

Mills Pond Pool Rules

1. All persons must shower before entering the pool.
2. Any persons suspected of having a communicable disease shall not use the pool.
3. Swim diapers are required for children who are not toilet trained.
4. Swim suits are required for all swimmers.
5. No masks, fins, or snorkels as well as no toys or floatation devices are allowed in the pool.
6. No children under the age of 10 shall enter the facility unsupervised (must be with an "adult" age 16 and older).
7. No running on the pool deck.
8. No dunking, pushing, splashing, or rough play is allowed in the pool area.
9. Spitting or blowing nose in the pool is prohibited.
10. Food or drink is not permitted in the pool area.
11. During programs all spectators must remain on grassy area of the facility- spectators are not allowed on the pool deck.
12. Swimmers must stay off lane lines.

Diving Rules:

1. No diving in the shallow end of the pool.
2. No swimming allowed in deep end.
3. Only one person on the diving board at one time.
4. No one may dive until the person before them has reached one of the ladders.
5. No sitting or hanging on the diving board, all dives and jumps must be made from a standing position.
6. Only one bounce is allowed on the diving board.