

The following rules and regulations for the Maryland-National Capital Park and Planning Commission (M-NCPPC), Prince George's County Department of Parks and Recreation have been established for the benefit and protection of all aquatic facility users to ensure the safe operation of the swimming pools and to provide enjoyable recreation for all. Patrons are requested to cooperate in observing these rules and to obey the instructions of the Aquatics staff. Patrons violating swimming pool rules are subject to the revocation of their swimming privileges.

Failure to abide by these rules and regulations may result in injury to yourself or others. Management and pool personnel reserve the right to address any behavior which is considered a safety risk, unsanitary, or a disturbance to others.

The Aquatic Managers or their designated staff are responsible for the operation of the pools. Their instruction must be followed at all times. Individuals who violate the rules may be asked to leave without a refund/re-entry pass and Aquatic Managers may contact Park Police as needed.

**Accommodations for individuals with disabilities, including water wheelchairs, pool lifts and personal flotation devices are available upon request. Please speak with a manager on duty. Pool lifts have a weight capacity of 350 pounds.**

## **AQUATIC FACILITY ABBREVIATION CODES**

**ASTFP** – Allentown Splash, Tennis, and Fitness Park (Indoor and Outdoor Complex) 301-449-5567  
7210 Allentown Road, Fort Washington, MD 20744

**ELSP** – Ellen E. Linson Splash Park (Outdoor Complex) 301-277-3717  
5211 Campus Drive, College Park, MD 20740

**FSAC** – Fairland Sports and Aquatics Complex (Indoor Complex) 301-362-6060  
13820 Old Gunpowder Road, Laurel, MD 20707

**GDSP** – Glenn Dale Splash Park (Outdoor Complex) Pre-season 301-772-5515, Summer 301-352-8980  
11901 Glenn Dale Boulevard, Glenn Dale, MD 20769

**HSP** – Hamilton Splash Park (Outdoor Complex) Pre-season 301-853-9115, Summer 301-779-8224  
3901 Hamilton Street, Hyattsville, MD 20781

**JFBMP** – J. Franklyn Bourne Memorial Pool (Outdoor Complex) Pre-season 301-583-2572, Summer 301-350-4422  
6500 Calmos Street, Seat Pleasant, MD 20782

**LMSP** – Lane Manor Splash Park (Outdoor Complex) Pre-season 301-853-9115, Summer 301-422-7284  
7601 West Park Drive, Hyattsville, MD 20783

**NBSP** – North Barnaby Splash Park (Outdoor Complex) Pre-season 301-749-4180, Summer 301-894-1150  
5000 Wheeler Road, Oxon Hill, MD 20745

**PGSLC** – Prince George's Sports & Learning Complex (Indoor Complex) 301-583-2572  
8001 Sheriff Road, Landover, MD 20785

**RCSP** – Rollingcrest-Chillum Splash Pool (Indoor Complex) 301-853-9115  
6122 Sargent Road, Chillum, MD 20782

**SAARC** – Southern Area Aquatics Recreation Complex (Indoor Complex) 301-782-1442  
13061 Missouri Avenue, Brandywine, MD 20613

**SRAWC** – Southern Regional Aquatic Wellness Center (Indoor Complex) 301-749-4180  
7011 Bock Road, Fort Washington, MD 20744

**TBMAC** – Theresa Banks Memorial Aquatics Center (Indoor Complex) 301-772-5515  
8615 McLain Avenue, Glenarden, MD 20706

