

Pool Rules

Head Lifeguard: Regan Foos regan@themanhattancountryclub.com

General Manager: Dan Doerge dan@themanhattancountryclub.com

Pool Hours:

Monday – 12:00 pm- 4:00 pm

Tuesday – Sunday- 11:00 am – 8:00 pm

Food Hours:

Monday- CLOSED

Tuesday – Saturday- 11:00 am – 8:00 pm

Sunday – 11:00 am -5:00 pm (Pizza after 5:00 pm)

UPDATED POOL RULES

1. All guests must be accompanied by a member of the Manhattan Country Club. Guests that are not accompanied by a member will be asked to leave.
2. Guests are allowed to visit the pool three (3) times a year as a guest.
3. Members and their guests need to check in with either a server or at the cabana.
4. Members and their guests' charges are applied to the members account until the guest is ready to close their tab.
5. The cabana will no longer accept cash. Card and member charge only.
6. No bathing suits are allowed on the 2nd floor of the Manhattan Country Club. Proper attire is required.

GENERAL RECREATIONAL SWIMMING:

The guard staff should be on the deck and prepared to observe their duties before the first patron steps onto the deck. At closing, patrons must be protected until the last individual leaves the deck.

Discipline problems should be handled immediately. Guards have only the authority to recommend ejection to the Manager. Lifeguards may not eject anyone. In the event that the manager is unavailable, the Head Guard may eject a patron if necessary. A guard may request a patron to sit out of the water for 10 to 15 minutes until he or she has had time to think about the rules. Managers have the authority to suspend individuals as justified. Managers must immediately fill out proper incident reports and forward them to the General Manager or Food and Beverage Director

When a guard leaves a location, individuals being disciplined should accompany the guard to the new location. The Manager should take immediate action to clear the pool of all swimmers when lightning or threatening weather approaches. The Manager should also evacuate the pool area if a chlorine emergency presents itself.

MONITORING POOL CONDUCT

For the protection of patrons and efficient management of the pool, these guidelines help to maintain a safe and enjoyable aquatic environment.

1. Conduct, which may result in injury to self or others, will not be permitted.
2. Swimming is allowed only when a lifeguard is on duty
3. Running, wrestling, towel fights, shoving or throwing others into the pool is not allowed
4. One person on the diving board at a time and only one bounce is permitted
5. Diving is not allowed until the person ahead is safely out of the area
6. Divers should swim directly to the nearest ladder
7. Handstands off the diving board are not allowed
8. No somersaults or back dives allowed from the side of the pool
9. No diving head first from the shallow end of the pool
10. Artificial swimming aids, rafts, balls, etc. are only permitted when the crowd is at a minimum
11. Playing, sitting, pulling or standing on the ropes is not allowed. The ropes are for emergency use only.

12. If, in the lifeguard or Manager's opinion, a person is not fully capable of swimming the width of the pool, they will not be permitted in the deep end of the pool
13. Children eight years old and under may not be admitted unless they are accompanied by a responsible adult.
14. Use of the baby pool shall be limited to children eight years old and under. A responsible adult must accompany them.
15. No attire, other than bathing suits, will be allowed in the pool unless permission is given by the Manager or Head Guard.
16. No glass containers of any kind will be allowed in the pool area.
17. Food, gum, candy, etc. are allowed only in the concession area.
18. Activities, which deny the enjoyment of the facility for others, are not permitted.

WHISTLE SIGNALS

If a swimmer does not respond to a signal, repeat the signal. If further signals are ignored, signal for the Manager. Do not allow patrons to ignore whistle signals as it sets a bad example for others.

