

Pool Rules

- Swimming is allowed only when a MPCC Lifeguard is present.
- All swimmers are required to take soap showers before entering the pool or hot tub.
- No running on the deck or in less than 1' of water.
- Weak swimmers must stay in the shallow water.
- Children 5 years of age and under must be accompanied in the pool by a paying adult (in swim attire). Children 6–11 years of age must have a parent on the pool deck. Children ages 12 and older can use the pool without supervision. Any child in a life jacket or floatation device, must have an adult, in proper swim attire, in the pool, within arm's reach.
- Water guns, inflatable toys, or non-USCG approved flotation devices are not permitted.
- Small personal play items may be permitted during open swim at the discretion of Aquatics Management.
- Fins, snorkels, and kickboards are for use in the lap lanes only. Dive/snorkel masks are not permitted. Children must be under adult supervision while using equipment. Equipment is intended for fitness use only.
- No “mermaid” monofins.
- No horseplay, dunking, pulling, ‘piggy back’ rides, or other dangerous acts. No extended breath holding games or competitions. Please do not drink pool water.
- No playing in, on, or around lane lines, guard chairs, or ladder rails.
- Socializing or distracting the lifeguard is prohibited.
- Please be courteous to other patrons. Activities should not be intrusive to other facility users.
- Any person having a skin disease, nasal or ear discharge, inflamed eyes or any communicable disease (including diarrhea within the last 2 weeks) is not permitted to use the facility.
- Diaper changing is permitted only in the restrooms/locker rooms.
- Non-toilet trained children and incontinent adults must wear swim diapers. Swim diapers must be changed regularly.
- Certain lanes or sections of the pool may be closed to the public at predetermined times or as deemed necessary for classes, rentals, or health and safety reasons. Please observe all directions and warnings from Aquatics Staff.
- Diving blocks are for use by teams or swim lessons ONLY while the coach or instructor is present.
- No diving in water less than 5 feet in depth. No dives or flips from the side of the pool in any depth of water. All jumps are forward facing and feet first. Do not jump over the bench.
- The lap lanes are to be moved and tightened by Aquatics Staff only.
- Swimming in lap lanes is restricted to lap swimming or water walking/jogging. Circle swimming is required. Lanes are not for individual use.

Pool Rules

- At the discretion of Aquatics Management, individuals or groups may be required to take a swim test for use of the deep water space. Swim tests consist of a 25 yard swim and 30 seconds of treading water supervised by Aquatics Staff.
- Shoes and shirts are required outside the pool and locker rooms.
- No public displays of affection will be tolerated.
- The use of profanity will not be tolerated.
- Only Department approved photography/videography is permitted.
- Food, gum, tobacco, alcohol, and glass bottles are prohibited in or around the pool and hot tub.
- Patrons appearing to be under the influence of drugs or alcohol will be asked to leave the Community Center.
- Only authorized staff is allowed in the chemical room, filter room, and pool office.
- Injuries occurring within the pool area or locker rooms must be reported to the lifeguard or manager on duty immediately.
- In the event of an accident involving human discharge in the pool (fecal matter or vomit), the pool shall follow the CDC's guidelines for sanitation.
- Please be aware that the acoustics are poor in the pool area and it is necessary for lifeguards to raise their voice in order to correct situations. Please do not interpret this as rude or disrespectful.
- The pool staff is not responsible for loss or damage to personal belongings. Staff will attempt to retain items left at the facility for one week, at which point it may be recycled, donated, or thrown away.
- Please watch your children at all times. Your child's safety is your responsibility.
- Persons using any of the Department's pools do so at their own sole risk, responsibility, and expense.
- Swim Attire Policy: White t-shirts may be worn in the pool at the discretion of the lifeguard, providing they are clean and do not pose a safety hazard 2.) Swimwear must be colorfast, and of a low water absorbent, quick drying, lightweight material suitable for swimwear such as lycra, spandex, or nylon. 3.) Undergarments are not allowed to be worn with bathing suits. 4.) Bathing suits with adequate coverage are required. Brazilian and thong bottoms are not permitted.
- Lifeguard Signals: 1.) One short whistle blast is intended to get the attention of a patron. Please direct your attention to the lifeguard if you hear one short whistle blast. 2.) One long continuous whistle is a signal to clear the pool. Please direct your attention to the lifeguards for information concerning evacuation of the pool. 3.) Two short whistle blasts is a signal to get the attention of another lifeguard. 4.) Three short whistle blasts is a signal for an emergency. Please ensure that the other lifeguards are aware of the situation.

Hot Tub Rules

- You must be at least 16 years old to use the hot tub.
- Bather load shall not exceed 15 people in the hot tub at any one time
- All swimmers must take soap showers before using the hot tub. It is advised that a soap shower be taken after using the hot tub.
- Do not use the hot tub while under the influence of any type of alcohol, drugs, anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics, or tranquilizers. Pregnant women, the elderly, and persons with chronic health problems including heart disease, diabetes, high/low BP, and asthmatics should not use the hot tub.
- Do not fully submerge oneself in the hot tub; the bottom drain is capable of entangling hair.
- Use of the hot tub should not exceed 15 minute intervals.
- If feeling nauseous, dizzy, short of breath, or faint; exit immediately
- Any person having a skin disease, nasal or ear discharge, inflamed eyes or any communicable disease (including diarrhea within the last 2 weeks) is not permitted to use the facility.
- Use of the swimming pool immediately after exiting the hot tub could cause symptoms of nausea or shock.
- Public displays of affection will not be tolerated.
- Swim Attire Policy: White t-shirts may be worn in the pool at the discretion of the lifeguard, providing they are clean and do not pose a safety hazard 2.) Swimwear must be colorfast, and of a low water absorbent, quick drying, lightweight material suitable for swimwear such as lycra, spandex, or nylon. 3.) Undergarments are not allowed to be worn with bathing suits. 4.) Bathing suits with adequate coverage are required. Brazilian and thong bottoms are not permitted.

Locker Room Rules

- The pool staff is not responsible for loss or damage to personal belongings. Staff will attempt to retain items left at the facility for one week, at which point it may be recycled, donated, or thrown away.
- Shoes and shirts are required outside the pool and locker rooms.
- Children over the age of 5 must use the locker room of their gender. Family locker rooms are available for those who need them.
- Lockers are for daily use, any locks found on lockers at the end of the day, will be removed.
- No running or horseplay in the locker rooms.
- All items must be stored in lockers. Bags may not be left out on benches.
- Use of cell phones and cameras are prohibited in the locker rooms.
- Only water bottles may be carried into the locker rooms; no other food or drink is permitted.
- To conserve water, and allow for all patrons to use the showers in a timely manner, please limit your shower time to no longer than 5 minutes.
- Injuries occurring within the pool area or locker rooms must be reported to the lifeguard or manager on duty immediately.