

DEER RIDGE FACILITY RULES AND REGULATIONS

General:

- No person is permitted to use the pool without first having taken a warm water shower, using soap.
- No person having an obvious communicable disease, skin eruption, cut, sore or lesion, eye, ear, nose, or throat infection, is permitted to use any public swimming pool.
- Spitting or spouting of water, blowing the nose, or any other similar activities in the swimming pool is strictly prohibited.
- No running, boisterous or rough play, except supervised water sports, is permitted in the pool or on the runways, diving boards, floats, platforms, or in the dressing rooms.
- Proper swim attire must be worn in the pool and on the pool deck.
- Distracting the lifeguard while on duty is prohibited.
- Everyone under the age of 18 must clear the pool during rest breaks. These persons must remain at least 4 feet behind the edge of the pool.
- Smoking, drugs, alcohol, weapons and glass are all prohibited.
- Food is allowed in designated areas only.
- Dunking is prohibited.
- Riding on a person’s shoulders or “piggy-back rides” are prohibited.
- Coast Guard approved life jackets for non swimmers are allowed in the shallow end of the pool 5 feet or less.
- Profanity or abusive language is prohibited.
- The City of Omaha is not responsible for lost or stolen items.
- Taking photos or recording video without authorization is prohibited.
- Front dives are allowed in water 5 feet or deeper. Front flips off of the edge of the pool are prohibited.
- Back dives and back flips off of the edge of the pool are prohibited.
- Individuals with a disability requiring an accommodation to safely and enjoyably participate in any of our programs, please see the Pool Manager.
- Children aged 8 or younger must be accompanied by a parent or responsible individual of 16 yrs.
- Children aged 6 or older must use the appropriate gender locker room.
- Children aged 5 or younger must remain within arms reach of a parent or responsible individual of 16 yrs.

Swim Attire:

- Appropriate swim suits must be worn and visible in the pool area.
- White or gray t-shirts may be worn in the pool with authorization by the Pool Manager.
- Children with diapers are required to wear swim diapers or plastic pants over the diaper.
- Individuals wishing to request a variance from this policy due to religious or medical reasons, please see the Pool Manager.

Diving Boards:

- Only one person is allowed on the ladder or board at a time.
- Before leaving the board, the diving area must be clear of all swimmers.
- All dives and jumps must be made straight ahead into the diving area.
- Only one bounce is allowed.
- Running starts are prohibited.
- After entry into the diving area, swimmer must exit the water as soon as possible toward either side of the diving area or toward the nearest ladder.
- Goggles are prohibited.
- Lifejackets are prohibited.
- Swinging on the diving board rails is prohibited.

Slide Rules:

- Riders must be 48 inches tall to ride the slide. Riders must wait for the attendant’s signal before starting the ride. Slides must be ridden feet first, lying on your back, or in a sitting position.
- One rider is permitted at a time. Chains are prohibited. Do not run, dive, stand, kneel, rotate, or stop in the slide. Riders cannot be caught at the end of the slide and must exit quickly.
- Glasses must be securely attached. Swimwear with exposed zippers, buckles, rivets, or other personal items that may cause injury to the rider or damage the slide are not permitted.

