minute classes**

Required skills to enter class: Children must be comfortable being in the water without a parent/guardian, must be able to listen & take direction in a group setting.

Class set-up: Independent in very shallow water. 6 participants per instructor.

Class goal: To help participants become more comfortable in the water and perform basic swim skills, floats, front and back glides, and entering water with submersion with minimal assistance.

Skills taught: retrieving a submerged object, independent forward motion using arm & leg motions, independent use of a kickboard, and floating on front and back for 5 seconds, jumping into water with submersion, and basic water safety skills.

2. Stroke Introduction **3 – 12 yrs. old** **45 minute classes**

Required skills to enter class: Participants must have the ability to demonstrate comfort with these skills with minimal support: jump into chest deep water and completely submerge head, 10ft from starting point: perform front float for 5 seconds roll over to back float for 5 seconds, swim front crawl to starting point.

Class set-up: Independent in shallow water eight participants per instructor. 6 participants per instructor.

Class goal: To teach participants unassisted front crawl and back crawl for 10-15 yds, independent entry into deep water with submersion, returning to wall and exiting pool using ladder or stairs.

Skills taught: Unassisted Front Crawl and back Crawl, deep water entries, basic water safety skills, introduction to rotary breathing and elementary back stroke.

3. Stroke Progression **3 – 12 yrs. old** **45 minute classes**

Required skills to enter class: Participants must be comfortable in deep water, must be able to jump into deep water, swim freestyle and back stroke unassisted.

Class set-up: Independent in deep water. 8 participants per instructor.

Class goal: To refine basic swimming strokes (freestyle & back stroke) and introduce more advanced strokes, such as elementary back stroke, and breast stroke, as well as survival floating and basic treading.

Skills taught: Refined rotary breathing, elementary backstroke, breast stroke, and treading water

4. Advanced Stroke Development 3 – 12 yrs. old 45 minute classes

Required skills to enter class: Participants must be able to jump into deep water and swim 15 yards front crawl with rotary breathing, turn around and swim back to the wall using Elementary Backstroke, and exit the water. Participants must also be able to tread water for 15 seconds without support.

Class set-up: Independent in deep water. 10 participants per instructor.

Class goal: To refine basic swimming strokes and introduce new swimming strokes.

Skills taught: Refinement of Breaststroke, Elementary Backstroke and Dolphin kick. New skills will include: sculling, eggbeater kick, backstroke open turns, sidestroke, butterfly, feet first surface dives, sitting, and kneeling dives.

Class Skill Cards

Water Introduction Skills

Does not meet	
	Enter water using ladder, steps or side
	Enter water by jumping in from the side
	Enter water and return to shallow water
	Exit water using ladder, steps or side
	Exit water from side using elbow, elbow, tummy, knee, knee
	Submerging mouth, nose, and eyes
	Blowing bubbles through mouth and nose
	Bobbing with head fully submerged
	Opening eyes under water and retrieving submerged objects (in shallow water)
	Kicking on front (supported/unsupported)
	Kicking on back (supported/unsupported)
	Front float (supported/unsupported)
	Roll from front float to back float
	Back float (supported/ unsupported)
	Roll from back float to front float
	Passing
	Assisted propelling
	Arm motion on front
	Arm motion on back
	Combined arm motion & kicks on front with bubbles
	Combined arm motion & kicks on back
	Alternating leg action on back, 2 body lengths
	Simultaneous leg action on back, 2 body lengths
	Alternating arm action on back, 2 body lengths

Safety Topics – Tommy Talks

Meets	Does not meet	
		Cueing

		Importance of active adult supervision
		Pool rules for small children
		Importance of CPR and Swim classes
		Pool Fences & PFDs
		Recognizing lifeguards & what lifeguards do

Exit Skills

Meets	Does not meet	
		Be able to separate from parent while taking part in group activities
		Be able to listen & take direction from an instructor in a group setting

Water Independence Skills

Meets	Does not meet	
		Jump into chest deep water from pool deck, submerge head
		Blow bubbles
		Retrieve sinkable toy
		Retrieve sinkable toy with facial submersion and blowing bubbles
		Front kick with support
		Front kick without support
		Front kick with arms blowing bubbles (freestyle) with support
		Kick on front with kickboard
		Kick on front with kickboard blowing bubbles
		Front kick with arms blowing bubbles (front crawl) without support
		Back kick with support
		Back kick without support
		Back kick with kickboard
		Back kick with back crawl arms with support
		Back kick with back crawl arms without support
		Front float with support
		Front float without support
		Back float with support
		Back float without support
		Rolling over back float to front float, front float to back float
		Deep Water Exploration w/ lifejacket
		Lifejacket familiarity

Safety Topics - Tommy Talks

Meets	Does not meet	

		Never swim without an adult watching
		Calling 911 – What is an emergency
		Pool Safety – Reaching Assist
		Lifeguard Safety
		Recognizing the Lifeguard

Exit Skills

Meets	Does not meet	
		Must display comfort with skills with minimal assistance
		Jump into chest deep water from pool deck, submerge head.
		Starting 10ft from wall or stairs: front float 5 seconds, roll over into back float 5 seconds, swim front crawl back to wall or stairs.

