Lincolnshire Civic Association (LCA) Pool Safety Plan

Facility:

Lincolnshire Civic Association Pool
6 Londonderry Lane (in Lincolnshire Subdivision)
County of Tioga, Town of Owego
State of New York
(Zip Code: 13827)

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A. Organization and Management

The Lincolnshire Civic Association is a non-profit association comprised of 69 residential homes located in the Lincolnshire Subdivision of Owego, New York. Annual elections are conducted to appoint board members for a 2-year term. The Board's Primary focus is management of the neighborhood pool, pool house and pool yard. This includes pool opening, closing, safety, maintenance and developing and managing an annual pool operating budget approved by association members. The President of the Board chairs periodic meetings throughout the year to facilitate these activities. The board also publishes periodic newsletters to keep the neighborhood informed. The Vice President of the Board is responsible for hiring and managing qualified Lifeguards and assuring they are familiar with their responsibilities. The Pool Manager – which is a salaried position appointed by the Board - oversees maintenance of the pool and pool house. The Pool manager also assures maintenance procedures are implemented, and those required safety tests be performed.

The following chain of command applies to pool safety:

1. Chain of Command:

- A. The Lifeguard is in charge of all activity inside the pool house building, in the pool deck area, and inside the pool.
- B. The Lifeguard takes direction from the Vice President of the Lincolnshire Civic Association (LCA), as directed by the President of the LCA Board of Directors and Board majority.
- C. The Pool Manager takes direction from the President of the Board or his (her) designated representative and directs the Pool Maintenance Assistant.

2. General Job Duties and Descriptions:

See Section D. of this Plan for General/Maintenance responsibilities of the following:

- A. Lifeguards
- B. Pool Manager
- C. Pool Maintenance Assistant If this position is not filled, the Pool Manager will assume the responsibilities of the Pool Maintenance Assistant.

B. Injury Prevention

1) Daily Inspection by the Lifeguard

- **a)** The Lifeguard shall perform a routine safety inspection at the start of each day and at the end of each day.
 - i) A new lifeguard replacing another lifeguard shall also perform a routine safety inspection. In the case of one lifeguard replacing another, the old lifeguard shall stay on duty while the new lifeguard is making the routine safety inspection. These routine inspections shall consist of a walk-through of the Pool House and around the Pool Deck.
 - ii) Lifeguards shall look for objects such as glass, rocks, cans or any sharp object or anything lying on the deck or in the pool, which could cut or otherwise harm a swimmer. Lifeguards shall also look for anything lying on the floor or elsewhere, which could trip a person or could fall on a person.

B. Injury Prevention Continued

- b) The Lifeguard shall determine that the water is clear enough to see the Pool Drain at the start of each swimming session. No one shall be allowed to use the Pool if the water is not sufficiently clear.
- c) The Lifeguard shall perform and record a Chlorine test at the start of each shift.
 - i) **The Lifeguard shall <u>not</u>** take any action relative to Chlorine, Acid or Acid Pumping other than informing the Pool Maintenance Manager or the Pool Maintenance Assistant of serious water problems.
 - ii) Except for maintaining the water level, the Lifeguard shall not enter the Pool House Basement unless accompanied by a maintenance person or Board Member. The door to the Pool House Basement shall be kept locked when no one is working inside of it. Those who unlock this door shall be responsible for locking it as soon as they leave the basement.
- d) The Lifeguard shall inspect the following list of safety equipment daily at the beginning of their shift. The Lifeguard shall note any equipment problem that cannot be properly remedied immediately by the Lifeguard on the maintenance log for attention by the Pool Manager. The Lifeguard will immediately inform the Pool Maintenance Manager or the Pool Maintenance Assistant about these equipment problems (by telephone or telephone message).
 - i) First Aid Kit Inside Pool House on shelf
 - ii) Backboard On top of shelves inside Pool House
 - iii) Rescue Tube on Lifeguard Chair
 - iv) Shepherd's Crook (life pole) hanging on the fence
 - v) Ring Buoy on the fence across the pool from the Lifeguard chair
 - vi) Warning Air Horn at the Lifequard chair
 - vii) Emergency Phone in the Pool House for a dial tone.
 - viii) Ladder and Handrail for looseness
 - ix) Emergency Flash Light
- **e)** The Lifeguard shall wear a police-type whistle at all times and shall use it as needed to gain attention.
- **f)** The Lifeguard shall test the warning horn with one brief pulse in the morning before the pool is opened.
 - i) The Board shall inform neighbors by newsletter that multiple blasts from the warning horn are a call for help at the pool. And, that anyone able to do so should quickly come to the pool and learn what aid the Lifeguard needs. The Board shall also inform neighbors by newsletter that the warning horn will be tested with one blast daily prior to pool opening.

