

## Locker Room Rules

- 1) Do not leave personal items unattended in the locker rooms at any time.
- 2) Please use locks on all lockers when storing belongings.
- 3) Please leave all valuables at home.
- 4) The city of Onalaska is not responsible for lost or stolen items.
- 5) Duration of showers are to be kept to a minimum; shower facets should be turned off after showering.
- 6) No child of the opposite sex over the age of 6 is allowed in the locker room facility.
- 7) Lockers are for day use only.
- 8) No washing of clothes in shower area.
- 9) We do not allow patrons to pay for the use of showers or restrooms.

Onalaska Park and Rec  
(608) 781-9560

Onalaska Aquatic Center  
(608) 781-9524

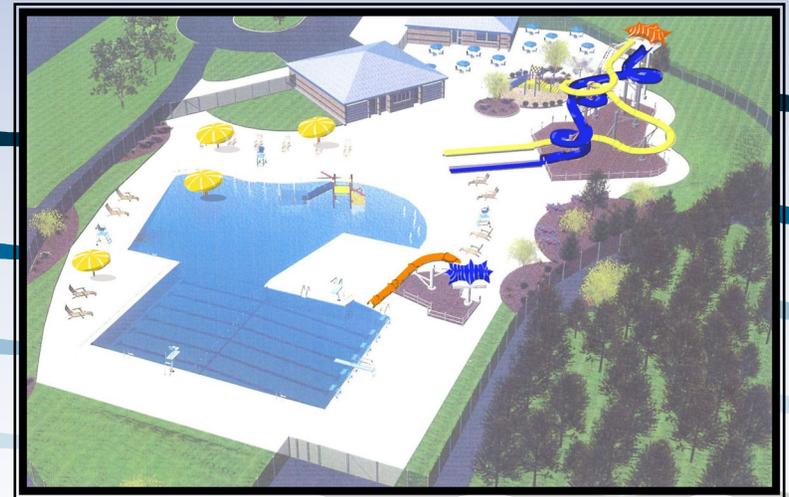


**City of Onalaska**

Parks and Recreation Department  
415 Main St.

[www.cityofonalaska.com](http://www.cityofonalaska.com)

# Pool Rules



## Pool Rules

- 1) Do not enter the pool if you have a communicable disease or an open cut.
- 2) Food and beverage are not allowed on the pool deck.
- 3) Shower before entering the pool and after the use of toilet facilities.
- 4) No dunking, pushing, fighting, excessive splashing, abusive language or horseplay.
- 5) Do not run on the deck.
- 6) Animals are not allowed inside the facility.
- 7) Persons under the influence of alcohol or any judgment-impairing substance will not be admitted to the facility.
- 8) All patrons must wear a swimsuit. No cut-off shorts, jean shorts, leotards, underwear, etc.
- 9) Smoking is not allowed anywhere in the facility.
- 10) Flotation devices of any kind are only allowed during "Family Night"
- 11) Toys such as beach balls, squirt guns, etc. are not allowed in the pool.
- 12) Swim diapers are required for young children not yet toilet trained.
- 13) Skates, roller blades, scooters or skateboards are not allowed inside the pool area.
- 14) The lifeguard on duty reserves the right to administer a swim test to any patron.
- 15) Weak or non-swimmers will not be allowed to swim or enter in any deep water; use diving boards or drop slide.
- 16) Prolonged breath holding & hypoxic training is prohibited
- 17) No diving from the starting blocks allowed unless under supervisor of a qualified coach.
- 18) No diving is permitted in water shallower than 12 feet
- 19) The city of Onalaska is not responsible for lost or stolen items.
- 20) All children under the age of 7 must be supervised by an adult at all times

## Diving Board Rules

- 1) One diver on the board at a time.
- 2) Only one jump on the board is permitted
- 3) Dive/jump straight off the board. Do not jump off to the side.
- 4) No sitting or hanging on the diving board
- 5) Jumping backwards is prohibited
- 6) Wait until the diver reaches the side or pool edge before diving or jumping of the diving board.
- 7) Always swim to the closet ladder.
- 8) When diving boards are closed, they will be cautioned off using caution tape, a cone, or other fixed structures.
- 9) Patrons wearing life jackets are not permitted to go off the diving boards.
- 10) The lifeguard reserves the right to ask any patron to do a swim test if they feel uncomfortable their ability to swim in deep water. This test consists of swimming one pool length freestyle. If failed, the swimmer is denied further use of the deep end.

## Slide Rules

- 1) There must be an attendant monitoring the top and bottom of a slide when ever it is open.
- 2) Patrons using the waterslide should be able to swim and must be able to stand up safely in 37" of water.
- 3) Riders must go one at a time.
- 4) People sliding must be seated or lying on their back feet first. No stopping, spinning or slowing during the ride.
- 5) Upon exiting form the slide, swimmers should move from the splash zone immediately.
- 6) No sunglasses, eyeglasses, goggles. Or swim masks can be worn on the waterslide.