Stroke Introduction Skills

Meets	Does not meet	
		Flutter kick on front with kick board unassisted
		Flutter kick on back with kick board unassisted
		Combined front crawl arms and flutter kick
		Rotary breathing using kickboard and flutter kick unassisted
		Independent front crawl with rotary breathing
		Combined back crawl arms and flutter kick
		Independent back crawl unassisted
		Streamline on front
		Streamline on back
		Elementary backstroke kick
		Elementary backstroke arms
		Elementary backstroke: combined arms and legs
		Unassisted entry into deep water with lifejacket
		Jumping into deep water, swimming back to wall, exit pool using ladder or stairs.

Safety Topics – Tommy Talks

Meets	Does not meet	
		Never swim without an adult watching
		Calling 911 – What is an emergency
		Pool Safety – Reaching Assist
		Lifeguard Safety
		Dangers of different types of water environments

Exit Skills

Meets	Does not meet	
		10-15yds freestyle independently (rotary breathing NOT required).
		10-15yds backstroke independently
		Jump into deep water, swim back to wall, exit pool using ladder or stairs.

Stroke Progression Skills

Meets	Does not meet	
		Combined back stroke arms and flutter kick unassisted
		Demonstrate effective rotary breathing
		Combined back stroke arms and flutter kick unassisted
		Elementary backstroke kick
		Elementary backstroke arms
		Combined elementary backstroke arms and legs
		Independent complete elementary backstroke
		Freestyle streamline starts
		Back stroke streamline starts
		Survival Float
		Unassisted entry into deep water
		Breaststroke kick
		Breaststroke arms
		Combined Breaststroke arms and legs
		Independent complete breaststroke
		Treading with support in deep water
		Treading unassisted in deep water
		Scissor kick
		Freestyle open turn

Safety Topics - Tommy Talks

Meets	Does not meet	
		Reach and rescue
		Lifejacket safety
		Sun safety
		Lakes, Rivers, Flash Floods, Pools without gates, Puddles
		Calling 911
		Recognizing lifeguards & Importance of adult supervision

Exit Skills

Meets	Does not meet	
		Jump into water above head, swim 12 yards (about half pool length) freestyle independently
		Demonstrate effective Rotary Breathing
		Switch directions in the water, swim Back Crawl 12 yards back to the wall, and exit the pool without assistance
		Tread water for 10-15 seconds with head above water Independently

Advanced Stroke Development Skills

Meets	Does not meet	
		Eggbeater
		Tread water by combining eggbeater and sculling
		Freestyle with rotary breathing
		Sidestroke Arms
		Sidestroke
		Feet-first surface dive
		Backstroke open turn
		Dolphin kick (butterfly kick)
		Butterfly arms
		Butterfly
		Sitting dive
		Kneeling dive

Safety Topics – Tommy Talks

Meets	Does not meet	
		Lifejackets-when & how to wear them & why
		Never swim alone
		Recognizing Emergencies
		Check your surroundings before entering the water

Exit Skills

Meets	Does not meet	
		25 yards elementary backstroke
		25 yards of breaststroke
		25 yards of Freestyle
		25 yards of backstroke
		5 body lengths of butterfly
		Tread water for 1 minute

Introduction to Aquatic Sports Skills


Meets	Does not meet	
		Swim Team
		Circle Swimming/Using a pace clock
		Freestyle
		Freestyle flip turn
		Freestyle open turn
		Backstroke
		Backstroke flip turn
		Backstroke start
		Elementary backstroke
		Breaststroke
		Breaststroke open turn
		Butterfly 25 yards
		Sidestroke
		Individual medley
		Racing starts

Meets	Does not meet	
		Synchronized Swimming
		Sculling in a back layout
		Oyster
		Tub

Meets	Does not meet	
		Water Polo
		Eggbeater
		Modified freestyle
		Shooting
		Passing

Meets	Does not meet	
		Jr. Guard
		Drowning process
		Scanning
		Reaching Assist
		Entries and approaches
		Head first/feet first surface dive
		Walking assist

		Beach drag
		Active rear rescue
		Hip and shoulder support
		Head Splint
		Using gloves/basic first aid

