

The following rules and regulations for the Maryland-National Capital Park and Planning Commission (Commission), Prince George's 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 refund 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 Paint Branch Parkway, 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 301-449-5567, 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

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 facility may be refused when the capacity of the pool has been reached or when otherwise deemed necessary for health, welfare, or safety of patrons.
2. The Commission assumes no liability for injuries or damages 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. Patrons are expected to exit the pool facility, including locker rooms, within 15 minutes of the posted pool closing time.
4. Admission fees must be paid by all persons ages three (3) years old or older upon entry to the pool facility (even if swimming is not planned). Proof of residency and identification are required. Patrons who leave the pool facility must pay to re-enter.
5. Membership holders should scan their SMARTlink ID card in lieu of paying daily admission fees. Pool staff reserves the right to ask to see the SMARTlink ID card at any time. Lost or stolen cards must be reported as soon as possible. Replacement cards cost \$5 per card.
6. 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.
7. 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.
8. Only Commission scheduled activities are permitted. No activity for private gain is allowed at any time.
9. 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 are not outlined in this document. Patrons who violate the rules may be asked to leave without refund and contact Park Police as needed.
10. The Commission is not responsible for lost, stolen or damaged personal 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. Facility management has 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, including 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 shall be grounds for expulsion.
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 swim attire (swimming suits and/or trunks). Swim attire must be colorfast, opaque when wet and of a lightweight material suitable for swimming such as Lycra, Spandex, or Nylon.
2. Clean, colorfast t-shirts may be worn on top of swimsuits for modesty or medical reasons.
3. Clothing such as cut-off pants, basketball/athletic shorts and underwear are not permitted as swim attire. Swim attire should not be worn for exercising immediately prior to pool use for sanitary reasons. Thong bathing suits are prohibited.

AGE & HEALTH/SAFETY POLICIES

1. Non-swimmers and all children 5 years old and under in the water must be directly supervised by and within arm's reach of a responsible adult 18 years old or older in appropriate swim attire. Poolside supervision is acceptable at wading/children's pools.
2. Children ages 5 years of age and older must use gender appropriate restrooms or family changing rooms accompanied by an adult.
3. 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.
4. Children, ages 6-11 years old entering the pool facility must be accompanied and supervised at poolside by a paying responsible adult 18 years old or older. Non-swimmers must be directly supervised by and within arm's reach of a responsible adult 18 years old or older in appropriate swim attire.
5. Youth, ages 12-17 years old, must have a SMARTlink ID card and parental consent to be at the facility unattended. Permission to be at the facility unattended must be noted on their SMARTlink account by parent/guardian.
6. The adult-to-child supervision ratio is expected to be a minimum of 1:5 for children 5 years of age and younger, and 1:10 for all other ages. Children must be supervised throughout the facility including locker rooms, grass area, as well as pool and deck areas.
7. Any injury occurring in the pool area must be reported to pool staff immediately.

FACILITY RULES

1. 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. The pool/spa will remain closed for 30 minutes following the last sign of thunder and/or lightning.
2. 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.
3. For your safety, any bodily excretions are treated following the Center 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 remainder of the day.
4. Gum chewing is not permitted anywhere in the pool and facility.
5. Facility management reserves the right to prohibit patrons from bringing outside food into the pool facility.
6. Food or drinks may only be consumed in designated areas. Food and drinks are not permitted on the pool decks. No glass containers allowed anywhere in the pool facility. All trash must be deposited in designated receptacles.
7. All coolers will be checked and approved by the pool staff at time of admission. No grills and gas or

electric cooking devices may be brought into the pool facility. Glass containers, knives, alcoholic beverages, drugs and pets are not permitted. Service Animals are permitted in the pool facility.

8. Consumption of alcohol, smoking, and/or the use of tobacco products is prohibited. Any persons suspected of being under the influence of drugs or alcohol will not be permitted to enter the pool facility or surrounding area.
9. Patrons may not bring in their own tents or other shade structures.
10. Pool/lawn chairs are not permitted within six (6) feet of the pool side.
11. Uses of sound producing devices are prohibited unless accompanied by ear buds, headphones, or like accessories.

12. 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.
13. Employees are the only persons allowed in the cashier booth, lifeguard office, filter room, mechanical room, storage rooms, and offices.
14. Patrons are not permitted to leave locks on lockers overnight or to 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.
15. The use of cell phones, cameras, video cameras, or any device containing camera equipment of any kind is prohibited in all locker rooms, bathrooms, and changing facilities.

