



## ***Glenmore Pool and Country Club Inc.***

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### **GLENMORE RULES & REGULATIONS**

#### **GATE:**

- Passes (with photos) must be shown at the gate before entering the grounds. Our gate is manned by our leaders who work under rules set out by the Board of Directors.
- Members must be present at the gate to sign guests in and the appropriate guest fee paid for at the gate, before such guests will be permitted access to the grounds.
- Failure to abide by our rules could result in a member or guest being refused entry or if the situation is deemed serious by the Board of Directors, a member's pool membership being cancelled.

#### **POOL PHONE:**

- A phone for the use of members is located just outside the Lifeguard's office. Please limit the length of your calls – Thank you.

#### **LIFEGUARD OFFICE:**

- This office is a restricted area reserved for the use of our Aquatic staff. Members are not permitted access to this office without the consent of one of the lifeguards on duty.

#### **LE BARN**

- This is not a hang out. It will be used on rainy days and for special occasions only.

#### **RAINY DAYS:**

- Children will be supervised by the lifeguards in “ Le Barn “ if the rain is to be of a short duration
- If the rain persists, the pool will be closed and Parents are required to come to the pool and escort their children home.

#### **GLASS / ALCOHOL:**

- No glass is permitted on the pool grounds or the upper deck. This is for the safety of all members and their children.
- Except for certain social events when we will utilize the Curling Club's facilities, alcohol is not permitted on the pool grounds or on the upper deck.

#### **WASHROOMS:**

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- Children 6 years of age and under **MUST BE ACCOMPANIED BY AN ADULT**
- No food or beverages are permitted in these areas.
- Please keep these areas clean.
- **PLEASE REPORT ANY PROBLEMS TO ONE OF THE LIFEGUARDS**

### **BIG POOL:**

- Lifeguards must be obeyed, for safety reasons.
- An adult must accompany young non-swimmers in the water.
- No roughhousing, splashing, fighting, or pushing.
- No diving in the shallow end.
- No arm floats, bubble floats, etc., are permitted except at rubber ducky swim.
- No gum.

### **SLIDE**

- There will be restricted times when the slide will be open for use and these times will be specified by our aquatic staff.
- When the slide is in use, there is no swimming in the deep end of the pool.
- Only one ( 1 ) person is allowed on the slide at one time.
- The swimmers are only allowed to slide in a forward seated position.
- The swimmers must wait at the bottom of the stairs until the previous swimmer has left the deep end.
- The minimum required level for use of the slide is Aquaquest 6 . Only swimmers in Aquaquest 6 or above will be permitted to use the slide.
- **ANY ABUSE OF THE SLIDE RULES AND REGULATIONS BY A SWIMMER WILL RESULT IN THE LOSS OF THEIR SLIDE PRIVILEGES.**

### **T-SHIRTS**

- Plain white t-shirts WITH NO CREST may be worn while swimming if you have a bad sun burn, provided one of the lifeguards has given their approval
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### **FLOATIES**

- These can be used **ONLY DURING RUBBER DUCKY SWIM** with an adult accompanying the child in the water.

### **BABY POOL:**

- Open from 10.00 A.M. Until noon and from 2.00 P.M. Until closing, unless otherwise indicated.
- Lifeguards must be obeyed, for safety reasons.
- Only children 6 years and under - with a parent or guardian are permitted in the baby pool area
- **THE BABY POOL IS NOT A BABYSITTING AREA.**
- No dirt or sand is permitted in this area.
- No littering, running, or dangerous play.
- No gum.
- **GLENMORE LIFEGUARDS ARE NOT BABY-SITTERS**
- If, on occasion, you require a baby-sitter, some of our Leaders are willing to baby-sit at an hourly rate.

### **SHOWERS:**

- Children are not permitted to play games with the showers.
- Please shower before entering either of the pools in order to remove sand and suntan lotion.

### **SANDBOX & JUNGLE GYM : ( 9 YEARS & UNDER)**

- This is an UN supervised area and children playing here are the responsibility of their parents / guardians.
  - Please abide by the age restriction for this area.
  - Toys are to remain in the sandbox.
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- Throwing of sand, wrestling or playing games (i.e. baseball, football, Frisbee etc.) is not permitted in this area.

### **GAMES AND SPORTS EQUIPMENT:**

- In order to take out any equipment, it will be necessary to leave your pool pass with the lifeguards, until you return the equipment.
- We wish to remind members that the volleyball area is open to all, and that courtesy is the rule.
- Also, do not let your children pull on or hang from the volleyball net.
- **NO WATER GUNS ARE PERMITTED ANYWHERE ON THE POOL GROUNDS.**

### **GRASSY AREAS:**

- No littering – please make use of the many garbage containers on site.
- Please dispose of your cigarette butts in ashtrays, which can be obtained at the front gate.
- Please recycle all pop cans into the containers on the grounds.

**THANK YOU FOR YOUR UNDERSTANDING & ADHERENCE TO THESE RULES**

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