## GENERAL RULES AND ADMISSION POLICIES

1. Admittance into the facility may be refused when the capacity of the pool has been reached or when otherwise deemed necessary for the health, welfare, or safety of patrons.
2. M-NCPPC assumes no liability for injuries or damage arising from the results of participation. Due to the strenuous nature of some activities, patrons are advised to consult his/her physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant assumes.
3. No one will be allowed in the swimming area unless the pool is officially open, and a lifeguard is on duty. Pool schedules are posted and available upon request. The Aquatic Managers reserve the right to alter any schedule when deemed necessary. Entry to the pool premises when it is not open for public use is punishable by fines or imprisonment or both.
4. Patrons are expected to exit the pool facility, including locker rooms, within 15 minutes of the posted pool closing time.
5. Admission fees must be paid for all people ages 3 years old and older upon entry to the pool facility (even if swimming is not planned). Children ages 2 and younger are free of charge. No cash or credit refunds are given. Proof of residency and identification are required.
6. Patrons must attend the specific program at the location for which they have registered and paid. Patrons will not be admitted to participate in courses without proper registration.
7. Patrons who leave the pool facility must pay to re-enter.
8. Following unscheduled pool closures (due to fecal contamination, inclement weather, mechanical problems), re-entry passes will be issued to patrons providing receipts of paid entry to the pool within the last hour. Please see the cashier for more detailed information. Refunds will not be issued.
9. During periods of cool weather, outdoor pools will not open when the air temperature is below 70°F. During storms, outdoor pools will be closed, and the entire area cleared of patrons depending on the severity of the weather. Because cover is limited, patrons are encouraged to go home. Others must remain within the shelter of the locker rooms or their car.
10. Customers with an active membership or pass should scan their ParksDirect ID card in lieu of paying daily admission fees. Pool staff reserves the right to ask to see the ParksDirect ID card at any time. Lost or stolen cards must be reported as soon as possible. Replacement cards cost \$6 per card.
11. Groups of 10 or more people MUST contact the facility in advance to make a reservation. Groups without a reservation are at risk of being turned away.
12. Single groups shall not monopolize a particular area of the pool and thereby limit its use or intimidate other patrons. Lawn furniture is first-come, first-served.
13. Only M-NCPPC scheduled activities are permitted. No activity for private gain is allowed at any time. This includes teaching swim lessons, coaching and/or any other activity without expressed approval by M-NCPPC. Please be advised that management will question any activity that may resemble private instruction. For further clarity, some offenses may include, but are not limited to the following:
  - a. Providing detailed instructions to other patrons when you are swimming and/or working out.
  - b. Soliciting or receiving payment from other patrons for activities or services performed at the aquatic facility.
  - c. Swimming and/or working out with patrons who have apparent differences in skill level, goals, and strength while providing instruction.
14. The Aquatic Managers and their designated staff have the authority to enforce all pool rules. Patrons are requested to cooperate in observing facility specific rules and policies that may not be outlined in this document. Patrons who violate the rules may be asked to leave without a refund.
15. M-NCPPC is not responsible for lost, stolen or damaged individual property within the pool facility. Valuables may not be left with pool staff.

## BEHAVIOR POLICIES

1. Socializing with or distracting pool staff, including lifeguards, is prohibited.
2. Loitering will not be permitted outside the pool facility or in the surrounding area of the facility. Aquatic Managers have the right to contact Park Police for violation of this policy.
3. No person within the pool facility shall behave in such a manner as to jeopardize the safety and health of himself/herself or others. Such behavior includes, but is not limited to running, boisterous or rough play, pushing, acrobatics, dunking, wrestling, sitting on shoulders, "chicken fighting", splashing, use of abusive language, profanity, diving or jumping haphazardly, snapping of towels, and improper conduct causing undue disturbances in or about the pool area. Patrons behaving in this manner will be asked to leave the facility without a refund.
4. Spitting, spouting, or swallowing of water, blowing nose, urinating, or defecating in the pool is prohibited.

## ATTIRE POLICIES

1. All pool users must wear appropriate swimming attire for a shared and public environment. Thong and/or revealing bathing suits are prohibited.
2. Anyone not toilet-trained or incontinent entering the pool must wear a clean swim diaper which must fit snugly around the legs and waist and under the swimsuit. Standard diapers are not permitted.
3. Caregivers should check diapers often. If the diaper becomes soiled, the person must leave the pool immediately and may not return until he/she has taken or been given a soapy shower and has put on a clean swim diaper.
4. Diaper changing is not permitted poolside. Please use the changing tables provided in the locker rooms.

