

NORFOLK FITNESS & WELLNESS CENTER

Aquatic Rules and Regulations



Norfolk Fitness & Wellness Center Swimming Pools are operated and managed by the City of Norfolk Department of Recreation, Parks & Open Space, Aquatic Division.

Use of Pool by Children Ages 15-18:

Any child age 12 and older who is a member of the NFWC must pass a swimming competency test administered by a lifeguard prior to being allowed in the pool areas without an adult family member.

NFWC Swimming Pool Rules and Guidelines:

1. Swimming is allowed ONLY when Lifeguards are on duty. Do not enter pool areas when closed (Wednesdays and other posted times).
2. Everyone must shower before entering the pool – no exceptions.
3. Head first diving is allowed ONLY in the deep end of the indoor pool between the ladders. In all other areas of the indoor pool feet first entries are required. No diving is allowed in the outdoor pool at any time.
4. No chewing gum is allowed in swimming pools. Chewing gum presents a choking hazard and may damage swimming pool equipment.
5. Any child 5 years of age or younger must be accompanied by a parent or adult NFWC Member (18 years or older) who must stay in the water with the child.
6. Children between the ages of 6 and 12 years must have a parent or adult NFWC Member (18 years or older) in the pool area with them.
7. DO NOT SWIM if you have an open sore or infectious skin condition.
8. NO running on pool deck at any times.
9. No tobacco products or alcoholic beverages allowed.
10. Only lap swimmers are permitted to use the designated lap swim lanes.
11. Any person required to use a flotation device must be accompanied by an adult in the water at all times.
12. Only children younger than 5 years are permitted in the Outdoor Seasonal Wading Pool. An adult must accompany their child in the Wading Pool area. Pool deck furniture may not obstruct the view of the Lifeguard. All children who are not toilet trained must wear swim diapers. Tight fitting plastic pants worn over swim diapers are required.

All memberships are final. There are no refunds, prorations or transfers.

13. All children who are not toilet trained must wear swim diapers. Tight fitting plastic pants worn over swim diapers are required.
14. Only US Coast Guard approved flotation devices are allowed in the pools. An adult (18 years or older) must remain within arm length distance of the person wearing a lifejacket.
15. Pool toys may be used ONLY at the discretion of the lifeguard. NO squirt guns of any kind are to be used in the pools or pool areas.
16. Please do not throw any object of any kind in the pool area.
17. Kickboards are used for instructional swim and adult lap swimming only.
18. Appropriate swimwear must be worn in the pool area.
19. No profanity or inappropriate activities allowed.
20. No person suspected of being under the influence of alcohol or other drugs will be allowed to enter in the facility.
21. A standard swim test is required for those desiring to swim or dive in the deep end of the indoor pool. This test may be required each time for deep end use. Please see the Lifeguard on duty.
22. All food and drink must remain in designated areas only. Drinks must be in plastic or cans, NO GLASS CONTAINERS.
23. Swimmers do not hang onto the lane lines or ladders unless it is an emergency.
24. NO HORSE PLAY. This includes, pushing, throwing others, dunking, chicken fighting, climbing on or riding the shoulders of others.
25. For your personal safety, no hyperventilation or extended underwater breath holding exercises are allowed.
26. Always follow the lifeguard's instructions and please pay attention
Lifeguard' whistles:
ONE long whistle blast - CLEAR THE POOL IMMEDIATELY.
ONE short whistle blast - Lifeguard is trying to get your attention.

**If there are any Patron questions, contact Christy Tilstra, Pool Manager at:
757.823.4306**

