



Abington Homeowners, Inc. d/b/a Abington Swim Club  
7005 Avenbury Circle

PO Box 141  
Kernersville, NC 27285-0141

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## **Pool Rules and Regulations 2024**

### **AUTHORITY OF LIFEGUARDS**

The lifeguards have the authority to enforce all rules and regulations and are empowered to impose on-the-spot penalties that may be necessary. Serious and/or repeated violations will be reported to the Abington Swim Club Board and legal authorities for additional actions as deemed necessary.

#### **A. General Pool Rules**

1. All users of the pool must always conduct themselves in a courteous manner which will ensure the safety of other swimmers. Absolutely no abusive language, excessive profanity, boisterous conduct, loud or offensive music or breach of peace will be tolerated.
2. Abington Swim Club and its agents are not responsible for articles brought into or left on premises by members and/or guest. Belongings left will be discarded weekly.
3. Each member has the responsibility to see that there is no littering or vandalism on pool property.
4. All members, including guests, shall use the pool at their own risk. Abington Swim Club Board, employees and/or its agents assume no responsibility for any accident or injury or damage to any person or their property resulting from such use.
5. Member and guest are requested to drive 5 mph in the parking lot and no more than the posted speed [limit](#) throughout the community.
6. Only pool employees and authorized personnel are allowed in the concession area, storage room, or filter room.
7. Bicycles are to be parked in the bicycle racks only. They may not be parked near the front doors or on the walkways.
8. All swimmers, including guest(s), will wear swimsuits. Thong style bikini bottoms are not allowed. No cut-off jeans or slacks will be allowed in the pool.
9. All swimwear and toys must be washed and/or cleaned appropriately if it has been worn or used in a lake, beach, or any fresh water source before returning to Abington Swim Club.
10. No water balloons are allowed on pool property, including (but not limited to) in the pool and on the pool deck.
11. Any property of the pool broken or damaged by a member or guest shall be paid for promptly by such member. No person shall take any article belonging to the pool.
12. Swim diapers are **REQUIRED** for all children that are not potty trained. **NO EXCEPTIONS!**
13. There will be a designated lap lane for swimmers to use for exercising purposes. Please be respectful of this lane and the equipment, especially when in use by a swimmer.

**B. Safety in and around Pool Complex**

1. The following rules will be enforced inside the fenced pool area, including the pool building:
  - No rough or boisterous conduct
  - No running on or around the pool area
  - No wrestling or horseplay
  - No pushing or dunking of other swimmers
  - No imitating a drowning person
  - No bicycles, scooters, skates or skateboards
  - No spitting or chewing gum in the pool
2. There will be a 10-minute rest period called at 10 minutes before every hour for all swimmers under 18 years of age. The 10-minute period will begin when ALL swimmers under 18 have left the water. It is the responsibility of the individuals in questions to submit proof of age to the lifeguards.
3. Absolutely NO GLASS containers or breakable objects of any kinds allowed in the pool area. If you are found with a glass object, you will be asked to leave. If the glass object is broken, you will be 100% responsible for financially draining and refilling the pool per Health Department policy.
4. No one other than authorized personnel shall be permitted on the lifeguard stands. There will be no unnecessary conversation with the lifeguards while they are on duty.
5. No swimming accessories such as “fins” will be allowed in the pool except when approved and under strict supervision by the pool staff/parents.
6. No alcoholic beverages or persons under the influence or disorderly conduct will be allowed on the premises.
7. No lounge chairs will be allowed within five feet of the pool rim.
8. Flotation devices will be allowed in the big pool based on pool occupancy as determined by the lifeguards. Small children must be accompanied by a parent or guardian who remain within an arm’s reach of the child.
9. Children under the age of 12 are not allowed at the pool unless in the care of a person at least 16 years of age.
10. Children ages 12 – 15 may come to the pool without an adult but may not bring guests or be accompanied by anyone under the age of 12, member or non-member.
11. No guest will be admitted unless with a pool member who is 16 years of age or older.