## AGE & SUPERVISION POLICIES

1. Children, under the age of 12 years old, who are comfortable in chest-deep water must be accompanied and supervised at poolside by a responsible, paying adult 18 years old or older.
2. All non-swimmers under the age of 12 years old must be directly supervised at all times by and within arm's reach of a responsible adult 18 years old or older.
3. Non-swimmers must remain in shallow water (chest-deep or less) unless held by a responsible adult in a depth where they can comfortably stand.
4. Use of the Wading/Children's Pool is restricted to children 48 inches in height or less. Poolside supervision is acceptable at Wading/Children's pools. Children must not be left unattended.
5. Children 5 years of age and older must use restrooms that are specific to their gender and be accompanied by a responsible adult. Family changing rooms may be available. See a manager for assistance.
6. Youth, ages 12-17 years old, must have a Parks Direct ID card and parental consent to be at the facility unattended. Permission to be at the facility unattended must be noted on their Parks Direct account by parent/guardian.
7. The adult-to-child supervision ratio is expected to be a minimum of 1:2 for children 5 years old and younger, and 1:10 for all other ages. Children must be supervised throughout the facility including locker rooms, grass areas, as well as pool and deck areas.
8. A swim test is required to swim in deep water and to use deep water features (slides, climbing walls, etc.) for patrons under the age of 18. See Swim Test Policy for details.

## FACILITY RULES

1. Any acts which would endanger any patron or staff are prohibited.
2. Any injury occurring in the pool area must be reported to pool staff immediately.
3. Competitive and/or repetitive breath holding and prolonged underwater swimming for distance is not permitted. No prolonged underwater swimming or breath holding.
4. All patrons must take a cleansing shower before entering the deck area and swimming pool. Patrons should shower before each entrance into the water.
5. For your safety, any bodily excretions are treated following the Centers for Disease Control (CDC) guidelines. When there is vomit or feces in the pool, the staff will close the pool, clean the excretion, and treat the pool with chemicals. This procedure takes approximately 30-45 minutes. If there is loose stool/diarrhea in the pool, the pool will be closed for the required amount of time to deactivate potential pathogens and return the chemical levels back to code-required ranges for swimming. This can be as long as 24 hours.
6. Patrons having or suspected of having any of the following shall not be allowed to enter the pool water:
  - a. Exposed sub-epidermal tissue
  - b. Cuts, open sores, blisters
  - c. Open or bandaged wound
  - d. Known or recognizable contagious or communicable disease
  - e. Fever, cough, cold, inflammation of the eyes, nasal, or ear discharge
  - f. Recent diarrhea
7. Gum chewing is not permitted anywhere in the pool and facility.
8. Wearing eyeglasses in the pool is discouraged unless absolutely necessary. Non-breakable lenses and frames are recommended
9. Pets are not allowed within the pool complex. Service animals are permitted.
10. Facility management reserves the right to prohibit patrons from bringing outside food into the facility.
11. Food or drinks may only be consumed in designated areas. Food and drinks are not permitted on the pool decks. Glass items/containers are not allowed anywhere in the pool facility. All trash must be deposited in designated receptacles.
12. All coolers will be checked and approved by the pool staff at time of admission. Grills and gas/electric cooking devices may not be brought into the pool facility. Glass containers, knives, alcoholic beverages, and drugs are not permitted.
13. Consumption of alcohol, smoking/vaping, and/or the use of tobacco products is prohibited on M-NCPPC property. Any persons suspected of being under the influence of drugs or alcohol will not be permitted to enter the pool facility or surrounding area.
14. Patrons may not bring in their own tents or other shade structures.
15. Pool/lawn chairs are not permitted within 6 feet of the edge of the pool.
16. Use of sound producing devices are prohibited unless accompanied by ear buds, headphones, or like accessories.
17. The office telephone and public address system may only be used by pool staff for official pool business to deliver messages of an emergency nature or to communicate facility information to pool patrons.
18. The pool may be cleared, at the discretion of the pool staff, of all patrons under the age of 18 for a fifteen-minute Safety Break (rest period and bathroom visit for young children). Adults with infants 2 years old and under are permitted to remain in designated pool(s) during the Safety Breaks.
19. Employees are the only people allowed in the cashier booth, lifeguard office, filter room, mechanical room, storage rooms, and offices.
20. Patrons are not permitted to leave locks on lockers overnight, leave the facility while their belongings are in a locker, or take locker keys home. Lockers will be opened when the facility closes, and locker contents will be placed into Lost and Found. Lost and Found items are disposed of on a weekly basis.
21. Locker rooms close 15 minutes after the swim session concludes.
22. For the safety of our patrons, the use of cameras, video cameras, cell phones, or any device containing camera equipment of any kind is prohibited in all locker rooms, bathrooms, changing facilities, natatoriums, and outdoor pools. Please see a pool manager for assistance.

