



KETCHIKAN GATEWAY BOROUGH

601 SCHOENBAR ROAD • KETCHIKAN, ALASKA 99901

• 907/228-6650

• fax 907/247-3394

PARKS & RECREATION

Gateway Aquatic Center FACILITY RULES

1. **No one is allowed on the pool deck or in the pool without a lifeguard present.**
2. **All patrons must take a shower before entering the pool or slide.**
3. **Children ages 6 and under require supervision by a person 14 or older.**
4. **Any persons with a contagious or infectious ailment (including but not limited to lice, open wounds, sore or inflamed eyes-due to infection, or discharge of the mouth or ear) are not permitted in the pool.**
5. **Persons having blisters, cuts or other open wounds are not permitted in the pool.**
6. **Hair of shoulder length or longer must be tied back or placed in a swim cap.**
7. **Patrons are to obey the request of the staff. Refusal to obey facility staff or rules is subject to immediate non-refundable removal from the premises.**
8. **No diving is permitted in shallow water less than 9 feet deep.**
9. **Running and horseplay are not permitted. Spitting or splashing water is not allowed.**
10. **No shoulder rides are allowed.**
11. **No tossing or throwing kids from pool side or launching kids from within the pool.**
12. **Flips, jumping backwards, cartwheels and back dives are not allowed from pool side.**
13. **Sitting or swinging from railings is not allowed.**
14. **No food or drink is allowed in the pool area.**
15. **No gum or chewing tobacco is allowed in the pool or on the pool deck.**
16. **No glass is allowed in the pool area.**
17. **No street shoes are allowed on the pool deck.**
18. **Swim Diapers are required for all children who are not toilet trained.**
19. **No screaming or other loud noises. No foul language.**
20. **Pool is equipped with an A.D.A. accessible lift, please see staff for assistance.**
21. **No wet feet in the lobby area, hall to locker rooms or GRC.**
22. **Children 6 years old and older are required to use the appropriate locker room. If a parent of the opposite sex must assist a child, they are welcome to use the family dressing rooms.**
23. **Family changing rooms are designed for families with children ages 6 and under and people meeting ADA requirements. Patrons not meeting these requirements should use the appropriate locker rooms.**
24. **Swim suits or other appropriate clothing are required in any public area of the facility; including but not limited to the sauna and pool deck areas. Cutoffs are not permitted in the pool. T-shirts may be worn.**
25. **Children wearing floatation devices must be accompanied and in the direct supervision of an adult at all times. We require at least one adult per 2 children wearing life jackets in the pool.**
26. **During lap swim, all participants must be swimming laps, running with the aqua jogger or treading water.**
27. **The diving blocks are for competition use only. No flips or jumping from the blocks. The blocks should only be used during swim team and Parks and Recreation sponsored swim lessons.**
28. **Equipment may be given out by the lifeguard during open swims and rentals. No ball fights allowed. If using pool equipment, please make sure that it is returned and stored properly when you are done using it.**



KETCHIKAN GATEWAY BOROUGH

601 SCHOENBAR ROAD • KETCHIKAN, ALASKA 99901

• 907 / 228-6650

• fax 907 / 247-3394

PARKS & RECREATION

29. No snorkels or dive gear in the pool except during rentals or fitness. Patrons may wear a mask, fins and goggles (plastic lenses only).
30. No oversized rafts, floats or inner tubes allowed during recreational swims.
31. All personal items should be placed in a locker. Parks & Recreation assumes no liability for the loss or theft of personal belongings. Items left in the pool area or locker rooms will be placed in the lost and found.
32. No hitting the glass that looks out into the pool area.
33. No animals allowed in the pool area or seating area.
34. Talking to, splashing or distracting the lifeguards is not permitted.
35. Unless the swimmer is in trouble, hanging on the lane lines and lifeline is not allowed.
36. The lifeguard stand is for Borough employed lifeguards ONLY.
37. 2 whistles from lifeguard = everyone clear the pool.
38. Smoking, illegal drugs, or alcohol consumption is not permitted within the facility or on the grounds.
39. Public display of affection and profanity is prohibited.
40. Vandalism of any kind will result in suspension from the entire GRC & GAC facility.
41. Harassment to staff or other visitors will not be tolerated.

FITNESS & REC SWIM REQUIREMENTS (#3 elaborated)

To attend Lap Swims (Fitness): patrons must be 14 years old or older or 10-13 with a parent/guardian or pass a swim test.

To attend Recreational Swims: Persons using the competition pool must be at least 48 inches tall, 7 years of age or be able to swim one width of the pool using over arm crawl stroke. Persons using the recreation pool must be at least 6 years of age or be able to swim one width of the pool. Patrons not meeting these requirements **MUST** be accompanied at all times and in the direct supervision (within arm's length) of another person 14 years of age or older. The lifeguard on duty shall determine whether the ability of the swimmer is sufficient to allow the swimmer to be in the deep end of the competition pool or recreation pool alone.

CLIMBING WALL

1. Lifeguard must be on duty
2. Persons using the climbing wall must be able to pass the deep water swim test.
3. Only one climber at a time on the climbing wall.
4. Persons must exit the drop area immediately after falling from the climbing wall.
5. No swimming in front of the climbing wall while the wall is open.
6. No diving or flipping from the climbing wall. Feet first entries only.
7. Floatation devices are not allowed.



