

RULES AND GUIDELINES FOR THE USE OF THE ALANIS OBOMSAWIN POOL

REQUIRED: Wearing a swimsuit
Wearing a swim cap
Babies must wear swim diapers (If you don't have one, ask a lifeguard)
Showering before swimming

It is recommended to tie up long hair.

At all times, you must:

- Walk (no running).
- Change in the changing rooms.
- Use the washrooms and toilets for all personal hygiene needs before entering the pool.
- Be barefoot or wear indoor sandals from the moment you enter the locker room until you leave.
- Behave calmly and avoid rough play in the pool and on the pool deck.
- Throw away chewing gum before entering the pool.
- Use the ladders and handrails only to enter and exit the pool (these must remain accessible).
- Dive from the diving board only in the deep end or from the poolside with the lifeguard's permission.
- Refrain from bringing or consuming food and/or drinks in the pool or on the indoor pool deck. Glass containers are prohibited at the outdoor pool.
- Pay attention to all auditory signals (whistles, alarms) and follow the lifeguards' instructions.
- Respect the posted schedule and programming.

Pool access is permitted to any person who:

- Is not under the influence of drugs or alcohol.
- Does not have skin lesions, a skin condition, or a contagious/infectious disease (e.g., gastroenteritis).
- Children aged 8 and under must be accompanied by someone 16 or older.
- It is recommended that children aged 9 to 12 be accompanied by someone 16 or older.
- Non-swimmers and beginners should stay in the shallow area.

Swimmers must evacuate the pool and access is prohibited when:

- There is a thunderstorm or strong winds.
- A safety inspection is required.
- There is a risk due to hazardous materials in the water or on the pool deck.
- The water's chemical levels no longer ensure swimmer safety.
- Any specific circumstance threatens the safety of swimmers.

The Alanis Obomsawin Pool is a **smoke-free environment at all times.**

Pool staff have full authority within the pool area and facilities. They reserve the right to expel anyone who violates one or more rules, disrupts activities, compromises the safety of others, or fails to act with civility and respect.

At all times, the on-duty lifeguard's judgment prevails. Disrespect toward lifeguards will not be tolerated.

The Abenaki Council of Odanak is not responsible for lost or stolen items.