



OXFORD ATHLETIC CLUB
DESIGNED FOR LIFE IN MOTION.

POOL RULES

Safety First

- No running
- No horseplay
- No diving
- Forward jumping only

Weather Policy

- During an electrical storm or thunderstorm, the indoor and outdoor pools and outdoor areas will be cleared of all people at the first sound of thunder or flash of lightening. These areas will reopen 30 minutes after the last thunder or lightning occurrence.

Children & Supervision

- Children under 14 must be accompanied by an adult at all times
- Children under 5 must have a parent in the water with them
- Parents **MUST** remain within arm's reach of children using flotation devices
- No children over age 6 in the baby pool

Pool & Equipment

- No rafts or mermaid tails
- No squirt guns or hard balls on deck or in pool
- Oxford does not provide noodles
- Kickboards, pull buoys, and aqua equipment are for adults/lap swimmers only
- Children may **NOT** use kickboards

Health & Attire

- Swim diapers required for all diaper-wearing patrons
- Swimwear must be family-friendly (no thong suits)
- No entry if you have a contagious illness or infection

Deep Water Rules

- No flotation devices past the red line
- Ages 14 & under must pass a deep water test to swim unattended
 - Swim 25 meters freestyle (no stopping)
 - Tread water for 30 seconds

Lap Lanes

- Reserved for lap swimming only

Food & Beverage

- No outside food or drinks
- No glass of any kind

The lifeguard on duty has the authority to make and enforce pool rules, establish additional rules as needed, and deny access to any member or guest for any reason, including but not limited to unsafe behavior, disruptive behavior, and violation of club policies.