



## **Pool Safety Rules, Risks, and Guidelines**

- Running, shoving, screaming, and using profanity will not be allowed in or around the pool area.
- No long breath holding underwater, rough play, sitting or standing on shoulders, excessive splash fights, or throwing objects in or around the pool area.
- There is no diving allowed in any of the pool areas except under the supervision of a Houstonian Club coach or instructor.
- No playing, hanging, or sitting on the lane lines.
- Persons under the age of 14 must not be in the pool without adult supervision. Children 14 years of age and under must be accompanied by a chaperone at least 16 years of age. Children under 6 years of age MUST be within arms reach at all times. Parents and caregivers are the first and most crucial safety protection at a pool.
- Under the Texas Administrative Code, the Houstonian pools are classified as Class C Pools and have NO LIFEGUARD ON DUTY signage posted. All swimmers swim at their own risk. Although lifeguards are not required, as an extra layer of protection, an Aquatics safety team member will be staffed to assist if an emergency arises.
- No gum, glass, or chewing tobacco permitted.
- Children who are not toilet trained must wear a swim diaper. Diapers must be changed in the restroom.
- Changing on the pool deck is not permitted. Please utilize the bathrooms on the pool deck or in the Club.
- Swimwear must be appropriate for a family environment. No street clothes, workout wear, cutoffs, skimpy swimsuits, thongs, or swimsuit bottoms that do not cover the entire buttocks will be permitted in or around the pool. Proper casual attire, resort attire, and workout attire are permitted on the pool deck but not when utilizing the pools.
- Dive toys are allowed but must not have sharp edges.
- No inflatable rafts or tubes of any kind are permitted.
- No food or beverages are allowed in the pool. Food and drinks may be placed on the edge of the pool deck.
- No public indecency or excessive public displays of affection.
- Please dry off before entering the Club or Hotel. Floors may become slippery when wet.
- Individuals with a cold, open wound, sores, or an infectious communicable disease are restricted from entering the swimming pool area.

- Individuals who have experienced intestinal distress may not swim in any pools or use the hot tub for 10 days following. Examples of intestinal distress include but are not limited to diarrhea, loose stools, vomiting, etc.
- There is no smoking or vaping in the pool areas or at Arbor Grill.

Patrons must cooperate with the Aquatic staff and follow their instructions immediately without question. The Club pool management and authorized personnel reserve the right to expel anyone not following pool rules and reserve the right to limit or suspend pool privileges.

The following are specific to the **Waterslide:**

- Only one person on the slide at a time. The next person must wait until the slide and water below are clear before entering the slide. If a lifeguard is on duty, please watch for their hand signals telling riders when to go.
- Slide feet-first in a seated or lying down position on your back.
- Clear the splashdown area immediately.
- Toys and noodles are not permitted on the slide.
- The rider assumes all risk of injury due to misuse of the slide or failure to follow these rules.
- Failure to follow the rules may result in not being permitted to ride the slide.

The following are specific to the **Hot Tub Area:**

- Children under the age of 6 are not permitted in the hot tub at any time.
- Children under the age of 14 must be accompanied by a chaperone over the age of 16 while in the hot tub.
- No jumping, splashing, spitting, or horseplay of any kind is permitted.
- No swim toys or swim gear are permitted in the hot tub.
- The capacity is 6, with a maximum visit time of 15 minutes. Anyone sitting around the edge will be included in the capacity counts, so please do not sit on the edge.

The following are specific to the **Sports Pool:**

- Sports Pool: The Sports Pool is reserved for lap swimming, exercising, and swim lessons with Houstonian Club instructors.
- A swimmer must be able to complete one length of the pool without assistance to be allowed to lap swim or exercise.
- Participants must be swimming laps or aquajogging. No crossing of the lanes or recreational play is permitted.
- No hanging, sitting, standing, or pulling on the lane line.
- Swimmers must always be willing to share lanes, and circle swimming is encouraged.
- Scheduled programs and swim lessons have priority over lap swimming.
- The use of starting blocks is not permitted.

- Children in swim diapers are not permitted in the Sports Pool.

The following are specific to the **Garden Pool:**

- Garden Pool: The Garden Pool is an all-adult pool (ages 18 and older). However, children's lessons are only permitted at certain times with Houstonian Club instructors. Children who are waiting for or have finished their lessons should not swim except during their lesson time. Reservations are required.
- Please be courteous to our hotel guestrooms and keep in mind that the Garden Pool is designated as our quiet pool.
- Programs and swim lessons have priority over recreational swimming.
- No hanging, sitting, standing, or pulling on the lane line.