B. Injury Prevention Continued

2) Daily & Weekly Inspections by the Pool Maintenance Personnel

- a) The Pool Manager or Pool Maintenance Assistant shall test the pool water each day, in the morning, for pH and Chlorine.
- b) The Pool Manager or Pool Maintenance Assistant shall add acid as needed by operating the Acid Pump. The Pool Manager or Pool Maintenance Assistant shall check the level of the Acid Pump once a week. This drum will be full strength (33% Muriatic) acid. No water will be used to dilute the acid. The Pool Manager or Pool Maintenance Assistant shall increase or decrease the Chlorine Pump Feeder setting If the Chlorine test is not within limits. Note: this level shall not be less than 0.6 PPM, or more than 5.0 PPM, as stated by the State Sanitary Code.

3) Rules and Regulations

a) See Pages 12 through 14 of this Plan for "Swimming Pool Rules". The Board shall distribute these Rules and Regulations to all Lincolnshire residents <u>before</u> the start of each swimming season and post them on the Pool House Bulletin Board.

4) Diving Safety

a) Diving into the pool is permitted only on the deep side of the pool stripe. Diving from the ladder is not permitted.

5) Deck Slides

a) This is not applicable; the Lincolnshire Pool is not equipped with a slide.

6) Weather / Water Quality

- a) The Lifeguard shall clear the Pool and Pool Deck area at the first sign of a thunderstorm. The Lifeguard shall insure these areas remain clear after at least 30 minutes without any thunder or lightning.
- b) The Lifeguard shall determine that the water is clear enough to see the Pool drain at the start of each swimming session. No one shall be allowed to use the Pool if the water is not sufficiently clear. Water chemical tests shall be performed and recorded by the Lifeguard.

7) Bather Capacity

a) Maximum capacity in the water will be a judgment by the Lifeguard but shall not exceed 65 persons. Maximum capacity in the pool area is 75 persons. These capacities are determined by regulations for pools constructed prior to March 1988 and are based on 25 square feet of pool surface area for each bather. The Lifeguard shall turn away bathers exceeding this limit and has the authority to turn away bathers under this capacity if deemed unmanageable.

B. Injury Prevention Continued

8) Supervision

- a) The Lifeguard is in charge of all activity inside the pool house and inside the pool and deck area. The lifeguard shall continuously select the optimum location to maintain full observation of all swimmers. For example, if the only swimmers in the pool are small children in the shallow end, the lifeguard shall move his/her observation point to the shallow end. Further the lifeguard shall maintain focus on all swimmers in the pool and deck area all times. The lifeguard shall not engage in passive conversation that detracts from a focus on all swimmers in the pool and deck area.
- b) Children under the age of 12 (twelve) or under 4 feet 5 inches in height must be accompanied by a responsible adult unless the child has passed a swimming test administered by a Lincolnshire Pool Lifequard.
 - i) Red Cross swim badges, patches or certificates **shall** <u>not</u> be accepted as proof of a swimmer's ability.
 - ii) The swimming tests consists of the following:
 Start in the deep end, swim the length of the pool and back, using an approved
 Red Cross stroke. Then tread water for one minute with no rest between
 swimming and treading.

9) Chemical Storage and Handling

- a) Only personnel as assigned by the Board shall handle chemicals.
- b) All Acid and Chlorine chemicals used for Pool water treatment shall be immediately stored in the Pool House Basement. No one except the Maintenance personnel assigned by the Board, or Board members, shall enter the Pool House Basement.
- c) The Pool House Basement shall be kept locked at all times with the exception of those times authorized people are inside the basement. Those who unlock this door shall be responsible for locking it as soon as they leave the basement.

C. Emergency Plan

Pages 6, 7 and 8 of the Lincolnshire Civic Association Pool Safety Plan shall be prominently posted on the Pool House Bulletin Board.

