



Pools and Waders Guidelines

The Swimming Pools and Waders are Designated Facilities. In addition to the following specific Guidelines, please refer to the General Guidelines, Section V-A. Pool Monitors and/or Lifeguards may be in place during the spring and summer seasons to monitor the water and respond to emergencies. Pool Monitors and/or Lifeguards do not take the place of parental supervision. Always keep a close eye on your children when they are in the water. When supervising children in the water, parents should not use cell phones, read books or engage in activities poolside that take attention from supervising children. Children, even those that have learned to swim, can become distressed or submerged in seconds. Please help keep the SAMLARC Pools and Waders safe for your child by paying close attention to them at all times.

1. Swimming in the Pools and Waders is limited to Registered Residents and their guests.
2. Swimming in the Pools and Waders is limited to specific hours, which are posted at each facility. Hours are subject to change without notice. Swimming is at one's own risk.
3. While in the water children three (3) years old and under must be within arm's length of a parent or responsible adult eighteen years of age or older. Children four (4) years old to six (6) years old must have a parent or responsible adult eighteen years of age or older in the water within ten (10) feet of the child.
4. Only U.S. Coast Guard-approved personal flotation devices are allowed. A limited number of approved life vests are available for checkout at the pools during the hours of staffing. Please check with SAMLARC staff for availability.
5. Fins, balls, air mattresses, flotation devices or other similar devices are not permitted in the Pool.
6. All children under four (4) (toilet trained or not) must wear waterproof vinyl shorts, (with elastic at the waist and legs), when in the water. During staffing hours, vinyl waterproof swim shorts are available. Please see a staff member for assistance.
7. Diving is not allowed.
8. All swimmers must shower prior to entering the Pool or Waders.
9. Consistent with Title 22 §65541 of the California Code of Regulations, Resident and Guest Pool or Wader users having a communicable disease while in an infectious state, or while having any symptoms such as a cough, nasal or ear discharge or when wearing bandages, shall not enter the Pool or Wader water unless the Pool or Wader user submits a current written statement to the Pool or Wader operator, signed by a license physician, confirming that the Pool or Wader user does not present a health hazard to others using the Pool, Wader, or ancillary facilities.
10. Running is not allowed in the Pool and Waders areas. Unruly conduct is not permitted in the swimming area.

11. Hairpins and metal clips are not allowed.
12. Clothing other than normal swimming attire, are not allowed to be worn while in the Pool or Waders.
13. Food is not permitted in the water.
14. Except for Service Animals, no animals are allowed in Designated Facilities, unless in conjunction with an Approved activity where Pets are permitted.
15. SAMLARC furniture and property must not be removed from the Pool area, nor shall it be placed in the water.
16. Water contamination will result in immediate closure of the Pool or Waders.