

Pool Rules and Regulations



General Rules

1. No one will be allowed to swim without a lifeguard on duty.
2. Lifeguard instructions must be followed at all times.
3. Children under 12 must be supervised by a parent or guardian at least 17 years of age at all times. Parents/guardians are responsible for actively supervising their children. Lifeguards are on duty to enforce pool rules & respond to emergencies.
4. A parent or guardian must be within arm's reach at all times of any child who cannot swim or wearing a lifejacket. Lifeguards have the discretionary authority to require a parent or guardian to be in the water with any child they judge to be a weak swimmer.
5. Children over the age of 5 are not permitted in the restrooms of the opposite sex.
6. Only US Coast Guard approved lifejackets are allowed.
7. All outside flotation devices (e.g. water wings, sewn in swim suit floats, and noodles) are not allowed.
8. Alcohol and tobacco products are not allowed in the facility. You must be at least 50 feet outside the facility to use any tobacco related product.
9. No splash dives, flips, back dives or backward jumps off the side of the pool.
10. Lap swimmers may be required to circle swim when lane use exceeds two patrons.
11. Pool equipment for check out (e.g. pool toys, life jackets and goggles) is at the front desk.
12. An area may be closed or have restricted use due to competitive events, special events, programs or rentals.
13. Do not ask aquatic staff to keep your personal items or valuables. The City of Fredericksburg is not responsible for any lost belongings.
14. Lifeguards have the responsibility to enforce regulations and have the authority to remove anyone for unsafe or inappropriate behavior.
15. No one may use recreation facilities for personal gain. Private instruction is restricted to that provided by approved programs and rental groups.
16. Animals are prohibited.

Health Rules

1. Admission to the pool will be refused to anyone appearing to have a contagious or infectious condition, such as a cold, athlete's foot, ring worm, boils or other skin infection.
2. No bandages or casts may be worn into the pools.
3. Spitting, blowing the nose or urinating in the pools is forbidden.
4. Texas State Health Code requires that only those with swimsuits may enter the water.
5. Only modest and appropriate attire designed for swimming is permitted. Street clothes, thongs and see-through swimwear are prohibited.
6. Cotton will not be allowed in the pools.
7. Do not swim when you have diarrhea. This is especially important for children in diapers.
8. Do not swallow or place any pool water in your mouth.
9. Practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers.
10. Take children on bathroom breaks or check diapers often. Please change diapers in a bathroom and not at poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.
11. Young children, infants and others not in control of bodily functions must wear plastic pants or swim diapers designed specifically for pool use. Swim diapers are sold at the front desk.

Safety Rules

1. A long whistle blast may signal an emergency. Exit the pool immediately and look to the lifeguard for further instruction.
2. Do not converse with or distract the lifeguards while they are actively engaged in their duties.
3. Patrons under the influence of alcohol or other drugs that alter awareness are restricted from the facilities.
4. You may be asked by a lifeguard to show an ability to swim before using the pool or pool equipment.
5. Glass is prohibited at the pool. Eyeglasses worn into the water should be worn with a safety strap.
6. Headfirst entries are restricted to areas with a minimum water depth of 9 feet.
7. Do not hang on lane ropes, safety lines and diving board.
8. Horseplay is not tolerated. Running, pushing, dunking, water fighting, chicken fights, etc, are dangerous and are prohibited.
9. Hyperventilation or the holding of one's breath underwater for an extended period of time can be extremely dangerous and is prohibited.
10. All training and fitness equipment is to be used in the manner for which it was designed.
11. Fitness equipment is only permitted in lap swim lanes.

Diving Area Rules

1. Swimming in the diving well is prohibited.
2. Do not wear goggles, earplugs or contact lenses while diving.
3. Use is restricted to competent unassisted swimmers. Anyone in a lifejacket will not be allowed on the diving board.
4. All jumps and dives are to be in a forward only or backward only direction from a standing position. No reverse (gainer) or inward dives permitted.
5. Only one person may be on the diving board or its ladder at a time.
6. Do not jump or dive until the diver before you reaches the ladder.
7. One spring per dive or jump.
8. Dive or jump straight ahead.
9. Swim directly to the nearest ladder and exit the diving well immediately.
10. Any unsafe jumping or diving may result in expulsion from the pool.

Kiddie Pool Rules

1. Children must be between 6 months – 3 years of age to use the Kiddie pool.
2. A parent or guardian at least 17 years of age must be within arm's reach of the child at all times.
3. All children must wear swim diapers and swim suits.

Food Policies

1. All food and beverages must stay on the picnic tables.
2. Only water may be consumed in the pool or on the deck.
3. Chewing gum is not permitted inside the facility.
4. Coolers must be 30 quarts or less.
5. Glass containers are not allowed into the facility.

To report mechanical, safety or water quality problems with this facility, call 830-997-4202 during hours of operation.