



## Black Rock Retreat

### **POOL & LAKE SWIMMING RULES AND INFORMATION**

#### **General Rules:**

1. Lifeguards must be present for all swimming activities. Swimming is absolutely prohibited without the presence of a certified Black Rock Retreat Lifeguard.
2. We require that women wear MODEST bathing suits (no bare mid-drifts or bikinis) and men wear MODEST swimming trunks (no bikini, Speedo style). Lifeguards will require women to put on a colored T-shirt if this is not followed.
3. Children age 12 and under must be accompanied by an adult to either swim area. The adult must take responsibility for watching them.
4. Eating and drinking are allowed on the deck, sand and grass areas only. No glass bottles will be allowed.
5. The safety equipment, life rings, ropes, etc. are to be used for rescue procedures only and only by the lifeguards.
6. Any guest with pink eye, open wounds or infections will not be allowed in the water.
7. Babies should wear swim diapers. If defecation occurs, the pool will be closed.
8. Please be respectful of the lifeguards. They are there for your safety and have the authority to stop a situation or close an area/activity, which they deem as unsafe. They also have the authority to ask someone to leave the lake or pool areas if they are not following the rules.
9. Please be modest when going to and from the swim areas. Shirts, towels or other cover-ups are suggested especially if you need to walk through the retreat center lobby. Wearing or lingering in swimwear anywhere other than the swim areas should be avoided. Allow swimwear to dry before entering buildings.
10. There is to be no throwing of sticks, stones, sand or other foreign objects into or out of the water.
11. Your group will need to tell the lifeguard which activity/area they would like to use. Lifeguards will try to keep everybody in your group satisfied.

12. "Splash Down" Water Slide Rules (130' slide):
- 2 lifeguards will operate the slide, 1 at the top & 1 at the bottom.
  - The top lifeguard will inform and enforce how, when & who can use the slide.
  - The bottom lifeguard will make sure the participant exits safely.
  - Age requirement is 7 years & older.
  - No pregnant women.
  - No sharp objects on clothing or body.
  - Water depth at end of slide is 3-6' depending on how far you skim on the water.
  - Must be able to swim to use slide.
  - Lifeguards have the right to restrict someone from using the slide if they are not using it properly, following the rules or feel as though it is unsafe for them.
13. Manatee and Raft Rules (trampoline, log and blob):
- Anyone who wishes to use these activities must be a good swimmer or wear a lifejacket.
  - A swim test may be required at the discretion of the lifeguards.
  - Children 12 and under must have permission from their supervisory adult before being allowed out to the manatee or raft.
  - There needs to be at least one adult on both the manatee and raft.
  - Participants will be allowed to the raft or manatee in groups following the instructions of the lifeguards.
  - There is to be no rough play on the raft or manatee.
  - No swimming under the manatee or raft.
  - No diving off the raft (water is too shallow). Diving will only be permitted off the manatee.
  - Always be aware of the location of other swimmers so that you do not jump on top of them.
  - Must be able to swim to use slide.
  - Lifeguards have the right to restrict someone from using the slide if they are not using it properly, following the rules or feel as though it is unsafe for them.
13. No Vehicles are permitted at the lake during swimming hours with the following exceptions:
- Emergency vehicle driven by the lifeguards.
  - Vehicles not staying at the lake, but dropping off small children, elderly or disabled.
    - These vehicles may park at Hiawatha Pavilion at the top of the hill.