Sign up for				Entrance Skill	
Water Intro 30 mins.	Water Independence 30 mins.	Stroke Intro 45 mins.	Stroke Progression 45 mins.	Advanced Stroke Development 45 mins.	 <p>Willingness to have fun and be safe in the water</p>
					Able to get into water with a parent or guardian
Able to separate from parent/guardian while taking part in group activities					
Able to listen & take direction from an instructor in a group setting					
Jump into water from deck, completely submerge head					
Perform front float for 5 seconds, roll over to a back float for 5 seconds and swim back to start on front with minimal assistance					
10-15 yds. Backstroke unassisted					
10-15 yds. Freestyle unassisted					
Jump into DEEP Water, swim back to wall, exit pool using ladder or stairs unassisted					
Jump into water, fully submerge and swim 12 yds. front crawl with rotary breathing, turn around, swim backstroke back to the wall, exit pool using ladder or stairs unassisted					
Tread with head above water for 15 seconds					

Adult/ Teen Swim Lessons

This class is designed for adults with little or no previous water experience. If you have any physical limitations or special needs, please let the instructor know on the first day of class. The first day of lessons will include an orientation period where you and your instructor can discuss your skill level and goals for the class.

Please arrive early to class and be prepared to be in the water every day. You'll need a bathing suit, towel and sunscreen. Optional items include swim cap, goggles, earplugs and related swimming equipment.

Instructors will work closely with each participant to overcome any fear of the water, and then to work on basic skills such as floating, swimming under water, crawl stroke, backstroke and breaststroke. The goal of this class is to teach adults to comfortably enjoy a water environment.

Water Exercise

General Information

These classes are designed for adults who want to improve their health through water exercise. If you have any physical or health limitations, please let the instructor know on the first day of class. The first day of class will include a short orientation period where you and your instructor can discuss any personal goals or special needs for the class.

Please arrive early to class and be prepared to be in the water every day. You'll need to bring a bathing suit, towel, water bottle and sunscreen. Aqua shoes are recommended for safety and to provide traction to increase workout effectiveness. Optional items include a swim cap, sunglasses and a hat.

Instructors will work closely with each participant to educate them on the different types and methods of water exercise, the health benefits of water exercise and will discuss overall ways to improve health.

Synchronized Swimming

General Information

Synchronized Swimming practice is held one hour per day, 2 days per week for six weeks during the summer, fall and winter/spring. Please try to attend all practices. Each participant will need a bathing suit, a swim cap, goggles, and a nose plug.

The recreational synchronized swimming program is designed for children to learn stroke patterns, figures and routines. Please discuss any concerns or questions with your child's synchro coach first, and then the pool manager and then if not resolved the call the Aquatic Springs Aquatics Facility Office at 455-1708.

Synchro Meets

We recommend that you bring water, a towel, and goggles to all of the meets. Food is prohibited inside the facility and water/sports drinks are the only beverages allowed during the meets.

Recreational Swim Team

General Information

Swim team practice is held for one hour each day, 2 days per week for eight weeks during the summer, fall and winter/spring. Each participant will need a bathing suit, towel, sunscreen and optional items such as swim cap, goggles and earplugs.

The recreational swim team is designed as a program that gives participants the opportunity to practice the four major competitive swim strokes: Butterfly, Backstroke, Breaststroke and Freestyle while competing on a recreational level against participants of similar skills/age levels. Please discuss any concerns or questions with your child's swim coach first, then the pool manager and then if not resolved call the Desert Breeze Zone - 455-7798.

Swim Meets

We recommend that you bring water, a towel, and goggles to all of the meets. Food is prohibited inside the facility and water/sports drinks are the only beverages allowed during the meets.

Jr. Guard

This is an eight week summer program. An additional week will be added for testing of those that are age eligible (15 years or older) and wish to test to receive their lifeguarding certification. Lifeguard certifications are available for a \$35 certification fee for all those who meet the minimum age of 15 and pass all necessary skills and written tests.

Junior Lifeguard program is for participants ages 11-18 and is designed to provide teens with all the training given to lifeguards. Students will learn lifeguarding, safety skills, employment information, First Aid/CPR, accident prevention and response, health and fitness, leadership, attitude/professionalism, and interviewing skills. Pre-requisites for the program include 100-yard continuous front crawl swim, two-minute continuous tread and 10-yard underwater swim.

All students may receive their First Aid/CPR certification and those that are eligible can receive their Lifeguarding Certification.

Pool Rules

Pool rules are designed for the safety of everyone. Clark County Department of Parks and Recreation reserves the right to amend these rules for the safety of its participants, and to refuse service to any participant who violates any of these rules or direction from Aquatics Staff. All persons entering pool complex are required to pay the admission fee.

