**TAMC AQUATICS**

**Tako Rules**

**ALL Pool Safety Rules enforced may not be posted. For your safety and others, we ask that you obeyed by the rules enforced by the TAMC Aquatics Lifeguards.**

**Patrons showing evidence of any communicable skin diseases, sores, wounds, red inflamed skin/eyes, open blister(s), nasal/eye/ear discharge, infections, flu like symptoms and or any other communicable diseases will be denied entry into the pool water.**

**\*ALL PATRONS MUST SHOWER OFF BEFORE ENTERING THE WATER\***

**FACILITY ENTRY RULES:**

1. 100% Military ID card check at all times.
2. Guest limit is 1 person per Military ID card provided they meet the criteria.
3. No limit on number of military family members, provided they are on the Active Duty sponsor’s orders.
4. Must be 16yrs of age in order to sponsor another patron into the facility, provided they have passed the Swim Test.
5. Children 13yrs of age can sponsor themselves as long as they have their Military ID card in hand, and can pass the Swim Test.
6. DO NOT leave any child that has not passed the Swim Test unattended or unsupervised at any time while in the TAMC Aquatic and PFC Facilities.

**MAIN POOL SAFETY RULES:**

For everyone’s safety, Please obey all safety signs and lifeguard instructions.

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| **C:\Users\jennifer.a.lapean\OneDrive - US Army\Desktop\SIGNS\Clip Art\Emoji Swim.PNGSwim Test** |
|  **TO TAKE THE SWIM TEST,** **PLEASE SPEAK WITH THE LIFEGUARD FOR ASSISTANCE.*** Patrons 18 years of age and younger must take a Swim Test in order to swim in water deeper than 4 ½ ft.
* DO NOT leave your child unattended or unsupervised if they have not taken or completed the Swim Test.
* A patron that has not taken or was unable to pass the Swim Test must be under the direct supervision of a person at least 16 years of age, that has passed the swim test, and is 5ft or taller.

ARMY MWR SWIM TESTWITHOUT STOPPING OR TOUCHING THE SIDE:1. Jump feet first into water over your head and submerge.
2. Return to the surface and turn and look at the lifeguard.
3. Tread Water or Float for between 10 and 60 seconds (LIFEGUARD WILL TELL YOU WHEN TO STOP)
4. Swim a minimum of **25 yards or 1 width of the pool on the surface** using either **Front Crawl** or **Breast Stroke**. Swimmers may use a combination of the two strokes. **THE DOGGIE PADDLE IS NOT AND ACCEPTABLE STROKE.**

**THIS TEST MUST BE SUCCESSFULLY COMPLETED EVERYDAY.****LIFEGUARDS HAVE THE AUTHORITY TO REASSES A PARTICIPANT MULTIPLE TIMES EACH DAY.** |

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| **Personal Floatation Devices (PFD)** |
| *DO NOT leave an individual (infant, child, adult, etc..) unattended or unsupervised at any time. The PFD is a great tool to be used when an individual cannot swim. However due to the person’s lack of water experience the PFD could become fatal within seconds. This is why it is vital you as a Parent/ Guardian/ Supervisor follow these rules:** Personal Floatation Devices shall be worn properly and must stay in the shallow area of the pool (4 ½) when a Swim Test has not been taken or completed.
* Those who have not taken or completed the Swim Test may only use a PFD that is coast guard approved/ permitted such as but not limited to; lifejackets, puddle jumpers, bubble belts, or infant rings with attached seats.
* The person using the coast guard approved/ permitted PFD must be in arm’s length of a person whom is no more than shoulder deep in 4 ½ and is at least 16 years of age.
* Infant rings must have a seat in it for it to be permitted in the Main Pool.

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| **Have fun!! An also, please follow these Safety Rules in the “NO” Section**  |
| **\*~\*~\*~\*~ Keep your hands to yourself & play safe while on the pool deck and in the water ~\*~\*~\*~\*** |
| * NO profanity
* NO running or chasing on deck
* NO sitting on other’s shoulders
* NO front, side or back flips off the pool’s edge
* NO rough play in or out of the water
* NO pulling people into the water
* NO running and jumping off the pool’s edge
* NO jumping over others in the pool
* NO roller-skates, rollerblades, Heelys, etc…
* NO tossing/throwing people while in or out of the water.
* No long breathe holding
 | * NO bullying
* NO dunking others under the water
* NO glass allowed in the facility
* NO pushing on deck or into the water
* NO spitting in or out of the water
* NO jumping into the pool backwards
* NO alcoholic beverages, Smoking, or use of electronic cigarettes in facility
* NO playing music with profanity
* NO diving headfirst in to water under 8ft deep
* NO inappropriate touching of yourself, and others at any time
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| **Food & Beverages** |
| * No alcoholic beverages in the facility at any time.
* No glass containers in the facility at any time.
* CHOKING HAZARD: Do not eat in or near the pool, finish chewing food before entering the water.
* CHOKING HAZARD: NO CHEWING GUM in the water.
* With the exception of water, all food products are to be kept away from the pool’s edge,
* Food may be eaten at any of the picnic tables, or on the large stairs connected to the gym’s wall.
* Beverages other than water is to be kept away from the pool’s edge.
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| **Pool Attire Regulations** |
| **\* Per Army Regulations, changing of diapers and cloths at any age is to be done in a bathroom not on the pool’s deck. Changing tables are provided in the male and female main bathrooms. Not ADA bathroom.**

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| **Military Aquatic Installation’s prohibits excessively reveling bathing suits or jean attire** **(listed below but is not limited to)** | **Proper Swimming Attire is listed below****EVERYTHING MUST BE CLEAN!!!****(listed below but is not limited to)** |
| * Thong Bottoms
* Under Garments
* G-String Bottoms
* Brazilian Bottoms
* Cheeky Bottoms
* See Through Suits of any kind
* Jean material or pants of any kind
* Suit Tops that do not cover the breast area of females
 | * One Piece/ Two Piece/ Tankini
* Speedo/ Swim Trunks/ Board Shorts
* Rash guard/ Shirt
* Spandex Material shorts
* Burkini (hijab)
* Mission Related ACU/ Boots / PT Gear
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**Please ask a lifeguard if you have any questions about our safety rules, facility, or programs.**