1) Lifeguard Responsibilities

- a) The Lifeguard is in charge of all activity inside the Pool, the Pool Deck and the Pool House and will exercise this authority to ensure the safety of all present
- The Lifeguard will take immediate and appropriate emergency action when required. This action should be based on the education received during Lifeguard training and certification (i.e., evacuation of the pool when a bather is reported missing).
- The Lifeguard will request emergency help using the emergency phone to call 911, and by signaling for neighborhood assistance with multiple blasts on the warning horn when able to leave the victim to do so.
- d) The Lifeguard will maintain control of the Pool, clearing the area if necessary.
- e) The Lifeguard will inform parents/guardians, spouses, and the Board as soon as possible after an emergency. (A neighborhood telephone directory is posted near the telephone).
- The Lifeguard will fill out an Accident Report Form and submit it to the Vice-President or in the Vice-President's absence, another member of the Board as soon as possible after an accident.
- g) Lifeguards receive direction from, and are accountable to, the Vice-President of the Board.
- h) Lifeguards are familiar with pool rules and regulations and review them regularly.
- Lifeguards are prohibited from talking on their cell phone only use the emergency cell phone to place an emergency call (emergency cell phone is only equipped for dialing 911); no falling asleep while on duty, no reading books while people are in the swimming pool. You may read a book if there is **no one** in the pool. No swimming while people are in the pool. No talking with your friends while you are on duty. No playing cards.

2) Location of Lifesaving Equipment and Supplies

The Lifeguard will know the location of all lifesaving equipment and supplies and assure each item is in its place at the start of their shift.

Lifesaving Equipment &	Location
Supplies	
First Aid Kit	Inside Pool House on shelf
Backboard	On top of shelves inside Pool House
Rescue Tube	On Lifeguard Chair
Shepherd's Crook (Life Pole)	Hanging on the Fence
Ring Buoy	Hanging on Fence
Warning Air Horn	On Lifeguard Chair
Emergency Phone (Cell)	Inside Pool House next to rear window

C. Emergency Plan Continued

3) Vice-President of the Board Responsibilities.

- a) The Vice-President of the Lincolnshire Civic Association is responsible for hiring qualified Lifeguards, training all Lifeguards in the rules set forth in this Safety Plan, and managing the Lifeguards throughout the swimming season.
- b) Accident Report forms will be kept by the Vice-President of the Board as entries into an "Incident Log Book".
- The Vice-President of the Board will report all incidents involving death, resuscitation, referrals to the hospital, and illnesses associated with water quality to the Tioga County Department of Environmental Health and to the President of the Lincolnshire Civic Association, as soon as possible after each incident.
- The Vice-President of the Board will check the First Aid Kit, located inside the Pool House at the beginning of each swimming season to assure that it contains adequate supplies band aids, bandage compresses, self-adhering gauze bandages, latex gloves, CPR mask and is to replenish as necessary. Also check for backboard (on top of shelves in Pool House).
- e) The Vice-President provides required communications and direction to Lifeguards. This includes Lifeguard requests for schedule changes, clarification of rules and responsibilities, and the like.
- f) The Vice President will assign a backup Board member to enact the above duties in times of his/her unavailability.

4) President of the Board Responsibilities

- The President will initiate the review and update of the Safety Plan each year prior to pool opening and ensure that the Inspector from the Tioga County Department of Environmental Health has received the Plan two weeks prior to the annual Inspection.
- Prior to the pool opening, the President of the Board will direct the publishing of a newsletter to all Lincolnshire Civic Association members. This newsletter will contain Section "E" of this Safety Plan, "Swimming Pool Rules and Regulations" and a reminder about the need for the neighborhood to respond immediately to multiple emergency horn blasts.
- c) The President will also insure that the latest version of the Pool Safety Plan, as well as Section E, called "Pool Rules," is available on the home page of the LCA website: www.lincolnshireca.org
- d) Upon being notified of an incident by the Vice-President, the President will quickly call an emergency meeting of the Board to discuss how the incident might have been prevented and, if warranted, update the Safety Plan.