- All patrons must shower before using pool.
- For your safety and the safety of others Clark County Aquatics and the Health District require (per NAC 444.280), only swim suit clothing that is manufactured for swimming to be worn in County pools. **This policy is designed to help maintain a sanitary environment as well as to minimize specific drowning-hazards.**
- All coaching/teaching sessions not conducted by County staff may occur only in pool space rented by the coach/team and all rentals must be authorized prior to the day of use.
- Swimming without a lifeguard present is prohibited. No lifeguard on duty after specified hours.
- Diving from the pool deck is prohibited.
- Children under 8 years old must be accompanied by an adult 18 years of age or older who must be in the water within arms reach of the child at all times. If the child can pass a water competency test*, and the parent/guardian signs a waiver of liability, then the parent may watch the child from the deck (but must stay in the facility).
- No Running at any time.
- Horseplay (shoving, dunking, sitting on shoulders, etc.) is not permitted in pool or on deck.
- Breath holding activities are not permitted
- Flotation devices must be Coast Guard approved.
- **Patrons who wear diapers must use swim diapers/plastic pants with elastic legs and waist in addition to wearing a swim suit.**

- **Cellular phone, camera phone, camera, and video camera use is strictly prohibited in all locker, shower, and changing room areas. The Pool Manager must approve video recording and photography of any kind within the pool area.**
- Clark County encourages a family friendly environment at our facilities. Inappropriate language, verbal abuse and individuals under the influence of drugs or alcohol are prohibited from our facilities.
- Smoking, gum chewing, sunflower seeds, and spitting are not permitted.
- Hanging on ropes or lane lines is not permitted.
- Hanging and swinging on hand rails is not permitted.
- Persons with open sores, cuts, or rashes are not permitted in pool complex; bandages are prohibited in pool.
- Safety equipment is for aquatic staff use only.
- Food and drinks in designated areas only. Alcohol and glass containers are not permitted.
- Clark County is not responsible for lost or stolen articles. Please do not bring valuables to the pool.
- Clark County is required to close the pool in cases of inclement weather and/or after pool contamination incidents, pursuant to Heath District regulations.
- Please be advised that Clark County may observe a 15 minute safety break during every 1.5 hours of operation in order to check equipment and account for all patrons present.

Slide Rules

- Patrons wishing to ride must be 48” tall.
- Begin descent only when signaled by guard.
- Patrons should be seated or laying on their back, feet first. Do not run, dive, stand, kneel, rotate, or stop in the slide, or while exiting the slide.
- Keep hands inside slide at all times.
- Catch pool should only be used for exiting the water slide. Exit catch pool immediately.
- Only one rider at a time.
- Use of the slide while under the influence of alcohol or drugs is not permitted.
- Maximum operational load: 1person, 300 lbs.
- Patrons must shower before using the pool.
- No pushing, shoving, or saving places in line.
- Horseplay is not permitted.
- No food, or glass bottles is allowed in the pool or on top of the slide.
- The use of any clothing on the slide other than appropriate swim wear is not allowed. Swimming suits need to be free of zipper, rivets, or any materials that could scratch the slide, also wearing any comb, bracelet, watch, or other jewelry is prohibited.
- CAUTION: For safety reasons pregnant women and persons with heart conditions or back trouble should not ride the slide.

Diving Board Rules

Diving board rules are designed for the safety of all participants. Diving boards are not always open.

- As a safety precaution, before diving, divers need a signed waiver and must pass a diving test along with a water competency test.*
- Only one (1) bounce on diving boards is permitted.
- Only one (1) person on diving board and ladder at a time.

Diving Board Rules continued

- Following a dive, swimmer must immediately swim directly to the closest ladder at the side of pool to exit.
- The following are prohibited on diving board:
 - Running on diving board.
 - Diving from side, please dive straight off the diving board.
 - Jumping off diving board before other divers have exited the diving well.
 - Back dives, back flips, gainers and other specialty dives are prohibited.

Lap Pool Rules

- Only lap swimmers allowed in the lap lanes.
- Kickboards, fins and pull buoys are for lap swimming only. Children may use equipment ONLY if they are swimming laps and using the equipment properly.
- Go under the lane lines—not over. Please do not sit on or hang on lane lines.
- Diving blocks can only be used under the direct supervision of a certified coach or instructor.

Failure to obey all posted rules and regulations, or failure to obey warnings by lifeguards or other pool staff is grounds for removal from the swimming pool for a period of time, if not permanently (depending on infraction). Rules are posted for patron safety, and every effort is made to maintain a safe and healthy swim environment for all patrons.

*Water Competency Test

Test consists of child jumping into water over his/her head, fully submerging and swimming approximately 12 yards, turning around and traveling back to point of entry without touching the wall or assistance from others.

*** Management reserves all rights regarding passing/ failing water competency test.**

If there is an emergency, please call 911. For non-emergency, please call 311.

