

Cottontail Swim & Racquet Club, Inc.

Rules and Regulations

The Cottontail Board of Directors is charged with the management of the club and is the creator and final arbiter of all rules and regulations. The following rules exist to ensure the safety of all members, guests and employees and to promote an enjoyable environment for everyone. Individuals who do not adhere to the rules, will be advised by the lifeguard(s) on duty and the individual(s) may be ejected from the property.

OPERATING HOURS, Memorial Weekend-Labor Day

Pool Hours:

Summer Pool Hours (FCPS not in session):

Monday –Saturday 11 a.m.—9 p.m.

Sundays 12 p.m.-8 p.m.

Pool Hours while FCPS in session:

Monday-Thursday 3p.m.-8 p.m.

Friday 3 p.m.-9 p.m.

* The Board of Directors reserves the right to extend, add or reduce operating hours.

- No person(s) shall use the pool outside of operating hours without a lifeguard on duty.
- The swimming pool is reserved for adults only 10 minutes each hour during open swim. Guards will clear the pool for this period of time. After 6:00 p.m., this rule may be suspended at the discretion of the Manager on Duty.

ADMITTANCE

- Cottontail Swim & Racquet Club is a private recreation club. Admission is limited to active members and their guests.
- It is the Member's responsibility to ensure their accounts are paid in full to remain active.
- Members must enter through the bathhouse entrance and sign-in with their membership cards at the front desk.
- Every Member must have a current photo on file.
- Membership cards are not transferable. Only the person whose name appears on the card may use it. Unauthorized use of a membership card may result in suspension of membership privileges for the remainder of the season.
- No one under the influence of drugs or alcohol is allowed on Cottontail's premises.

GUEST INFORMATION

- Members must always accompany their guests while at the pool.
- Each family owning a Regular Membership will be issued 10 free Guest Passes for the current season. Pass cards are held by the staff in the front office.
- Guest passes are available for purchase per guest at \$5.00 for bonded members' guests and \$6.00 for associate members' guests. A guest pass is required for all guests 1 year and older regardless of whether they intend to swim or not. Children under one (1) year of age are free.
- A Member can purchase a ONE-WEEK DATED PASS for house guests at a cost of \$15 per person. This pass is surrendered at the desk upon entering the pool and returned upon leaving the pool. Requests for obtaining this pass should be made in advance to the Membership Chairperson as soon as possible upon arrival or expected arrival of guests. The maximum cost of a one-week family pass is \$60.
- Guest fees are non-refundable.
- Guests 13 years of age or younger must be accompanied by a supervising adult.
- Active members may bring up to six (6) guests on any given day.
- Groups totaling more than 10 members and guests are considered a Large Group and require special permission. (See Social Events.)

AGE AND SUPERVISION REQUIREMENTS

- Children under the age of 10 must always be accompanied and supervised by an adult member or parent-designated babysitter.
- Member children 10-13 years of age, without an adult supervisor, must pass the basic swim test given by the Manager on Duty, which consists of both: swimming 25 meters freestyle with breathing and tread water for one (1) minute. The test results will be recorded on the Membership ID card on file.
- Children under the age of 13 must be accompanied by an adult after 6:00 p.m.
- During break times, all children under the age of 16 must exit the pool.

- The Wading Pool is limited to children ages 6 years and under. They must be accompanied and supervised by an adult at all times. There is no lifeguard on duty in the Wading Pool area.
- Children of any age may swim in water over their shoulders provided they first pass the basic swimming test which consists of both: swimming 25 meters freestyle with breathing and tread water for one (1) minute.

MANAGER'S AUTHORITY

- The Manager on Duty shall have the final and conclusive authority to interpret and enforce all pool rules relating to the health and safety of all patrons on site.
- Authority includes, but not limited to, denying admission to or ejecting any persons who fail to observe the rules.
- A member who disagrees with the manager's decision may forward their concern in writing to the Board of Directors for consideration. The member is expected to immediately comply with the manager's decision on site. Failure to comply may result in suspension of membership and/or the police may be called to provide assistance in removing the individual(s).

