

Lawson Aquatic Centre

General Rules and Safety Regulations

Facility Rules

RULES AND REGULATIONS:

1. Users must shower before entering.
2. No outdoor footwear on pool deck.
3. No food or drinks on pool deck.
4. All patrons must walk because the deck is slippery when wet.
5. Children 7 years of age and under must be accompanied in the water by an adult or responsible youth and be within arm's reach at all times.
6. Users with serious medical conditions are requested to notify the lifeguard.
7. Toys and equipment may be available for your use. Speak with the lifeguard.
8. Diving into shallow water is not permitted.
9. Look before you jump or dive into the water.
10. Only one user on diving board or tower at a time.
11. Sauna is open to children and youth under 16 years of age when accompanied by an adult.

Diving Board and Tower Rules

RULES AND REGULATIONS:

1. Personal Flotation Devices (PFDs) are only allowed on the 1m and 3m diving boards.
2. Look before you jump or dive into the water.
3. Only one user on the diving board or tower at a time.
4. No backflips or 'gainers' off any diving boards or towers.
5. During rentals and lessons, the 1m, 3m and 5m diving boards and towers are open.
6. During leisure swim, lifeguards can use their discretion about the availability of the 1m diving board, 5m and 7.5m diving towers.
7. The 10m diving tower is reserved for Adult Swim only.
8. The 1m board and 5m tower will not be open at the same time.
9. When the tower/board is closed, a sign will be placed across the entrance way.

Note: Direction to swim after using the boards and towers are posted on the walls behind the respective boards.

Whirlpool Rules

RULES AND REGULATIONS:

1. Users must be a minimum of 16 during leisure swim and 18 years of age during adult swim.
2. Pregnant women, persons with cardiac, respiratory or blood pressure conditions should not use the whirlpool without physician consent.
3. If you have just exercised, allow your pulse to return to normal before using the whirlpool.
4. Do not walk or stand on the edge of the whirlpool.
5. Recommended maximum time in whirlpool is 8-10 minutes. If you experience light headedness, dizziness or fatigue, report to a lifeguard immediately.
6. Be sure to cool down completely (at least 5 minutes) before re-entering whirlpool or sauna.
7. User group participants are permitted in the whirlpool only under the recommendation and supervision of their coach.

Sauna Rules

RULES AND REGULATIONS:

1. No shaving in sauna.
2. No changing in the sauna.
3. People with respiratory ailments, high blood pressure, or heart problems, please consult a physician before entering the sauna.
4. Children and youth under 16 years of age must be accompanied by an adult.
5. Do not put water or anything else on the rocks. This is a dry, electric sauna.

Equipment

RULES AND REGULATIONS:

1. To ensure public safety and enjoyment, the amount and type of equipment made available (balls, toys, mats) will be monitored and restricted if necessary.
2. Equipment is not allowed in the whirlpools or deep end.
3. **Mats** can be used in the tot pool and shallow tank. Standing on the mats and jumping onto the mats is not permitted. Use of this equipment may be restricted due to the bather load.
4. **Boat** can be used in the tot pool and shallow tank. Standing in the boat and jumping onto the boat is not permitted. The boat when flipped over must be returned to its upright position. Use of this equipment may be restricted due to the bather load.
5. **Flutter Boards/Barbells/ Bouyies/Hand Paddles** are permitted to assist in training, working out, and swimming laps only.
6. **Personal Floatation Devices** are used exclusively for lessons and are not available during leisure swims. Special conditions such as use for special needs may warrant an exception.
7. **Water wings** are available to rent or purchase during leisure swims.
 - Children with water wings must remain within arm's reach of an adult or responsible youth

- Water wings are a teaching tool, not a certified floatation device.
8. **Masks/fins/snorkels** are allowed, but use of this equipment may be restricted due to the bather load or ability of the client to use this equipment.
 9. **Mermaid tails** are only permitted if:
 - The patron can swim 25 meters without stopping
 - The Patron can tread water for 2 minutes
 - The patron can swim with confidence

Children 12 years and under must be accompanied in the water and supervised by an adult or responsible youth (aged 16 or older). The City of Regina reserves the right to ask patrons to remove the tail at any time. Tails will not be allowed during busy Leisure Swims.