C. Emergency Plan Continued

5) Chain of Command Flow Chart for Emergency Situations

In an emergency situation, the Lifeguard shall follow the procedure below. If the emergency is a life/death situation, assisting the victim comes before all else and others at the pool should be instructed by the Lifeguard to carry out the process below. If no one else is at the pool, the Lifeguard is to use the good judgement he/she acquired in Safety Training & Certification.

1 -> Call Emergency Squad (911) or Sheriff's Department (687-1010)

- → Portable phone is located inside the Pool House
- → Pool Address: 6 Londonderry Lane in the Lincolnshire Subdivision off Bodle Hill Road, Owego, NY. (From 17C, turn left on Day Hollow Road at Visions Credit Union. Travel 1.4 miles, turn left onto Bodle Hill Road, travel 0.7 miles; turn right onto Lincolnshire Boulevard; turn; turn left onto Londonderry Lane).

2 → Retrieve Warning Air Horn from Lifeguard Chair & produce MULTIPLE BLASTS for immediate neighborhood assistance.

3 → Notify the following Board members, in order shown until one is reached:

Gruszka, Mike	607-687-5584	President – 3 Londonderry Lane
Gruszka, Darith	607-687-5584	Vice President – 3 Londonderry Lane
Luffman, Marcy	607-760-0605	Secretary – 732 Ivory Foster Road
Dicembre, Jane	607-972-6559	Treasurer – 1 Lincolnshire Blvd
Luffman, Lars	607-760-0605	Pool Manager – 732 Ivory Foster Road
Neary, Joan	607-687-1229	Member – 3 Lincolnshire Blvd
Poluka, TJ	570-926-5457	Member – 1915 Bodle Hill Road
Laidley, Sandy	607-727-6039	Member – 3 Manchester Blvd

- 4 → Contact (or have someone on the scene contact) the Parent/Guardian or Spouse of the Emergency Victim ASAP. (See neighborhood phone directory posted near phone).
- 5 → Fill out Pool Accident Report Form and Submit to the Vice President (President or other Board member if the Vice President is unavailable). (Note: The Vice-President will report the incident to the Tioga County Department of Environmental Health (687-8620). In cases where the incident is not minor, also notify the President who will call a meeting of the Board to discuss how the incident might have been prevented and, if warranted, update the Safety Plan.

Lincolnshire Civic Association (LCA) Pool Safety Plan

D. General Maintenance Responsibilities

1) Lifeguard Responsibilities

AT START OF DAY:
Safety inspection as detailed in Pool Safety Plan Empty Skimmers Replenish Bathroom paper and empty trash cans, if needed.
AT START OF EACH SHIFT:
Log Chlorine Level NOTE: If Chlorine is less than 0.6 PPM, or more than 5.0 PPM, call the Pool Manager or the Pool Maintenance Assistant. Do not add Chemicals to pool. Life Guards are not authorized to handle chemicals or adjust pool with chemicals in any way.
AT END OF DAY:
 Mop up any water in main room and bathroom Lock windows and both doors, Pull/Push doors to make sure locks "catch". (Fencegate should be locked at all times.) Place the AIR HORN inside the house Place the LIFEGUARD TUBE on the house rack Turn off all lights (except the large lights on the fence)
THROUGHOUT THE DAY, AS NEEDED Skim Pool Sweep outside and inside Maintain water level half way up blue tile Pick up trash, change trash bag Hose down deck Maintain Sign-In Book
Maintain information on children who have passed swimming test

Lincolnshire Civic Association Pool Accident Report

Accident	Accident	() a.m.
Date	Time	() p.m.
WHO WAS INJURED?: () Chi		
NAME OF INJURED PERSON: ADDRESS:		
	PHONE:	
NAME/PHONE # OF LIFEGUARD	ON DUTY:	
WHERE DID THE INJURY HAPPE	N? (check one):	
() In the Pool () On the Pool () Other (describe):	ol Deck () In the Pool House	
WHAT HAPPENED? (include type of You or witnesses may have on how this	injury & procedure you followed from onset o accident could have been prevented):	f injury. Also include any insight
(Use back of form, if additional space is	needed)	
WHAT FIRST AID WAS PROVIDED	0?	
WHO PROVIDED THE FIRST AID?	,	
WHO SAW THE ACCIDENT HAPP	EN?	
AT WHAT TIME WEDE DADENTS	/ FAMILY INFORMED?	() p.m. () am
<u> </u>	om the First Aid Kit and need to be rep	ласеа:
This form was filled out by: On _	at	
Month Day	Year Time	

Note 1: Lifeguard to submit this form ASAP to the Vice President of the Board; (if unavailable to the President or to another Board Member; these names are posted on the Pool House Bulletin Board).

