

HEALTH & SAFETY RULES

1. Supervision requirements

Age (years)	NOT PASSED the swim test	PASSED the swim test
<5	<i>Interactive Supervision: Adult who is at least 18 years must be within arm's length</i>	N/A
6-10	<i>Interactive supervision in the FIT pool, Direct supervision in the REC pools: clear line of sight with ability to communicate</i>	<i>Direct supervision in all pools</i>
11-13	<i>Interactive supervision in the FIT pool and Direct supervision in the REC Pools</i>	Can be unattended to stay for up to 3 hours in the facility with a properly signed and filed liability form
>14	Adult supervision not required in the facility. Swim test not required for FIT pool.	

2. Patrons are required to shower using both soap and water before entering the pool and after utilizing outdoor areas
3. Anyone with obvious evidence of a cold or other communicable diseases, open sores, lesions, or fungal skin diseases is prohibited from entering the water
4. Unsafe behavior or disorderly conduct is prohibited – (i.e. no running, horseplay, hanging on lane lines, playing with the rescue equipment, breath holding, or prolonged underwater swimming contests)
5. Starter blocks are for swim team or swim lesson use only. Diving is only allowed in dive well and deep ends of lane 8 and 9
6. When using the slides in Rec Pool, swimmers will adhere to the following: only feet first in seated position is permitted, tandem sliding with adult is required for children age 5 and under, tandem groups cannot exceed two people. Pool toys are not permitted on slides
7. Fitness equipment and other aquatic exercise aids are permitted in the FIT Pool for fitness swimming only
8. The following are prohibited on the pool deck:
 - Strollers and baby carriages, must be stored in locker rooms
 - Food, chewing gum and/or beverages, with the exception of water or in conjunction with approved RAC event
 - Street shoes
 - Outside toys, water toys are accepted
 - Diaper changing (only allowed in bathrooms or locker rooms)
 - Glass of any kind (in the facility)
9. Swim diapers must be worn under swimsuits by children who are not potty trained
10. Proper bathing attire is required. See-through, thong, or denim materials are not permitted. Clean military uniforms are allowed
11. Only US Coast Guard approved flotation devices are permitted in the pools, except while using Dive Board
12. No smoking within 100 feet of facility premises

All RAC Staff Members have final authority to restrict any behavior deemed to be unsafe or inappropriate. Failure to adhere to the Ramstein Aquatic Center policies will result in removal from facility.