HEALTH AND HYGIENE

- All swimmers must shower with warm water and soap before entering the pool and after using the toilet.
- Spitting, blowing one's nose, spouting water, etc., into the pool is prohibited.
- Pool users must wash their feet when returning to the pool deck from any of the areas outside the pool deck. Foot showers are conveniently located at all entrances to the pool area.
- Any persons who are not toilet-trained or who are incontinent must wear an appropriate swim diaper.
- Per CDC pool health guidelines, parents must check swim diapers hourly and may be asked to remove children from the pool for failure to maintain acceptable hygienic practices.
- Any person having an obvious skin disease, open sore, nasal or ear discharge, sore or inflamed eyes, excessive sunburn or communicable disease, or is wearing bandages of any description, is not permitted to enter either pool.
- Individuals who have suffered vomiting, fever, diarrhea or other contagious disease in the last 24 hours should not use the pool.
- Proper swimwear must be worn in the pool. Shoes and/or street clothes are not permitted in the pool.
- All accidents must be reported promptly to a lifeguard and/or the Manager on Duty.
- Smoking, vaping, or electronic cigarettes of any kind are not permitted on the premises.
- The use of sunscreen is highly encouraged. When using spray sunscreens, please use only in grassy areas and away from other members, guests and pool furniture.
- No pets (other than service dogs) are permitted on the premises, except as authorized by the Board of Directors.

GENERAL

- To ensure maximum attentiveness to the safety of all patrons, please do not converse with the lifeguards while they are on duty in their chairs.
- Members and their guests are expected to maintain behavior appropriate for the safe, fun, family-friendly Cottontail community.
- Conduct anywhere on the premises that is deemed by the guard staff to be unsafe or unhealthy (ie., running, non-approved diving, eating food on the deck, towel snapping, sitting on another swimmer's shoulders, roughhousing, wrestling, hitting, pushing, shoving, spitting, spouting of water, the throwing of any objects other than approved balls, etc.) is not permitted.
- Conduct anywhere on the premises that interferes with the enjoyment of others (ie., profane or otherwise unacceptable language, obscene or otherwise unacceptable behavior, unnecessarily loud shouting, unnecessarily loud music, the careless throwing of objects of any kind) will not be tolerated.
- Trash and litter shall be placed in the proper receptacles.
- Only authorized persons are permitted in the Guards' office, the pump house and the storage sheds.
- Rollerblades, skateboards, and scooters are prohibited on the premises.
- A lane will be roped off for lap swimming. Adults have priority using this lane.
- Inflatable rafts, inner tubes, or artificial flotation devices are not allowed in the main pool, except during specially designated "raft parties". Air-flotation devices on small children, who are under the direct supervision of an adult, are permitted.
- Water propulsive devices (i.e. water guns, super soakers) are not allowed in the pool area, except during specially designated "water-squirter parties".
- Flippers/fins are permitted only in the designated lap lane.
- The cost of any property damage due to negligence will be charged to the responsible member.
- Cottontail Swim & Racquet Club is not responsible for loss or breakage of personal items.

- Lost articles must be claimed at the pool office prior to the end of each week during opening hours. Unclaimed items will be disposed of at the discretion of the Pool Manager.

DIVING BOARDS

- In order to use the deep-end portion of the pool (including the diving boards), swimmers, regardless of age, must pass the basic swimming test which consists of both: swimming 25 meters freestyle with breathing and tread water for one (1) minute, at the request of the lifeguard on duty.
- Dive straight out from the end of the diving board. Backwards diving is prohibited. Inwards, cut-aways, gainers or other dives that propel a person towards the board are prohibited.
- After diving from the diving board, swim directly to the ladder on that side of the diving well.
- Do not attempt to jump or dive beyond the center of the diving area where the water becomes more shallow.
- Do not run on the diving boards.
- One bounce only.
- Do not sit on the diving boards.
- Do not hang on the diving boards.
- Do not dive until the diver in front has left the diving well.
- Only one person is allowed on the diving board at a time. Do not ascend the ladder to the board until the previous diver has left it.
- Parents/Guardians may not catch children coming off the diving boards.
- Diving boards may be closed at the discretion of the sitting lifeguard.
- General swimming is not allowed in the diving area when diving boards are in use. If diving boards are not in use, swimmers may ask the sitting lifeguard for permission to swim in the diving area. Swimmers must clear the diving area for any person wishing to use the diving board.
- Face-masks, goggles and glasses must be removed before diving.
- *Diver assumes all risk of injury due to misuse of the diving board or failure to follow these rules.*

