



2024 Seven Hills Swim & Tennis Club Pool Rules and Information

The mission of the Seven Hills Swim & Tennis Club is to provide a safe, clean, fun, and family-friendly environment for members and their guests. These rules are enforced for the safety and consideration of all. Lifeguards and staff are to diligently enforce these rules and always err on the side of caution. Thank you for respecting these regulations and the staff who enforce them.

Pool and pool clubhouse hours

- Sunday: 12:00 p.m. - 7:45 p.m. (clubhouse closes at 8 p.m.)
- Monday - Thursday: 10:30 a.m. - 7:45 p.m. (clubhouse closes at 8 p.m.) Friday: 10:30 a.m. - 9:15 p.m. (clubhouse closes at 9:30 p.m.) Saturday: 10:00 a.m. - 7:45 p.m. (clubhouse closes at 8 p.m.)

The pool itself closes 15 minutes early to allow for guests and staff to clean up and close for the following day. Please respect our staff by exiting the property at the posted closing time. The pool is also closed for swim and dive meets. Please visit sevenhillsclub.com to sign up for our newsletter so you can be informed of closing dates, social events and fun ways to get involved with the club.

If inclement weather persists for the majority of the day, leaving little opportunity for swimming, the pool and clubhouse will close no later than 6 p.m. on Saturday through Thursday, and no later than 7 p.m. on Friday. Closing times are at the discretion of Seven Hills staff.

In inclement weather, please visit the Seven Hills Instagram or Facebook page, or call the pool office for early closing information and be prepared to make arrangements for your children to be picked up prior to closing times.

General rules

- All members and guests must check in via Membersplash at the front desk upon arrival. Members must accompany their guests at all times.
- All members and guests must follow instructions from lifeguards, managers, and other Seven Hills staff at all times.
- No running is allowed on the pool deck or inside the clubhouse. Always walk.
- Except in an emergency, do not sit or hang on lifeline or lane ropes.
- No glass or breakable containers are allowed anywhere in the pool area or clubhouse (with the exception of non-swimming parties held inside the clubhouse). Please see alcohol policies in this document.
- A parent or appropriate guardian must be in the pool and within arm's reach of any child who is a weak swimmer, including those using flotation devices.

- Children ages 5 and younger and all non-swimmers must be accompanied by an adult at all times. Children ages 5 and younger and anyone between the ages of 5-12 that has not passed a swim test are only allowed in the main pool with an adult in the pool within arm's reach, even when a flotation device is used. The club will provide wristbands for children who PASS the swim test, which must be worn at all times.
- Only swimmers who have passed the swim test and are wearing a wristband may use the diving boards.
- Breath-holding games are not allowed.
- Flips, back dives, backwards jumps, spins, cartwheels, or other dangerous moves are not allowed from the side of the pool. Tricks and specialty dives will only be allowed off the diving boards at the lifeguard's discretion.
- Parents and guardians must immediately notify the manager on duty if a child vomits or has a bowel movement (even if a swim diaper is worn) in either pool or on surrounding deck areas.
- Staff will suspend swimming due to threats of weather and in heavy rain. All patrons must clear the pool when thunder is heard and clear the pool and deck when lightning is detected. This regulation is given by the American Red Cross Lifeguarding course, under which our pool staff is trained and certified. Members may return to the pool 30 minutes after the last sound of lightning or thunder.
- Excessive horseplay is not allowed in or around the pool or inside the clubhouse.
- Please be considerate of those with dangerous food allergies. The eating area by the snack bar is a nut-free area.
- Gum is not allowed.
- Drinks are allowed at chairs, but not in pools or within 6 feet of pool by order of the Metro Health Department. Please see the alcohol policy in this document.
- Wet swimsuits are not allowed in the clubhouse. The floors are very slippery when wet.
- Toys should be designed specifically for pool use and are at the discretion of the lifeguards.
- Lap lanes are for lap swimming and swim lessons only.

