

1.10 Swimming Pools, Lagoon and Spa

1. When Lifeguards are not on duty, no one under the age of 14 may enter the pools or Lagoon unless accompanied by an adult at least 18 years of age and capable of competently swimming.
2. The lifeguard, at his/her discretion, will call a ten (10) minute rest period every hour. Minors under the age of 14 are not permitted in the water during this time.
3. All lifeguard instructions must be complied with at all times.
4. Lifeguard chairs are to be used by authorized Association staff only. No other people (s) or objects are permitted in lifeguard chairs or on stands at any time.
5. Individuals who are unable to swim the width of the pool and Lagoon must remain within arm's length distance of an adult swimmer at least 18 years of age.
6. Children under the age of 8 years must be accompanied by an adult at all times.
7. Any person who is not toilet trained must wear waterproof rubber pants with their diapers at all times in the water. Diaper changing tables are provided in the restroom facilities. All diapers must be disposed of properly.
8. Persons having skin lesions, sores, inflamed eyes, mouth, nose or ear discharges, or who are carriers of any communicable disease, shall not use the Pools or Lagoon.
9. Proper swimming attire is required.
10. Glass is prohibited and no food or drink is allowed in the water.
11. Any smoking devices on the pool decks, in the water, on the beach or in the Lagoon are prohibited.
12. No scuba gear or sharp objects are allowed in the water.
13. ONLY Coast Guard approved life vests, flotation devices, and other pool items are permitted in the pools and Lagoon provided an adult who can competently swim is within arm's reach at all times.
14. No fish, animals, etc., are permitted in the pool water.
15. Residents, or their guests, shall not enter the equipment areas at any time.
16. No pool furniture or Association property may be removed from the pool or Lagoon area nor placed in the pools or spa.
17. No running, pushing, shoving, horseplay, or excessive splashing is allowed in or around the pools or Lagoon. Any person involved in unruly behavior may be removed from the club at the discretion of management.
18. Radios, CD players, or other electronic or mechanical playback devices are allowed, provided the volume is kept low and does not create a nuisance. The use of headphones (unless when supervising others) is recommended.

1.10.2 Jr. Olympic Pool

1. Back dives and flips from the sides of the pools are prohibited
2. Do not sit on, stand on, or dive from the shoulders of another swimmer.

1.10.3 Wading Pool

1. For safety reasons, the wading pool is for the exclusive use of children under 6 years of age and their supervising adult(s).
2. Children must be accompanied at all times by an adult while using the wading pool.
3. ONLY Coast Guard approved life vests, flotation devices, and other pool items are permitted in the wading pool provided an adult is within arm's reach at all times.
4. Children who are not toilet trained must wear waterproof rubber pants with their diapers at all times in the water. Diaper changing tables are provided in the restroom facilities. All diapers must be disposed of properly.

1.10.4 Lagoon Rules

1. Use of the Lagoon by members and guests is solely at the risk of the user.
2. Swimming in the Lagoon is limited to specific hours, which are posted at the Lake Forest Beach and Tennis Club Front Desk entrance. Hours are subject to change without notice.
3. Diving or jumping into the Lagoon from any area is strictly prohibited.
4. All individuals must shower before entering the Lagoon.

1.10.5 Spa

1. No one under 14 years of age may use the spa, except for medically prescribed purposes for health and safety reasons. In these cases, a certificate from a licensed doctor is required, and use will be restricted to reasonable times. Adult supervision will be required to be provided by the under aged user. Use of the spa for medical purposes must be approved by Club Management.
2. Maximum spa occupancy is 10 people.
3. Alcoholic beverages or food are not allowed in the spa room.
4. Diving or splashing is not allowed in the spa.

1.10.6 Diving Board

1. All diving must be done in a forward manner. No back flip dives.
2. No swimming is permitted in the diving area.
3. Upon completion of a dive, diver must immediately clear the area for the next diver.
4. Only one bounce on the diving board is permitted.
5. Only one person at a time is allowed on the diving board.
6. Grabbing the diving board from the water is not allowed.

7. Divers must use the ladders or steps to exit the pool.

1.10.7 North Pool

The Board of Directors of the Lake Forest Community Association, after considerable study and discussion, including consideration of health and safety issues, has determined to follow the recommendation of the Pool Usage Committee and modify the rules of use for the Association's North Pool.

Lake Forest Community Association has three pools that are currently available to all residents and guests (The Lagoon, the Jr. Olympic, and the North Pool) and one pool (Wading Pool) that is reserved for the use of small children. The Board desire to address various issues associated with these four pools, and, in particular, the North Pool. For example, there are no lifeguards at the North Pool. Additionally, the North Pool has a limited amount of water, and toileting accidents have a much greater impact on that pool than in the larger Jr. Olympic Pool or the Lagoon. Moreover, the alcohol bar at the North Pool is often staffed with a bartender and alcoholic beverages are permitted at that pool. For these reasons, the Board restricts usage to people over the age of 21 years of age and/or to those individuals who are toilet trained and capable of independently swimming. For these reasons, the Board restricts usage to people over the age of 21 years unless otherwise authorized.

1. When the Jr. Olympic Pool is heated, the "North" pool is reserved for lap swimming or other sanctioned events, activities or lessons. A schedule will be posted at this pool. Only the scheduled activities or events may be conducted during these times.
2. When the Jr. Olympic pool is not heated, if no activity or event is scheduled, then at this "Open Use" time any activity may be conducted as long as it conforms to all other applicable pool rules.
3. When alcohol is being served at the "North" pools' poolside bar, no one under the age of 21 may be in the pool or on the deck within 50 feet of the bar.