## **LIFEJACKETS/EQUIPMENT/TOYS**

1. A properly fitting U.S. Coast Guard approved and labeled personal flotation device (PFD) may be worn, provided each non-swimmer is accompanied by an adult in the pool, within arm's reach. The adult must remain in water in which they can stand flat on the pool bottom. Patrons wearing lifejackets are not permitted in deep water or on deep water play features (water deeper than 5ft).
2. Non-U.S. Coast Guard approved personal flotation devices, inflatable toys, back floats, rafts, water wings, inner tube/ring (including those built into bathing suits) and similar objects are not permitted in the pool.
3. Mermaid tales, monofins, or any device that prohibits the independent motion of the feet or legs is prohibited.
4. The use of masks accompanied by snorkels by adults 18 years old and older are only permitted in the lap lanes. Patron under the age of 18 and those without the appropriate snorkel are not permitted to wear masks covering the nose.
5. Specialized equipment such as kickboards, fins, or paddles are only permitted in the lap lanes.
6. Specialized water fitness equipment such as belts and dumbbells are only permitted in designated areas.
7. Use of facility owned fitness equipment such as flotation belts, noodles, barbells, water weights, bikes, and poles are for use during designated programs/times only.

## **LAP SWIMMING RULES**

1. Patrons under 12 years old who show evidence of being serious lap swimmers may be granted permission by the Aquatic Manager to swim laps in the lap lanes after successful completion of the Swim Test and must be supervised poolside by a responsible, paying adult.
2. Patrons 12-17 years old who show evidence of being serious lap swimmers may be granted permission by the Aquatic Manager to swim laps in the lap lanes after successful completion of the Swim Test.
3. Lap lane space is limited and will require patrons to share lanes by circle swimming. Patrons not actively swimming laps must relocate to other areas of the pool.
4. Several people of similar speeds can effectively share each lane by "circle swimming". Swim counterclockwise near the lane lines and pass in the middle when more than two swimmers are in the lane. Consult the pool staff for assistance.
5. Lane dividers are not weight bearing; refrain from using them as support.
6. Stop only at the turning walls. Move to the side to allow others to turn and continue.
7. The use of the competitive diving/starting blocks is prohibited, except during M-NCPPC approved rentals, activities, and/or programs when the participating swimmers are directly supervised by swim coaches or instructional staff.

## **SWIM TEST**

1. A Swim Test is required to swim in deep water (higher than chest-deep), to use deep water features (slides, crossing features, climbing walls), and swim in lap lanes for patrons under 18 years old.
2. A Swim Test will be conducted in a minimum of 5 feet. For pools that are less than 5 feet, patrons will take the test in the deepest portion of the pool.
3. Patrons may not wear any U.S. Coast Guard approved or other types of personal floating devices during the Swim Test.
4. Patrons who do not pass the Swim Test will be considered non-swimmers and will not be allowed in deep water (5ft or deeper) or use deep water features. Non-swimmers must stay in chest-deep water or less and non-swimmers under 12 years old need to be directly supervised by and within arm's

reach of a responsible adult 18 years old or older in appropriate swim attire.

5. The Swim Test consists of the following skills: (This test is based on the Water Competency Sequence developed by the American Red Cross Scientific Advisory Council)
  - a) Step or jump into the water, going completely under.

- b) Return to the surface and float or tread water for one minute with head remaining above the water.
- c) Turn around in a full circle and swim on their front a minimum of 25 yards without stopping to the exit.
- d) Exit the water by pulling themselves up and over the side of the pool without using steps or a ladder.

## **WADING/CHILDREN'S POOL**

1. Use of the Wading/Children's Pools are restricted to children 48 inches in height or less. Poolside supervision is acceptable at Wading/Children's pools. Children must not be left unattended.
2. Patrons should not sit or stand on or near a drain, and should not reach into the skimmers.
3. Slides in Wading/Children's Pools are designed to be used by the children permitted in these pools, not adults.
4. Only one rider is permitted to enter the water slides at a time. Children may not ride with or on the lap of parents or guardians.

