

FIELD CLUB OF OMAHA

SWIMMING POOL RULES AND REGULATIONS

The swimming pool season starts on the Friday before Memorial Day and lasts through Labor Day.

HOURS OF OPERATION

Monday through Friday

7:00 am to 9:00 am - Adult Lap Swimming

9:00 am to 11:00am - Swim Team Practice

11:00am to 12:00pm - Dive Team Practice

11:15am to 12:15pm - Swimming Lessons

11:00 am to 9:00 pm - Open Swimming

5:00 pm to 6:00 pm - Adult Lap Swimming

8:00pm to 9:00pm - Adult Lap Swimming (Monday-Thursday)

Friday Evenings - 6:00 pm to 10:00 pm – Family Fun Night

Saturdays, Sundays and Holidays

8:00 am to 10:00am - Lap Swimming

10:00 am to 9:00 pm - Open Swimming

Swimming Pool Events

"Friday Night Fun Night" - Every Friday Night during the summer FCO will have "Family Fun Night" at the pool from 6-10pm. On these nights swimmers are allowed to bring toys & floats to play with in the main pool. However, hard throwing objects such as footballs, frisbies, and tennis balls are not allowed. All school age swimmers must be accompanied by an adult.

"4th of July Celebration" - Every summer FCO will have a 4th of July Celebration at the swimming pool. Below are different activities that will go on during the day:

10:00am Pool Open for regular swimming

1:00pm Treasure Hunt

2:00pm Water Games

3:00pm Watermelon Feast

1-5:00pm Cookout on the Grill, Music provided by DJ

7:00pm Pool Closed

SWIMMING REGISTRATION

1. All members must sign in upon arrival at the pool.
2. All guests must be signed in by a member. The guest fee must be paid at this time. Guest fees apply to all non-members three years of age and up.

POOL RULES

1. All persons using the swimming pool must abide by the pool safety rules, as set out in the Rules and Regulations.
2. Lifeguards have the authorization to stop any and all unsafe activities.
3. Swimming is not allowed when lifeguards are not on duty.
4. Children who do not swim must be accompanied and closely supervised by a parent or guardian at all times. Use of flotation devices for non-swimmers is permitted with close supervision by a parent or guardian.
5. Running, pushing, dunking, rough play, or climbing on another person's shoulders is not allowed in the pool area. Throwing or dunking of patrons (including small children) is not allowed inside the pool.
6. Only sponge balls are permitted in the pool. Floating devices used for play and leisure as well as squirt guns are not allowed, except for on Friday Family nights.
7. Swimmers able to swim in the big pool are not permitted in the baby pool at any time. Children in the baby pool must be closely supervised by a parent or guardian. Children who are not toilet trained must wear a swim diaper and a swimsuit.
8. Only one person allowed on board at a time. Divers are allowed only one bounce.
9. Diving area must be clear before someone goes off the diving board.
10. Pool ladders must be kept clear at all times. Hanging or lingering on the ladders is not allowed.
11. Swimming in the diving area is not allowed.
12. Diving blocks are for swim team use only. Jumping or diving off the blocks is not permitted.
13. Diving is not permitted in less than 5 feet of water. No potentially hazardous water entries may be made off the side of the pool.
14. No outside food may be brought to the pool. Only food and beverages served by the Club are allowed.
15. Glass containers and other breakable items are not allowed in the pool area.
16. All members and their guests are responsible for properly disposing of their trash.
17. Persons with open cuts or other infections must not enter the swimming pool.
18. No one under the age of 18 is allowed in the Clubhouse in swim attire unless accompanied by an adult.
19. Swimming pool is open according to the posted schedule and is officially closed when posted or as advised by Guards or Pool Manager.
20. The swimming pool will be closed in cases of inclement weather or emergency situations. In the event of a storm, all pool activities are suspended until thirty minutes after the last thunder is heard. The pool will be evacuated and patrons will be directed to seek safe shelter.
21. All persons using the pool furniture are asked to cover the furniture with a towel when using suntan lotions to prevent staining and damage to the furniture.
22. Sitting or hanging on deep end ropes is not allowed.
23. Unnecessary talking to the lifeguards is not allowed.
24. Each person is encouraged to take a shower before entering the pool.
25. Any violations of the above rules will be subject to disciplinary action.

POOL CLOSING

The pool will close down during regular pool hours at the Pool Manager's discretion in case of inclement weather, during lightning, thunderstorm, and/or heavy rain. The pool will open as soon as weather conditions improve.

REST BREAKS

Lifeguards will signal a 10-minute recess every hour during the day. Children are to use this period for rest. Children are to exit the pool immediately. Person 18 years and older are permitted to use this time in the pool for exercise and relaxation. Children two years of age and under are permitted in the pool with close adult supervision.

TOWELS

Every swimmer – child, teen, and adult – must bring his or her own towel. Absolutely no Field Club towels are to be removed from the Clubhouse.

LIFEGUARDS

The lifeguards are authorized to employ all pool rules and enforce reasonable discipline so that swimming pool facilities may be safely enjoyed by all.

POOL MANAGER

It is the responsibility of the Pool Manager to provide a safe and clean pool environment. The Pool Manager shall employ only certified lifeguards. The Pool Manager will assure the membership that the pool rules will be enforced.

ADA CHAIRLIFT

The Pool Manager and/or a Lifeguard can assist patrons needing to use the chairlift for entry and exit.

SWIM TEAM

The Field Club supports a competitive swim team and encourages all of its youth to participate.

SWIM LESSONS

The Field Club will provide a swim lesson program organized by the Pool Manager.