1. Three short blasts – signals a guard responding to an emergency situation. It is recommended that upon hearing an emergency signal from one guard, other guards in the area repeat the signal. This will insure people who missed with first signal will have the additional opportunity to respond.
2. One short blast – used to get the attention of a swimmer
3. Two short blasts – used to get the attention of another guard and signal activation of Emergency Action Plan for general rescue

POOL DANGER AREAS

The manager will establish a prime area of responsibility for each guard location at the pool. Guards must know the areas before assuming the guarding duties of any location. In addition, all guards are responsible for activities in the pool. An overlap of area responsibility is essential to a safe aquatic environment.

Everyone should know the pool's danger areas. In all pools, there are areas that are more prone to accidents than other areas. Listed below are a few of the chief areas of danger found any public or private pool. For safety reasons, these primary danger areas should be watched more closely.

1. Shallow entrance - A desire to get into the water quickly leads swimmers to run from the entrance. A no running policy should be established early in the season.
2. Pool deck - Running is the primary danger on the pool deck. Quick walking is equally dangerous and should be prohibited.
3. Pool ladders - The ladders should be used only to climb in and out of the pool, not to play on. Diving from ladders or swimming behind the ladders is not permitted.
4. Wading/Baby pool - This is the most serious potential drowning area because this is where the very small and inexperienced play. It is of primary concern because a slight wave or bump is all that is needed to throw a young person off balance. Children in the pool must be with a responsible adult because no guard is on duty full time in the baby pool. If a child is in the pool without supervision, they should immediately be taken out of the water.
5. Shallow to semi-deep water - This area is also dangerous because it is where both non-swimmers and expert swimmers choose to play. Horseplay and dunking should be of special concern in this area.
6. Lifeline - The danger here is to non-swimmers moving into deep water by using the lifeline. Playing on the lifeline will cause it to submerge, making it useless in case of emergency. A guard should use good judgment to determine if the person is using the lifeline as an aid in an emergency before insisting that they let go of the rope.
7. Deep end - Due to clarity, depth may appear shallower than it actually is. This could deceive novice swimmers. Guards should check the bottom often. If the swimmer's ability is in doubt, they should be asked to pass a test in shallow water before allowed to swim in the deep end.
8. Diving board - Dives should be made straight off the board. Running out to the end of the board and then returning back to the ladder is not

permitted. Areas in front of the board should be constantly watched while the board is in use to prevent divers from landing on swimmers. No one should be allowed to catch someone off the diving board. It is extremely dangerous for both the diver and the person catching.

9. Guard stands – The guard stands are for the exclusive use of the lifeguards. While on duty the guards should be unaccompanied at all times except when being relieved. Guards should frequently check the area immediately beneath the guard stand opposite them.

RAIN DAYS

1. All scheduled personnel will report to work, regardless of rain or shine, unless called and told otherwise by the Manager.
2. This is an excellent time to catch up on work that has piled up. A list of projects for rainy weather should be drawn up by the Manager or Head Guard. Such items as pulling weeds along the fence, cleaning the supply room, cleaning the gutter-line, cleaning tiles, etc. should be included on the list.
3. If the weather is not too severe and the threat of lightening is negligible, this would be a good time to vacuum the pool.
4. The pool will remain open as long as there are sufficient numbers of patrons wishing to swim. The number of patrons to close the pool will be at the discretion of the Manager or Head Guard. The Manager has the responsibility to minimize the staff at such times.

STORM PROCEDURES

1. The Pool Manager is responsible for the health, safety and welfare of all patrons.
2. In the event that a storm arises in the immediate area, that Manager must keep a constant visual for signs of tornadoes, hail or lightning.
3. If an electrical storm threatens the pool, all swimmers should be cleared from the pool immediately. The Manager should publicly announce the reason for clearing the pool.

4. Depending on the type of storm causing the pool to be cleared, the customers should not be forced to leave the pool areas but to merely clear the water.
5. While a storm is in progress, the guards should be stationed to insure control of horseplay and assigned jobs of cleaning.

SEVERE WEATHER POLICY

1. The pool should have a radio in good operating condition.
2. The Manager and pool staff should stay abreast of changing weather conditions.