5. Children should use the slides in a feet-first, seated manner.
6. Swimwear with exposed zippers, buckles, rivets, or metal ornaments are not permitted to be worn by patrons using the slide due to the possibility of slide damage.
7. Prohibited activity includes stopping on the slide, launching oneself, or creating "chains" with multiple riders.
8. The slide and associated landing area should be clear of the previous rider before the next rider begins.

## **SPA/HOT TUB RULES**

1. Spa use is for patrons 18 years old and older.
2. Patrons should limit Spa use to 15 minutes to avoid nausea, dizziness, and fainting. Patrons should enter and exit the spa slowly.
3. Patrons should not sit or stand on or near a spa drain, and should not reach into spa skimmers.
4. For safety, swim caps are not recommended to be worn while in the Spa.

5. Pregnant women and people with heart disease, diabetes, or high/low blood pressure should consult with a physician prior to use.
6. Patrons should not use the Spa while under the influence of alcohol, anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics, or tranquilizers.

## **WATER SLIDE RULES**

1. Patrons must be at least 48 inches tall to ride the large water slides. No exceptions. Children may not ride with or on the lap of parents or guardians.
2. The Swim Test is required for patrons under 18 years old to use deep water features such as slides.
3. Spitting, spouting, or urinating on or from the slide tower is prohibited and grounds for expulsion from the facility.

4. Goggles, masks, eyeglasses, contact lenses, prosthetic devices, floatation devices (including US Coast Guard approved) and jewelry should be removed before riding. Valuables may not be left with pool staff.
5. Swimwear with exposed zippers, buckles, rivets, or metal ornaments are not permitted to be worn by patrons using the slide due to the possibility of slide damage.

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>6. Only one rider is permitted to enter the water slides at a time. Patrons cannot sit on the lap of a rider. No running starts.</li> <li>7. Water slides are not recommended for pregnant women, persons with heart conditions, or back problems, people on some medications, those with a fear of heights or claustrophobia, or if you have physical limitations, impairments, or are under a doctor's care.</li> <li>8. The slide and associated landing area should be clear of the previous rider before the next rider begins.</li> </ol> | <ol style="list-style-type: none"> <li>9. Prohibited activity includes stopping on the slide, launching oneself, or creating "chains" with multiple riders.</li> <li>10. Riders must go down the slide feet first. Headfirst entry is not permitted. Riders should lie down on their back, cross their feet, and cross their arms over the chest. Do not attempt to slow down, stop, kneel, stand, run, dive, or rotate your body.</li> <li>11. Do not block the end of the slide and exit pool quickly.</li> <li>12. Patrons may not catch riders at the end of slides in deep water.</li> </ol> |
|--|---|

## **LILY PAD/LOG CROSSING FEATURES**

- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>1. Patrons must be at least 48 inches tall to use the lily pad or log crossing feature.</li> <li>2. Patrons must wait to be dispatched before beginning.</li> <li>3. No pushing, shoving, or trying to knock a patron off the feature.</li> </ol> | <ol style="list-style-type: none"> <li>4. If a patron falls off the lily pads or logs, they must exit the pool immediately.</li> <li>5. Swimming is not permitted in the lily pad/log crossing area</li> </ol> |
|--|--|

## **CLIMBING WALL FEATURES RULES**

- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>1. The Swim Test is required for patrons under 18 years old to use deep water features, such as climbing walls.</li> <li>2. Patrons must follow the instruction of pool staff before climbing.</li> <li>3. Patrons must begin from in the water.</li> </ol> | <ol style="list-style-type: none"> <li>4. Patrons must remove all jewelry.</li> <li>5. Only one patron per climbing panel at a time is permitted.</li> <li>6. Once patrons reach the top, they must jump off the wall feet first – NO DIVING! Swim away from the drop zone and exit the pool.</li> </ol> |
|--|--|

## **SHADE STRUCTURES**

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. General public areas are first-come, first-served, and are available at the discretion of facility management.</li> <li>2. No grilling or cooking of food is permitted.</li> <li>3. Birthday parties must be paid for and scheduled in advance with the facility.</li> </ol> | <ol style="list-style-type: none"> <li>4. Unscheduled parties/events/groups will not be permitted under Funbrellas, gazebos, patio, or other rental areas.</li> <li>5. Birthday party decorations such as streamers and balloons are prohibited at indoor pools.</li> </ol> |
|--|---|