



City of Detroit Parks and Recreation Department

Pool Rules

1. Everyone must take a soapy shower before entering the pool. If you leave the pool to use the rest room, you must take another shower before returning to the pool.
2. Wash your hair thoroughly of any hair products.
3. No running on the pool deck.
4. If the water is at your armpits and you cannot swim do not go into deeper water.
5. Don't grab anyone around the neck.
6. No dunking.
7. You must take and pass the deep test to swim in the deep end of the pool. Swim two laps, next tread water for 30 seconds.
8. Spit and blow your nose in the gutters and not in the pool.
9. If you need to use the restroom, please get out of the pool, and use the restroom. Before returning to the pool, please shower.
10. No diving in the shallow end of the pool.
11. Jump into the pool feet first not headfirst.
12. Do not jump on top of anyone make sure the coast is clear before you jump in feet first.
13. No running, and then jumping into the pool.
14. Listen to the lifeguard staff when given instructions.
15. When you hear a whistle stop, look, and listen.
16. If you have the following: open blisters, cuts, sores, ringworm, warts, flu, cold, chicken pox, COVID-19 etc. you cannot use the pool until you are completely well.
17. Glass, sharp metal objects, and food are prohibited on the pool deck.
18. Don't push anyone into the pool.
19. Walk down the pool ladder backwards one person at a time.
20. Don't pretend you are drowning.
21. No animals allowed on the pool deck, inside the pool, and building.
22. If you had diarrhea in the past two weeks or currently have diarrhea, please do not get into the pool until you are well.
23. Do not vomit in the pool use the gutters.
24. Wear a swim cap.
25. **Wear your street clothes into the building not your swimsuit. Street clothes are prohibited on the pool deck.**
26. No street shoes on the pool deck and shower area. Please wear clean flip flops, or water shoes on pool deck and shower area.
27. Females must wear a swimsuit with a lining.
28. Males must wear Swim trunks or Jammers with a lining.
29. No horse playing.