In case of Severe Thunderstorm:

1. These storms can produce high winds, hail, heavy rain, lightning and tornadoes.
2. If lighting is seen or if you hear thunder, clear the pool at once. Swimmers may remain at the pool but should stay indoors. There should be a thirty-minute wait allowed to re-enter the water.
3. At signs of an impending storm, towering thunderheads, darkening skies, lighting and increased winds, clear the pool and get everyone inside.

In case of Tornado

1. The warning that a tornado threatens the area will be a three-minute steady tone on the Civil Defense siren
2. The Manager informs all guards to clear the pool of patrons. Alert staff personnel to calm persons who may become excited.
3. The siren will blow up and down for three minutes when a tornado has been sighted. Everyone should take cover.
4. Escort patrons to the Locker Rooms in the Clubhouse. As it is underground, it provides the best shelter.

5. Children should never be left unattended at the pool. In the event it happens, have a guard or responsible adult escort the child or children to the Clubhouse with the rest of the patrons.
6. The siren will blow steady for thirty seconds for the all clear signal.

POOL EMERGENCY PROCEDURES

The following is a general guideline that must be tailored to the specific requirements of each staff situation. Emergency practice sessions should be held before opening to the patrons.

1. A lifeguard, upon seeing an emergency, should sound three short blasts on the whistle and respond to the situation.
2. If a rover is on duty, they will go to the area to help with the emergency. If there are only tow guards at the pool, the last guard covers the whole pool.
3. The Manager will respond to the emergency scene, removing all swimmers from the water if necessary. If the Manager is guarding, the off duty guard takes the place of the Manager.
4. In the event that a victim has stopped breathing or it is necessary to administer CPR, the first available staff member will bring the resuscitator to the victim. **The use of the resuscitator must be an integral part of all training sessions unless notified by the Pool Manager.**
5. In the event a person has suffered a neck or back injury, determine whether or not it is absolutely necessary for the victim to be moved from the water. Necessary reasons would be severe weather conditions, or if the victim is in need of artificial respiration or CPR. **Training sessions should review neck and back injuries very carefully.**
6. The Cabana worker should lock the doors and gates, admit no one in and get to where he or she can follow the Managers directions. The Cabana person will call 911 if needed. If 911 is called, the Cabana person should give the following information:

- a. **Name of the Pool – Manhattan Country Club Pool, 1531 N. 10th St. at the back of the Clubhouse.**
- b. **Nature of Emergency**

If an ambulance is called, the Cabana worker will then get the keys and unlock the appropriate gate.

7. Once the situation is under control, contact the General Manager and inform him or her that there is an emergency at the pool and whether or not an ambulance has been called out.
8. Fill out an Accident Report. Include names, addresses and telephone numbers of any persons who may have witnessed the accident.
9. If necessary, call parents or guardians.
10. **Refer all questions to the Pool Manager or the General Manager. Do NOT release any information or names of people involved in emergencies.**
11. Should anyone ask if the Club will cover expenses, they should be directed to the General Manager. Staff members are not authorized to make any statements on behalf of the Club
12. Be aware that members of the press may be present, especially if they have been alerted to an emergency in your work area.
13. In case of an emergency where no injury is involved, it is not necessary to contact the General Manager, however, an Incident Report must be filled out and the Pool Manager should be notified.
14. In case of an emergency involving an injury, both Accident and Incident Reports must be filled out and both the Pool Manager and the General Manager should be notified.
15. In the event of an emergency and if adequate staff is present, the Manager may wish to assign one or more staff members to control outsiders/or members of the press. Outsiders coming into the area may cause additional danger to themselves and others on site or may cause confusion in execution of emergency procedures.
16. Continue to recognize that the primary responsibility of the pool staff is to assure the safety and welfare of participants and other people in the area.

Each staff member has been hired and trained to use his or her good judgment and good sense in handling emergencies. Particular questions should be forwarded to the Pool Manager.