KETCHIKAN GATEWAY BOROUGH

601 SCHOENBAR ROAD • KETCHIKAN, ALASKA 99901

• 907/228-6650

• fax 907/247-3394

PARKS & RECREATION

WATER SLIDE RULES

1. **Slide riders must be at least 48" tall. Riders not meeting this height requirement cannot use the slides.**
2. **Tongass Tornado (twist slide) - Persons must go down the slide in a feet-first position either seated or lying on their back. Do not ride on stomach or headfirst. Warning: water depth is 3 feet, 6 inches at the exit of the slide.**
Pouring Plunge (drop slide) - All riders must ride feet first while lying on their back with arms crossed across their chest. Do not go down the slide head first.
3. **Only one rider at a time. Absolutely no trains or chains of riders are permitted. Children may not ride in the laps of adults.**
4. **Pouring Plunge riders must pass the deep water swim test before using the slide.**
5. **Arms, hands, feet and legs must be kept inside the slide at all times.**
6. **Masks, goggles, clothing with metal elements, flotation devices, water wings and water socks or shoes are not permitted on the slide.**
7. **Riders must be in good health. Elderly persons, those suffering from heart disease, high blood pressure, epilepsy, or persons using prescription medication should consult their physician before using this slide. Individuals with medical conditions including, but not limited to, pregnancy, heart, or back problems should not ride.**
8. **No running, standing, kneeling, rotating, tumbling or stopping in the slide. Riders should remain in proper riding position until forward movement is terminated. At no time should the rider attempt to stand up while on the slide or prior to coming to a complete stop in the splash out area.**
9. **Riders must exit the slide pool immediately after splash down.**
10. **Rider assumes all risk of injury due to misuse of this slide or failure to follow these rules.**
11. **Maximum rider weight is 300 pounds.**
12. **Tongass Tornado – no hanging or pulling on bar across slide entrance to gain speed.**
13. **Riders allowed only when Lifeguard(s) present.**
14. **Rider must wait for the attendant's signal before starting. A minimum interval of Fifteen (15) seconds must be maintained between riders.**
15. **Do not pull or propel yourself into the ride. Running starts are not allowed.**
16. **Eyeglasses must be securely affixed to the rider with a head strap.**
17. **No combs or foreign objects are allowed in pockets and no jewelry can be worn while riding the slide. No cutoff jeans or swim wear with exposed zippers buckles rivets or metal ornamentation; only approved swim suits allowed. No tubes, mats, or life jackets are permitted on the waterslide.**
18. **Climbing up the slide is not allowed. No hanging from water slide, hanging or sitting on stair railings going up to the slide. No diving from slide.**
19. **The line should form on the deck with one rider on each landing and one rider in the starter tub. Wait until landing area is clear before entering.**
20. **There shall be no running or jumping into the slide area or the splash pool. Loitering or lingering in the run out area or in the immediate area of the slide is not permitted.**



KETCHIKAN GATEWAY BOROUGH

601 SCHOENBAR ROAD • KETCHIKAN, ALASKA 99901

• 907 / 228-6650

• fax 907 / 247-3394

PARKS & RECREATION

21. Parents and/or private instructors may not slide with the child from the water slide or wait in the water in front of the waterslide for the child to descend
22. Skipping in line and rowdy play are not allowed.

DIVE TANK RULES

1. The diver is allowed to jump/dive straight off the end of the board. No twisting or spinning is allowed off the board, flips and back dives are allowed at the lifeguard's discretion. Advanced dives are only allowed during dive team practice.
2. No masks or goggles allowed while jumping off the diving board.
3. Swimmers are not permitted to swim under the board while it is open to divers.
4. Only one person is allowed on the diving board at a time.
5. Anyone using the diving board must first be able to pass the deep water test.
6. Only one bounce is allowed at the end of the board.
7. Each patron on the diving board must wait until the previous patron has reached the edge of the pool before going off the board.
8. Patrons must swim in a safe and quick manner to the closest pool ladder and climb out of the pool immediately
9. No hanging on or from any part of the diving board, this includes the rails and the board itself

SAUNA RULES

1. **When exiting the sauna, please shower before entering the pool.**
2. **Sauna users must be at least 14 years of age.**
3. **Out of courtesy to others & for their own protection, all users are required to wear a bathing suit or other appropriate clothing.**
4. **The sauna is an electrical device – therefore do not pour liquid on the rocks or place newspapers, towels or any combustible material on the heater, guard fence or over the thermostat in the sauna.**
5. **Elderly persons and pregnant women should not enter the sauna without medical consultation. Use of the sauna is not recommended for persons with high blood pressure, cardiovascular disorder or pulmonary diseases.**
6. **Do not use the sauna while under the influence of any type of alcohol or drugs.**
7. **Users who feel faint or dizzy should leave the sauna immediately and ask for assistance.**
8. **All metal jewelry should be removed prior to entering the sauna.**
9. **To prevent dehydration, drink plenty of fluids before entering and after leaving the sauna.**
10. **Please be considerate of others using the sauna.**
11. **Temperature 160 – 190 degrees.**
12. **Humidity 10 – 15% (Dry Heat).**
13. **Recommended use per sitting: 15 minutes.**

And Most Important, **PLEASE HAVE FUN!**

Thanks for visiting us here at the GAC and we hope to see you back soon!!