SLIDES

- In order to use the deep-end portion of the pool (including the slide), swimmers, regardless of age, must pass the basic swimming test which consists of both: swimming 25 meters freestyle with breathing and tread water for one (1) minute, at the request of the lifeguard on duty.
- Slides may only be used when water is running.
- Swimwear must not have exposed zippers, buckles, rivets or metal ornamentation.
- No goggles or accessories (i.e. bracelet, watch or other jewelry) may be worn, as they may cause injury if caught on slide.
- No items may be carried on the slide (i.e. noodles, mats, water wings, goggles, etc.).
- Always slide feet first in a seated position, **NEVER SLIDE HEAD FIRST**.
- No running, standing, kneeling, rotating, tumbling or stopping in slide.
- One (1) person at a time, no double riding.
- Exit the water via the nearest ladder or the main pool, immediately after sliding.
- All swimmers must wait to climb the ladder until the prior swimmer has cleared the landing area.
- Parents/Guardians may not catch children coming down the Deep-End slide.
- MAXIMUM WEIGHT on the Deep-End slide is 250 pounds.
- MAXIMUM WEIGHT on Shallow-End slide is 80 pounds (or 10 years old).
- Slides may be closed at the discretion of the Manager on Duty.
- *Rider assumes all risk of injury due to misuse of the slide or failure to follow these rules.*

SPA

- No one under 16 years of age is permitted in the spa.
- Maximum capacity is 16 people at a time.
- All swimmers must shower with warm water and soap before entering the spa and after using the toilet. Oils and lotions are harmful to the system.
- Do not use the spa while under the influence of alcohol or drugs, anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics or tranquilizers.
- Pregnant women and persons suffering from heart disease, diabetes and/or high/low blood pressure should not enter the spa without prior medical consultation.
- Submerging your head underwater is not advised, doing so increases the danger of hyperthermia.
- Using the swimming pool immediately after exiting the spa can cause symptoms of nausea and/or shock.

WATER BASKETBALL

- Hard balls are not allowed in any pool with the exception of the basketball provided by Cottontail for use only in the water basketball area. “Nerf” balls may be used provided they do not interfere with others’ enjoyment of the pool.
- Over-zealous ball playing is prohibited.
- No hanging from the basket.

GAME DECK

- No metal furniture.
- Private use of the game deck must be scheduled with the Socials Chairperson.
- Use of Game Deck privileges by members or guests can be revoked if behavior is unsafe or damaging to the property.

FOOD AND DRINK

- Food and drinks are prohibited in the pool at all times.
- Food and drinks, other than water from a plastic bottle, are prohibited on the concrete deck within the fenced area encircling the main pool.
- No glass containers of any kind are allowed on the premises.
- No gum chewing.
- Consumption of alcohol by any person(s) under 21 years of age is prohibited.

POOL CLOSURES

- Thunder/Lightning. In the event of thunder or lightning, the pool will be evacuated and the pool area will close for at least 30 minutes after the last clap of thunder or sight of lightning. All persons must leave the decks, the pavilions and the lawn.
- Rain. In the event of excessive rain that obscures the lifeguards’ ability to see the bottom of the pool, the pool will be evacuated until it is deemed safe to enter by the Manager on Duty.
- Defecation. In the event of defecation, the pool will close for a minimum of two (2) hours. If identified, this person shall be banned from Cottontail for a minimum of one (1) week, this includes swim practices, swim meets and/or swim lessons.
- Vomitus. In the event of vomitus contamination, the pool will close for a minimum of two (2) hours.
- Other Health Accidents. In the event of any health accident, it may be necessary to evacuate the pool for an allotted amount of time at the discretion of the Manager on Duty.

SWIM TEAM PRACTICES, LESSONS AND MEETS

- Only those persons participating in swim team/swim lessons will be allowed in the pool and on the pool deck during lesson hours.
- All spectators and parents must remain in the grassy area, pavilions or outside the pool facility.
- No one is allowed in the Wading Pool or Spa area during swim team practices, lessons or meets.
- The Board of Directors may approve up to two (2) lanes during operating hours for swim team use.

SOCIAL EVENTS

- Large groups are defined as any member with more the six (6) guests.
- Social events are defined as any private, or partially, private gathering of twenty (20) or more members or combination of members and guests.
- Large groups and private social events require permission from the Social Chairperson of the Board at least two (2) weeks in advance.
- Additional fees will be charged to large groups and social events. Fee schedules are available on-line and at the front desk.
- Social events are defined as any private or partially private gathering of twenty (20) or more members or combination of members and guests.
- The Manager on Duty may apply the Large Group policy to smaller groups if they believe the smaller groups are part of a larger group that has been divided to avoid compliance with Large Group policy.