Note 2: Vice President to file copy of this form in the "Incident Log Book" and notify the Tioga County Department of Environmental Health, Main Street, Owego, New York (687-8620).

Note 3: If appropriate, the President is to call a Board Meeting to discuss how the accident might have been prevented.

D. General Maintenance Responsibilities Continued

2) Pool Maintenance Assistant Responsibilities

AS NEEDED In response to notification from lifeguard, Adjust the Chlorine pump Adjust Pool water heater Add water to pool TWICE PER WEEK (i.e., Wednesday and Saturday mornings) Brush pool walls and floor Clean "bath tub ring" on tile with half-strength bleach ONCE PER WEEK (i.e., Wednesday morning) Spread dilute bleach solution on deck → Note: This must be completed at least one hour before the pool opens ___ Clean toilets and sinks Clean Windows Mop main floor and bathroom floors with dilute bleach solution Put trash out to curb on Monday night. ONCE PER WEEK (e.g. Saturday morning) Vacuum Pool including Backwash of filters → Note: 2-hour task; do right after brushing pool walls & floor & if necessary after midweek brushing 3) Pool Maintenance Assistant Responsibilities Extended Maintain chlorine and pH levels, water level and water temperature → Note: Chlorine at 0.6 PPM min. to 5.0 max., and pH at 7.2 to 7.8 (7.5 ideal) ___ Clean Hair Basket twice a week __ Bleed air from filters ___ Keep safety capped bleach jug & bucket in Pool House (for cleaning) Purchase chemicals, paper supplies, cleaners, etc. Keep Pool House Basement picked up Inspect Pool Daily

E. Swimming Pool Rules and Regulations

The following rules and regulations are posted on the Pool House bulletin board and distributed to all Lincolnshire Civic Association members on an annual basis

- 1) THE LIFEGUARD IS IN CHARGE: Please do what the Lifeguard says. If you disagree with something that the Lifeguard has said or done, please discuss the matter with the Association's Vice President or President. If these officers of the Board are not available, speak to any other Board Member (names are posted on the Pool House bulletin board).
- 2) <u>EMERGENCY SIGNAL:</u> The air-horn will be tested daily (each morning) with only a single blast. If you hear <u>multiple blasts</u> from the warning air-horn, this is a **signal** that there is an emergency and the Lifeguard needs help. <u>Please come guickly.</u>

3) PROHIBITED OBJECTS:

- a) All glass containers
- b) Food, drinks, gum, and alcoholic beverages
- c) Large inner tubes, rafts, and air mattresses
- d) Street clothes and soiled swim wear are not allowed in the water
- e) Whistles (the only whistle permitted is the Lifeguard's)
- f) Radio, tape, CD players in the Pool, Deck or Tennis Area
 - i) Exception: Battery-operated, Walkman-type radios/tapes/CDs are permitted.
 - ii) Note: Lifeguards shall remove their own walkman-type radios/tapes/CDs when anyone is in the Pool Area.
- g) Animals
- h) Any object the Lifeguard deems unsafe or annoying to others.

4) REGULATED OBJECTS:

a) Face masks goggles, life jackets, & balls may be used at the discretion of the Lifeguard.

5) PROHIBITED BEHAVIOR:

- a) Horseplay which the Lifeguard deems to be unsafe or annoying to others.
- b) Spitting, urinating, discharge of fecal matter, nose blowing in the pool, or contaminating the pool in any other manner.
- c) Littering.
- d) Running -this will be strictly enforced.
- e) Throwing hard objects.
- f) Jumping or diving backwards off the deck.
- g) Diving into the Pool on the shallow side of the Pool stripe.
- h) Diving off the Pool ladder.
- i) Diving in such a way as to be hazardous to those in the Pool.
- i) Any activity causing a nuisance.
- k) Distracting the Lifeguard.
- I) Swimming or breaking into the Pool area outside the authorized hours. This is dangerous and can lead to criminal charges of breaking and entering.