RECREATIONAL SWIMMING RULES

1. Non-swimmers must remain in shallow water (chest-deep or less).
2. A swim test is required to swim in deep water (higher than chest-deep) and to use deep water features (slides, diving boards, climbing walls, etc.) for patrons under the age of 18.
3. Patrons having or reasonably suspected to have any considerable area of exposed sub-epidermal tissue, cuts, known or recognizable contagious or communicable disease, cough, cold, open sores, blisters, bandaged wound, fever, inflammation of the eyes, nasal or ear discharge or diarrhea shall not be allowed to enter the pool water.
4. Anyone not toilet-trained or incontinent entering the pool must wear a clean swim diaper covered with separate waterproof pants, all of which must fit snugly around the legs and waist and under the swim suit. Standard diapers are not permitted.
5. 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 and clean waterproof pants.

6. Diaper changing is not permitted poolside. Please use the changing tables provided in the locker rooms.
7. All patrons must take a cleansing shower before entering the deck area and swimming pool. Patrons should shower before each entrance into the water.
8. Any acts which would endanger any patron or staff are prohibited.
9. Competitive and/or repetitive breath holding and prolonged underwater swimming for distance is not permitted. No prolonged underwater swimming or breath holding.
10. The pool may be cleared, at the discretion of the pool staff, of all patrons under the age of 18 for fifteen minutes for a Safety Break (rest period and bathroom visit for young children). Adults with infants under 3 years of age will be permitted in designated pool during Safety Breaks.
11. Wearing eyeglasses in the pool is discouraged unless absolutely necessary. Non-breakable lenses and frames are recommended.

LIFEJACKETS/EQUIPMENT/TOYS POLICIES

1. A properly fitting U.S. Coast Guard approved and labeled personal flotation device (PFD) designed to provide vertical support and to keep the head above the surface of the water 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.
2. Non-U.S. Coast Guard approved personal flotation devices, inflatable toys, back floats, rafts, inner tubes, water wings, rings (including those built into bathing suits) and similar objects are not permitted in the pool.
3. The use of masks accompanied by snorkels by adults 18 years of age and older are only permitted in the lap lanes. Patrons under the age of 18 and those without the appropriate snorkel are not permitted to wear masks covering the nose.
4. Specialized equipment such as kickboards, fins, or paddles, are only permitted in the lap lanes.
5. 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 the age of 18 who show evidence of being serious lap swimmers may be granted permission by the Manager to swim laps in the lap lanes during recreational swim or lap swimming times after successful completion of the Swim Test and also must be accompanied by an adult.
2. Lap lane space is limited and will require patrons to share lanes. Persons not actively swimming laps must relocate to other areas of the pool.
3. 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.
4. Lane dividers are not weight bearing; refrain from using them as support.
5. Stop only at the turning walls. Move to the side to allow others to turn and continue.
6. Competitive and/or repetitive breath holding and prolonged underwater swimming for distance is not permitted. No prolonged underwater swimming or breath holding.
7. The use of the competitive diving/starting blocks is prohibited, except during Commission approved activities and/or programs when the participating swimmers are directly supervised by swim coaches or instructional staff.

SWIM TEST POLICIES

1. A Swim Test is required to swim in deep water (higher than chest-deep) and to use deep water features (slides, diving boards, climbing walls, etc.) for patrons under the age of 18.
2. A Swim Test will be conducted in a minimum of 5 feet. For pools that are less than 5 feet, patrons will take 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 to swim in deep water or use deep water features. Non-swimmers must stay in chest-deep water or less and non-swimmers under the age of 12 needs 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 guidelines developed by the Aquatic Subcouncil of the American Red Cross Scientific Advisory Council)**
 - a. **Patron must enter the water, going completely under.**
 - b. **Patron must recover then float or tread water for one (1) minute with head remaining above the water.**
 - c. **Patron must turn completely around and swim on their front a minimum of 25 yards without stopping.**
 - d. **Patron must exit the water by pulling self up and over the side of the pool.**

WADING/CHILDREN'S POOL RULES

(ASTFP/ELSP/GDSP/HSP/JFBMP/LMSP/NBSP/RCSP)

1. Uses 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. Slides in Wading/Children's Pools are designed to be used by the children permitted in these pools, not adults.
3. 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.
4. Children should use the slides in a feet first, seated manner.
5. Swimwear with exposed zippers, buckles, rivets, or metal ornaments are not permitted to be worn by patrons using the slide.
6. Prohibited activity includes stopping on the slide, launching oneself, or creating "chains" with multiple riders.
7. The slide and associated landing area should be clear of the previous rider before the next rider begins.

SPA/HOT TUB RULES

(ASTFP/FSAC/RCSP/PGSLC/TBMAC)

1. Spa is for patrons 18 years of age and older.
2. Please limit your spa use to 15 minutes to avoid nausea, dizziness, and fainting.
3. Enter and exit slowly.
4. Please do not sit or stand on or near a spa drain, and do not reach into spa skimmers.
5. Pregnant women and persons suffering from heart disease, diabetes, or high/low blood pressure should consult with a physician prior to use.
6. For safety, swim caps are not recommended to be worn while in the Spa.
7. Do not use the spa while under the influence of alcohol, anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics, or tranquilizers.

