

FOREST PARK SWIMMING POOL RULES

Blue Slide Rules

- Must be 5 years old in order to use the blue slide.
- Must be 3'6" (42") tall in order to use the blue slide.
- Must be able to swim and pass a swim test in order to use the blue slide.
- One rider at a time. Wait until the landing area is clear before entering the slide.
- Slide feet first in the sitting position or on the back only.
 - Absolutely no head first slides, body twisting in the slide, or train/chains of any sort.
 - Do not stop or attempt to stop while in the slide.
 - No diving from the slide.
- Life jackets, water wings, tubes, and mats are not allowed.
- Leave the plunge area immediately
- WARNING: Water depth is 5 feet.

Yellow Slide Rules

- Must be at least 2 years old to use the yellow slide.
- Anyone 5 years old or younger, who cannot swim or pass a swim test, must be caught by an adult 18 years of age or older.
- One rider at a time. Wait until the landing area is clear before entering the slide.
- Slide feet first in the sitting position or on the back only.
 - Absolutely no head first slides, body twisting in the slide, or train/chains of any sort.
 - Do not stop or attempt to stop while in the slide.
 - No diving from the slide.
- Life jackets and water wings are allowed.
- Leave the plunge area immediately
- WARNING: Water depth is 3 feet 8 inches.

Diving Board Rules

- Must be 7 years old in order to use the diving boards.
- Must be able to swim and pass a swim test in order to use the diving boards.
- Only one person is allowed on the diving board (including the ladder) at a time.
- Divers must dive straight from the front end of the diving board.
- Divers may not spring (bounce) more than once on the board.
- Upon surfacing, immediately swim to the nearest ladder. Do not swim toward or under the boards at any time.
- A diver must wait until the preceding diver has surfaced and reached ladder.
- Running on the diving board is not allowed.
- No general swimming is permitted in the diving area.
- Extended dives, or dives for distance are prohibited.
- Divers are not allowed to line jump (must wait your turn), sitting on the boards, "gainers", inward dives, cartwheels, "eggs and bacon".
- "Sharks and Minnows" and other games are prohibited in the diving well.
- Hanging on the diving board is not allowed.
- Lifejackets, water wings, goggles, or masks are not allowed.
- WARNING: Water depth is 11 feet.

General Pool Rules

- Effective May 1, 2013, youth must be at least 12 years of age or in the 6th grade in order to be dropped off at an ORC facility (including Forest Park Pool) without adult supervision. Youth not meeting either the age or grade requirement must be accompanied by a legal guardian 16 years of age or older.
- No children (under the age of 12) should be in the pool without adult supervision.

- Swim Diapers are required for all children age 2 and under and for all other non-toilet trained children. Swimmers not wearing diapers will be asked to exit the swimming area until a swim diaper is part of their attire.
- Patrons who wear swim attire must pay the admission rate.
- Proper swim attire must be worn by all swimmers at all times.
- All swimmers, before entering the swimming pool, shall be required to take a cleansing shower prior to entering the swimming pool.
- Persons having or reasonably suspected to have any considerable area of exposed sub-epidermal tissue, cuts, or known or recognizable contagious or communicable diseases, cough, cold, open sore, blisters, bandaged wound, fever, inflammation of the eyes, nasal or ear discharges, shall not be allowed to enter the swimming pool water.
- Spitting, urinating, blowing of the nose, spouting of water or deposit of foreign matter in a pool shall be strictly prohibited.
- Bottles, crockery, glassware, or other hazardous objects shall not be permitted within the pool fence area, pool room, bathhouse facilities, or in the swimming pool or on the deck area.
- No person shall bring or throw into the pool, or its floors, walkways, aisles, or dressing rooms, any object that may in any way carry contamination or endanger the safety of any bather.
- Running or boisterous or rough play is not permitted in the pool, dressing rooms, shower rooms, runways, on the diving board, or any other area within the pool area.
- Any person suspected of being under the influence of alcohol or drugs shall be prohibited from entering the pool.
- Outside food or drink (with the exception of sealed water bottles) are prohibited.
- Consumption of food and beverages are limited to the marked concession area.
- All animals with the exception of guide animals shall be prohibited within the pool fence, pool room, or bathhouse facilities. Guide animals are not allowed in the swimming pool water.
- Use of the swimming pool shall be prohibited during severe weather conditions.
- Foul language is not allowed.
- Tobacco products including vaporizers and alcoholic beverages are prohibited.
- Littering is not allowed.
- Loitering in front of the building, inside the pool, or near the concession stand is not allowed.
- Skateboarding, skating, bike riding, etc. is prohibited on the front sidewalks.
- Pool noodles, Mono-fin's ("Mermaid Tails"), and Ring Tubes are not allowed.
- "Floaties" and water wings are allowed for patrons under the age of 5 with proper adult supervision.
- Pool toys are at the discretion of the Forest Park Pool staff.
- The following actions are not allowed at the Forest Park Pool: dunking, chicken fighting, flips off the wall, throwing people, jumping over people, jumping backwards, running in zero depth, throwing balls/torpedoes/etc. in the buckets, throwing balls from the deck.
- All patrons must stay off the ropes.
- Running on the deck and diving off the deck is prohibited.
- Climbing the fences is prohibited.
- Rough play of any type is prohibited.
- All patrons must stay off and away from the guard stands.
- The Ottawa Recreation Commission and the City of Ottawa are not responsible for lost or stolen items.
- **Any rules not covered are left to the discretion of the ORC Recreation Manager.**