### **Children's Rest & Rehydration Breaks**

- Children's R & R is a 10-minute period where lifeguards clear the pools for Rest and Rehydration. When children's R & R is sounded, all children under the age of 12 must exit all pools and take a 10-minute break from swimming regardless of when they arrived in the pool areas. The Little Lagoon is included.
- Swim lessons and Swim Team programs do not have to break during Children's R & R.
- The Houstonian pools have children's R & R every 90 minutes. Please see the posted schedule on the pool house announcement board.
- Why do we do children's R & R?
  - Safety Breaks help prevent fatigue in young swimmers by providing a break for rest, recovery, and rehydration. Swimming for a prolonged period can be strenuous for the body, and swimmers often forget to rest and rehydrate.
- When the break is over, the lifeguards will make an announcement, and all children may resume swimming.

### **Water Exercise Equipment**

- Water exercise equipment is available for use upon request. Equipment is limited.
- This equipment is only available for use at the Sports Pool.
- Water exercise equipment includes fins, kickboards, swim buoys, Aquacise belts, and pool noodles.
- Aquatic Instructors may use water exercise equipment for swim lessons in the resort pool.

## Risk and Danger Guidelines

The Houstonian Club is committed to conducting its programs and activities in a safe manner and holds the safety of its participants in high regard. The Houstonian Club insists that all participants follow all written and verbal safety rules and guidelines that are designed to protect the participant's safety as well as the safety of others. Participants, including both adults and minors registered by an adult or legal guardian, registering for the Aquatics Youth Program and Activities (the "Activity") must recognize that there is an inherent risk of injury and danger when choosing to participate in any recreational activity and program, including the Activity.

As a parent or legal guardian of a minor child, you are solely responsible for determining if your minor child or ward is physically fit and adequately skilled for the Activity. It is always advisable, especially if the minor child is physically, mentally, or emotionally challenged or has recently suffered an illness, injury, or impairment, to consult with a physician before undertaking any physical activity, including the Activity. By registering your minor child, you acknowledge that your child is qualified, in good health and in proper physical condition to participate in the Activity.

Swimming, diving, and activities in or around a body of water are intended to challenge and engage the physical, mental, and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning, equipment, facilities, safety measures and precautions, there is still a risk of serious bodily injury, including but not limited to head/brain injuries, spinal cord injuries, paralysis, broken bones, sprained or torn muscles, loss of limb, loss or reduction of function in body organs and parts, permanent disability, temporary disability, drowning and even death for participants engaged in the Activity. These risks and hazards may be caused by the action or inaction of your child, the action or inaction of others participating in or those monitoring the Activity, the conditions in which the Activity takes place or the negligence of The Houstonian Club, its employees, staff, instructors, members, guests, invitees, and volunteers. There may be other risks and social and economic losses not known or not readily foreseeable. The very nature of swimming or diving into a pool or activities in or around a body of water is hazardous and risky, including but not limited to, striking the bottom or a slope, ignoring depth markers, striking or falling from the starting blocks, horseplay, bodies colliding in or out of the water, carelessness, slipping and falling while in or out of the pool, accidental strangulation or choking, inadequate or defective equipment, poor technique, failure in supervision or instruction and other circumstances inherent to the sport of swimming, diving and water sports. In this regard, it is impossible for The Houstonian Club to guarantee absolute safety, and it is impossible to contemplate or describe all risks or dangers associated with the Activity.

**All safety rules, hazards, risks, and dangers cannot be foreseen; therefore, these Safety Rules and Guidelines, including the noted risks and dangers, are not designed to be all-inclusive or limiting in nature. By registering your minor child for the Activity, you acknowledge and agree your child has been informed that he or she must obey all written safety rules and verbal instructions of The Houstonian Club staff, and you fully accept and assume all risks, dangers and all responsibility for losses, costs and damages you or your minor child may incur, or other participants may incur as a result of you or your minor child's negligence, whether known or unknown, foreseeable or not foreseeable, contemplated or not contemplated, and as a result of your minor child's participation in the Activity. The Houstonian Club reserves the right to amend, modify or alter these Safety Rules and Guidelines, in its sole discretion, with or without notice to its Members.**