**C. Diving Board Rules**

1. Only one person is allowed on the board at a time.
2. Only one person is allowed on the ladder at a time.
3. Only one bounce or spring is allowed.
4. Divers shall enter the water straight off the board, not toward the side.
5. Swimming in the diving area is NOT allowed when the board is in use.
6. All swimmers are responsible for exhibiting safe conduct on and around the board.

7. No flotation devices allowed in the diving area or on the board.

**CI. Discipline Procedures**

1. Verbal warning of rule or infraction.
2. Children (Age 15 and below):
  - a. At the first offense, offender shall be given a verbal warning.
  - b. If a second offense by the same child should occur, the lifeguard shall call the child's parents and the child must leave for the remainder of the day. This offense will also be reported to the pool board.
  - c. Should a third offense occur, the child shall be suspended from the pool for a period of seven days.
  - d. If four offenses by the same child have occurred, the lifeguard shall make a full report of the case to the pool authorities and the matter will be brought before Abington Swim Club Board.
3. Adults (Age 16 and up):
  - a. At the first offense, offender will be given a verbal warning.
  - b. If a second offense by the same adult should occur, the lifeguard will ask the offender to leave the premises for the remainder of the day. This offense will also be reported to the pool authorities.
  - c. Should a third offense occur, the adult shall be suspended from the pool for a period of seven days.
  - d. If four offenses by the same adult have occurred, the lifeguard shall make a full report of the case to the pool authorities and the matter will be brought before Abington Swim Club Board.
4. Any member may be suspended or expelled for the misuse of the pool or facilities, or for the violation of the rules and regulations of the pool, for conduct unbecoming a lady or gentleman, or for not paying his/her dues, all at the discretion of the Abington Swim Club Board. No yearly dues will be refunded to any member for suspension or expulsion.

**CII. Health Regulations**

1. All persons are required to shower before entering the pool.
2. No loitering or playing around the bathrooms will be allowed.
3. All persons, especially children, are requested to make use of the toilet facilities before entering the pool. It is the responsibility of the parents to make their children aware of the bathroom facilities.
4. Persons with communicable diseases, skin abrasions, open sores, bandages, etc. are not permitted to use the pool and will be asked to leave.
5. Persons with diarrhea/vomiting should not be in the pool until symptoms are not present for 24 hours.
6. All injuries, no matter how minor should be reported to the lifeguard on duty.
7. Food and drinks are not allowed closer than five feet from the pool.

8. Abington pool is a non-smoking facility. There will be absolutely NO smoking or vaping within the fenced perimeter or inside the buildings. Designated smoking areas are located in the parking lot by the dumpsters.
9. Pets are not allowed inside the fenced pool area and buildings.
10. NO GLASS in the pool area. This includes the shelter area and covered tables.

**F. Wading Pool**

1. The wading pool is for children six years of age and younger. Children seven years of age and older will not be permitted in the wading pool at any time.
2. Children aged six and under MUST have direct supervision by an adult, from within the wading pool area, at ALL times.
3. Adults permitting children less than six years of age to use the wading pool shall have full responsibility for the safety of their children. Lifeguards will not actively supervise this area.
4. Applicable rules listed under “Safety” and “Health” will be observed.

**G. Guest Policies**

1. Members may bring guests as frequently as they choose.
2. Each swimming guest must pay a \$5 guest fee.
3. Each non-swimming guest must pay a \$3 guest fee.
4. Alternatively, a member may choose to use their guest pass in lieu of either #2 or #3 listed above. Swimming and non-swimming guests each count as one pass. Additional 20 guest passes may be purchased for \$75.
5. All guests must wear a wristband during their time at Abington Swim Club valid for that day only. ANY GUEST NOT WEARING A BAND WILL BE REQUIRED TO LEAVE IMMEDIATELY.
6. All guests are required to sign in prior to entry and must be accompanied by a member.
7. Members are responsible for the actions of and/or any damages done by their guest.
8. Responsible non-family members (baby-sitters) are allowed admittance when accompanied by member in good standing. See age requirements listed in safety section B.
9. If a member loses their 20 guest wristbands, they will not be replaced by Abington Swim Club without repurchase. Guest passes do not transfer to the next swim season, they are only valid for the current swim season.