Diving well / diving board rules

- Only swimmers who have passed the swim test and are wearing a wristband may use the diving boards.
- Diving is only allowed in the diving well or deep end of the main pool (exceptions are during swim meets and swim team practice for diving off the blocks).
- Inappropriate use of the diving well area may result in serious injury. Please familiarize yourself with the changing water depths and slope of the diving well bottom before diving, and use caution at all times.
- Diving boards may be closed at certain times to allow for dive team practice or deep-water games.
- Swimming is not permitted in the diving well while the boards are in use.
- Only one person is allowed on any part of the diving board at a time. This includes ladders.
- Patrons must stay on the ground until the person in front of you jumps off of a diving board. Stay at the railing until the person in front of you is out of the pool. Be sure the area is clear before jumping.
- Only one bounce is allowed on any board.
- All dives and jumps must be made off the front end of the boards and not to either side.
- Swimmers must exit the pool at the closest ladder after diving. Do not swim across the well to the opposite ladder.
- No flotation devices, goggles, or other equipment may be used while going off the boards.
- Divers must pass a swim test before using the diving well. Weak swimmers should not enter the diving well.
- No one is allowed to catch a child jumping off either board. Only Seven Hills' swim instructors or coaches may be in the water to assist a child after jumping off a diving board.
- Do not exit the ladder underneath the diving boards or under the diving boards.

Family / toddler pool rules

- Lifeguards are not required at the baby pool. Parents and guardians are responsible at all times.
- For any child age 6 or younger, parents or guardians must be present inside the baby pool gated area and children must be actively watched in these areas at all times.
- The family pool is reserved for children ages 6 and younger, and their parents/guardians.
- A parent or appropriate guardian must be in the pool and within arm's reach of any child in the baby pool, including those using flotation devices.
- Swim diapers are required for all infants and toddlers who are not yet toilet-trained. Swim diapers of all sizes are available for purchase at the front desk.
- Parents and guardians must immediately notify the manager on duty if a child vomits or has a bowel movement (even if a swim diaper is worn) in either pool or on surrounding deck areas.
- Please do not change diapers on the pool deck. Changing stations are in both lower level restrooms in the clubhouse.

Parent supervision and drop off policies

Parents will be contacted if a child does not meet the criteria to ensure the safety of all patrons. The club will provide wristbands for children who pass a swim test, **which must be worn at all times.**

Children ages 12 and older:

- Children ages 12 and older may only be left unattended if they:
 - have strong swimming skills
 - have passed their 2024 swim test
 - are fully aware and capable of following all pool rules

Children ages 5 - 12:

- must pass a swim test each year in order to swim without a parent or guardian. If they do not pass the swim test, they are only allowed in the main pool with an adult in the pool within arm's reach, even if a flotation device is used.
- should have a buddy system as any child should never be left to swim alone
- must have a parent present on Seven Hills grounds
- must be checked in by a parent at the front desk

Children ages 5 or younger:

- must actively be supervised by a parent or guardian at all times. Actively supervised means that parents or guardians are in the water with children or **within arm's reach at all times even if a safety or flotation device is used.** Babysitters age 16 or older, or siblings age 16 or older may supervise children ages 5 and younger.

Zero tolerance policy

- Any individual member or guest will be barred from the club for the remainder of the year when any of the following offenses are committed. No refund or rebate of dues will be given.
- Possession or use of any weapon on club property (law enforcement officials are exempt).
- Physical or sexual battery of any person anywhere on club property.
- Possession, use, selling, distribution or delivery of any manner of illegal controlled substances.
- Underage possession or use of alcohol.
- Other offenses affecting the health, safety or security of other members or guests.
- Members and guests are strongly encouraged to report any information they may have concerning a violation of these policies.

Alcohol and smoking policies

Seven Hills does not provide or serve alcoholic beverages of any kind. Seven Hills is a smoke and vape free property, and no one may smoke or vape anywhere on the property.

If you are of legal age, and choose to drink alcoholic beverages at the pool, please remember the following:

- No glass containers are allowed.
- Be respectful of others, including members and guests who do not choose to drink.
- Drink only in moderation, and do so discreetly. Please take home any empty containers.
- No drinks of any kind are allowed within 6 feet of either pool.
- Never leave alcoholic beverages unattended and always keep them out of reach of children.
- Managers reserve the right to ask any intoxicated patron to exit the property. Transportation services will be called at the discretion of the manager.