



Nashua Swim and Tennis Club 2009 Pool Regulations

1. All members and guests **must** check in at snack bar upon arrival.
2. A guest pass for the day will be issued for a fee of \$10 per guest. Guest fees cannot be charged.
3. Members are allowed 4 guest days per month.
4. Members must clean up after themselves and place any trash in trash receptacles.
5. Members are not allowed to bring their own alcoholic beverages to Club.
6. Smoking is not allowed on premises.
7. Lost key tags are \$5
8. **Members and their guests use the pool and facilities at their own risk. Nashua Swim and Tennis**

Club and its

staff are not liable for any accidents which occur on the premises.

Safety Rules

Lifeguards have the responsibility to guard the pool. We do not want them to be baby-sitters. Please make sure your

children are supervised at all times. Thank you.

1. No running in pool area.
2. No diving or jumping off sides of pool except in diving well and if diving boards are clear.
3. Do not play on or near starting blocks.
4. Do not throw balls on roof of snack bar.
5. Do not climb fence.
6. Must pass water test to use diving boards. Test includes: 25 yd. Freestyle/crawl, 3 min. of treading water
7. No lounge chairs at poolside. Please leave lounge chairs on the grass. Please no lounge chair forts.
8. Food allowed on grass or at tables only.
9. No glass allowed in pool area.
10. No toys, floats, boogie boards, water guns or scuba equipment in pool.
11. Deep area is limited to diving only - no swimming. Do not go under diving board.
12. Diving Board Rules
 1. One person on board at a time.
 2. Limit one spring per dive.
 3. Make sure diving area is clear
 4. No running off diving board
13. Children wearing floatation devices **must be accompanied by an adult.**
14. No child over 5 years old is allowed in wading pool. Children must be accompanied by an adult.
15. Adult swims called for 15 minutes each hour.
16. Lifeguards have the authority to remove any person who is not abiding by these rules and/or is a safety problem.
17. Everyone must take soap shower before entering pool per the Health Dept.
18. Children who are not potty trained must wear swim diapers.

Nashua Swim and Tennis Club and its staff are not responsible for any injuries received by patrons or their guests while playing tennis, swimming, engaging in any activities at the Club or while on the Club's premises. Members and their guests use the facilities at their own risk. NSTC is not responsible for lost, damaged or stolen personal belongings.

Management reserves the right to amend rules as necessary.

This is your club- Please keep area clean! Have Fun and Enjoy! Be Safe!