DIVING BOARD RULES

(ASTFP)

1. Please ask the lifeguard or pool manager where diving is permitted.
2. For persons under the age of 18, the Swim Test is required to swim in deep water and to use deep water features such as diving boards.
3. Diving board users must be able to swim to the ladder unassisted. Other swimmers are not allowed in the diving well "to catch" or assist the diver in any way.
4. Head and cervical injuries can result from improper diving. To avoid such injuries, use caution when diving.
5. Goggles, masks, eyeglasses, prosthetic devices and floatation devices may not be worn when going off the diving boards.
6. Divers may not spring (double bounce) more than once on the board.
7. Divers may not make adjustments to the fulcrum.
8. Divers should check water depth and should not dive out of the deep water area. Dive straight down, not out.
9. Only one person is allowed on the diving apparatus (including ladder) at a time.
10. A diver must wait until the preceding diver has surfaced and reached the ladder before diving.
11. Dive straight off at the end of the board. Do not dive off the sides of the board. Cart wheels and handstands off the diving boards are not allowed.
12. Upon surfacing, the diver shall immediately swim to the nearest ladder. Do not swim under the diving board.
13. No general swimming is permitted in the diving area unless the diving boards have been closed by a pool manager.

WATER SLIDE RULES

1. Patrons must be at least 48 inches in height to ride the large water slides at GDSP/RCSP/PGSLC. No exceptions. Children may not ride with or on the lap of parents or guardians.
2. For persons under the age of 18, the Swim Test is required to swim in deep water and 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. 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.
5. Goggles, masks, eyeglasses, contact lenses, prosthetic devices, floatation devices and jewelry should be removed before riding. Valuables may not be left with pool staff.
6. Swimwear with exposed zippers, buckles, rivets, or metal ornaments are not permitted to be worn by patrons using the slide.
7. Only one rider is permitted to enter the water slides at a time. Patrons cannot sit on the lap of a rider. Patrons must wait for the attendant to dispatch the next rider. No running starts.
8. Prohibited activity includes stopping on the slide, launching oneself, or creating "chains" with multiple riders.
9. Riders must go down the slide feet first. Head first 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.
10. Do not block the end of the slide. Follow the instructions of pool staff and exit receiving pool quickly.
11. There is a strong current at the bottom of the large slides, use caution.
12. Diving boards have been closed by a pool manager.

LILLY PAD/LOG CROSSING FEATURES RULES (ASTFP/ELSP/GDSP/HSP/LMSP/NBSP/RCSP)

1. You must be at least 48 inches in height to use the lily pad or log crossing.
2. Users must wait until the previous user reaches the 4th lily pad or 2nd log before beginning.
3. No pushing, shoving, or trying to knock a person off of the feature.
4. If user falls off the lily pads or logs, they must exit the pool immediately.
5. Swimming is not permitted in the lily pad/log crossing area.

CLIMBING WALL FEATURES RULES (ELSP/HSP/NBSP)

1. For persons under the age of 18, the Swim Test is required to swim in deep water and to use deep water features.
2. Supervision is required.
3. Climbers must remove all jewelry.
4. Climbers must begin from in the water.
5. Only one climber per panel at a time is permitted.
6. Once climbers reach the top, they must jump off the wall feet first – NO DIVING!
7. Swim away from the drop zone and exit the pool.

FUNBRELLA/GAZEBO/PATIO AREA RULES

1. General public areas are first-come, first-served, and are available at the discretion of facility management.
2. No grilling or cooking of food is permitted.
3. Birthday parties and/or events must be paid for and scheduled in advance with the facility.
4. There will be no unscheduled parties/events/groups permitted under funbrellas, gazebos and patio areas during the weekends.

PRACTICE HEALTHY SWIMMING HABITS

For public health reasons, standard diapers cannot be worn in the pool. Children who are not toilet trained must wear an appropriate swim diaper covered with snug fitting rubber/vinyl pants. A bathing suit must be worn over the plastic/rubber pants. Under Health Department standards, adopted on the recommendation of the Center for Disease Control (CDC), accidents involving fecal matter now require longer pool closures. Prevention is far better than contamination, so please following the CDC's Healthy Swimming Habits:

1. Children and adults who have had diarrhea in the last two weeks should not go swimming.
2. Use the bathroom before getting into the pool. Take frequent bathroom breaks and check diapers often.
3. Take advantage of the Safety Breaks to use the bathroom.
4. Shower before entering the pool and after using the toilet, remembering to clean all areas including the behind.
5. Change diapers in the bathroom, not on the pool deck or grassy area.
6. Avoid swallowing pool water or even getting it in your mouth.

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.

WARNING: Failure to follow all rules and regulations may cause serious injury to yourself and others and may be cause for removal from the facility. The Aquatic Managers and their designated staff have the authority to enforce all pool rules. Individuals who violate the rules may be asked to leave without refund and Aquatic Managers may contact Park Police as needed.



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