E. Swimming Pool Rules and Regulations Continued

6) HEALTH PRACTICES:

- a) Persons with a contagious disease or rash shall not swim in the pool.
- b) Bathing caps will not be required unless congestion in the filter occurs.
- c) Bathers prone to epileptic (or other type) seizures must report their condition to the Lifeguard on duty prior to entering the water.
- d) Children wearing disposable diapers shall not swim in the pool. Specially designed swim diapers may be allowed at the discretion of the lifeguard.

7) REST PERIODS:

 a) The Lifeguard will occasionally call a rest period. When this occurs, all swimmers will immediately leave the water. Swimming will resume at the Lifeguard's signal.

8) INJURIES:

a) Report all injuries to the Lifeguard immediately.

9) GUESTS:

- **a)** Personal guests are welcome but must be accompanied by a member of the host family.
- b) Overnight guests may use the pool unaccompanied provided the host family informs a Lifeguard of the guest's status & the guest obeys the Pool rules stated herein.
- c) It is recommended that casual guests not be invited to use the Pool if crowded conditions exist.
 - **d)** Groups other than family groups shall not be allowed to use the Pool unless approved by the Board.

10) POOL HOURS (2021):

- a) The Pool will be open 8 hours a day, 7 days a week, from 12 Noon to 8:00 PM Adult Swim Hour: 5:00 PM to 6:00 PM. Hours may be revised later in the season.
- b) The Pool swim season typically begins on the 3rd Saturday in June and ends on Labor Day. However, the Board may choose different opening and close dates. These dates will be confirmed in a newsletter to all association members.
- c) Certain environmental and weather conditions may warrant temporary closing. These conditions include: unsanitary water conditions, inadequate chlorine residual or adverse weather.

11) ELIGIBLE SWIMMERS:

- a) A child under 4 feet 5 inches tall *must be accompanied by a responsible <u>adult</u>, unless the child has passed the swimming test or is at least 12 years of age.*
- b) The swimming test given by the Lifeguard will consist of: Start in the deep end, swim the length of the pool and back, using an approved Red Cross stroke. Then tread water for one minute with no rest between swimming and treading.
- c) The lifeguard will retain documention in the pool house for children who have passed the test for the current season

E. Swimming Pool Rules and Regulations Continued

12) PARKING:

- a) For the safety of children crossing Londonderry Lane and Lincolnshire Boulevard to and from the Pool and Tennis areas, members should not to park cars on the Poolside of the street. Out of consideration for the residents living on Londonderry Lane and Lincolnshire Boulevard, please do not park on the opposite side of street. If you must drive (see note) park on the pool property, on the grass, and off the road. The designated parking area is to the left of the Pool House Door, bumpers towards the fence. Do not block other cars. Drive slowly and be cautious of walkers. Note: These parking privileges are for those who are unable (or find it difficult) to walk to the pool (the elderly, disabled/injured, or parents with infants/toddlers). Those who can walk to the pool are expected to continue to do so to minimize the number of cars at the pool.
- b) Please do not block the Pool House entrance. Bicycles, baby carriages, etc should be parked off to the side of the Pool House.

13) POOL/BATHER CAPACITY:

a) Maximum capacity in the water will be a judgement of the Lifeguard based on safety, but, by law, cannot exceed 65 swimmers or 75 people in the total Pool area. The Pool "area" includes the Pool, Pool Deck, and Pool House. The Lifeguard has the authority to turn swimmers away if capacity reaches maximum (or less than capacity if the number of bathers is considered unmanageable by the Lifeguard).

14) VIOLATIONS:

- a) For the safety of all swimmers, disruptive behavior in the Pool area or continual disregard for Pool Rules and Regulations will not be tolerated. Any violations of the above rules and regulations should be brought to the attention of the Lifeguard.
- b) Continued disruption, after the Lifeguard has issued warning, warrants the Lifeguard suspending a bather's swimming privileges for the day. Continued disregard for the rules and regulations can warrant the forfeiture of Pool privileges for a specified period of time, as determined by the Board of Directors.

15) OTHER:

a) Situations not covered herein will be handled at the discretion of the Vice-President who supervises the Lifeguards, the President, and/or the Board (depending on the situation in question). All such incidences will be reported to the Board to determine whether or not the pool rules and regulations should be revised.