



KETCHIKAN GATEWAY BOROUGH

601 SCHOENBAR ROAD • KETCHIKAN, ALASKA 99901
• 907/228-6650 • fax 907/247-3394

PARKS & RECREATION

Gateway Aquatic Center

REQUIREMENTS

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. All patrons entering the pool must take a cleansing shower before entering the pool and after using the sauna.

FACILITY RULES

1. Obey any request from the Parks and Recreation staff. Refusal to obey facility staff or rules is subject to immediate non-refundable removal from the premises.
2. 2 whistles from lifeguard = everyone clear the pool.
3. Infants/children not toilet trained must wear swim diapers under swim suits – No diapers.
4. Smoking, illegal drugs, or alcohol consumption is not permitted within the facility or on the grounds.
5. To attend Lap swim, the patron must be 14 years old or older or 10-13 with a parent or an adult.
6. No running, pushing, causing undue disturbances, or any conduct that may endanger the welfare of self or other patrons.
7. No spitting, blowing of nose into the pool or onto deck.
8. Public display of affection and profanity is prohibited.
9. No wet feet in the lobby area, hall to locker rooms or GRC
10. No street shoes allowed on the pool deck.
11. No glass containers allowed in the locker rooms or on the pool deck. Only non-breakable containers allowed.
12. No food or beverages allowed on the pool deck or in the locker rooms. Water is allowed.
13. Vandalism of any kind will result in suspension from the entire GRC & GAC facility.
14. Harassment to staff or other visitors will not be tolerated.
15. No one is allowed on deck or in the pool without a lifeguard present.
16. Patrons are to walk, not run at all times in the pool facility.
17. Spitting and splashing water is not permitted.
18. Shoulders rides are not allowed. Piggy back rides are acceptable.
19. No excessive noise will be permitted. No screaming, yelling or foul language.
20. If using pool equipment, please make sure that it is stored properly when you are done using it.
21. Chewing gum and chewing tobacco are not allowed in the pool or in the locker room.
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.



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23. Family changing rooms are designed for families with children ages 6 and under and people meeting ADA requirements. Patrons not meeting these requirements are required to use the appropriate locker rooms.
24. Children wearing floatation devices or water wings 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 or water wings in the pool. Flotation devices are only allowed in the shallow end of the pool.
25. No oversized rafts, floats or inner tubes allowed during recreational swims.
26. During lap swim, all participants must be swimming laps, running with the aqua jogger or treading water.
27. No tossing or throwing kids from the side of the pool or launching kids from within the pool.
28. Cut offs are not permitted in the pool. T-shirts may be worn.
29. Persons with communicable diseases and conditions, including but not limited to lice, open wounds, sore or inflamed eyes (due to infection), or discharge of the mouth or ear shall not use the pool.
30. Anyone with shoulder length hair or longer, must have it tied back in a rubber band or a swim cap.
31. 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.
32. The lifeguard stand is for Borough employed lifeguards ONLY.
33. Swinging or sitting on the rails or barriers is not allowed.
34. Flips, spinning, jumping backwards, cartwheels, and back dives will not be permitted from the side of the pool.
35. Equipment may be given out by the lifeguard during open swims and rentals, but must stay in the shallow end of the pool. No ball fights allowed.
36. The basketball hoop is not secured to the pool deck, do not “slam dunk” the balls into the hoop. Do not hang on or touch the basketball hoop.
37. No diving in shallow water, (water less than 9 feet deep).
38. No snorkels or dive gear in the pool except during rentals or fitness or at the discretion of the lifeguard. Patrons may wear a mask, fins and goggles (plastic lenses only).
39. Unless the swimmer is in trouble, hanging on the lane lines and lifeline is not allowed.
40. All personal items should be placed in a locker. The Gateway Aquatic Center and the Gateway Recreation Center assume 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.
41. No hitting the glass that looks out into the pool area.
42. No animals allowed in the pool area or seating area.
43. Please bring your water toys and enjoy them here, but please be courteous of others! No hard plastic toys or metal toys.
44. Talking to, splashing or distracting the lifeguards is not permitted.
45. The diving blocks are for competition use only. No flips or jumping from the blocks. The blocks can only be used during swim team, Masters and Parks and Recreation sponsored swim lessons.

CLIMBING WALL

1. Persons using the climbing wall must be able to pass the deep water swim test.
2. Persons must exit the drop area immediately after falling from the climbing wall.



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3. Only one climber at a time on the climbing wall.
4. No swimming in front of the climbing wall while the wall is open.
5. No diving or flipping from the climbing wall.

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. No masks or goggles allowed while jumping off the diving board.
2. Swimmers are not permitted to swim under the board while it is open to divers.
3. Only one person is allowed on the diving board at a time.
4. Anyone using the diving board must first be able to pass the deep-water test.
5. Only one bounce is allowed at the end of the board.
6. Each patron on the diving board must wait until the previous patron has reached the edge of the pool before going off the board.
7. Patrons must swim in a safe and quick manner to the closest pool ladder and climb out of the pool immediately
8. No hanging on or from any part of the diving board, this includes the rails and the board itself

SAUNA RULES

1. 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. Maximum use per sitting: 15 minutes

Most Important, **PLEASE HAVE FUN!**

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

Updated 2/21/2019



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WATER SLIDE RULES

1. Slide riders must be at least 48" tall. Riders not meeting this height requirement cannot use the slides.
2. Riders using the pouring plunge must pass the deep water swim test before using this slide.
3. Maximum rider weight is 300 pounds.
4. Only one rider at a time. Absolutely no trains or chains of riders are permitted. Children may not ride in the laps of adults.
5. Tongass Tornado – no hanging or pulling on bar across slide entrance to gain speed.
6. Rider must wait for the attendant's signal before starting.
7. Do not pull or propel yourself into the ride.
8. No tubes, mats, or life jackets are permitted on the waterslide.
9. Eyeglasses must be securely affixed to the rider with a head strap.
10. Pregnant women and any person with heart condition or back trouble should not ride the slide.
11. Warning: water depth is 3 feet, 6 inches at the exit of the slide.
12. Tongass Tornado (twist slide) - Persons must go down the slide in a feet-first position either seated or lying on their back. Absolutely NO riding on stomach or headfirst is permitted.
13. 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 headfirst.
14. Masks, goggles, clothing with metal elements, flotation devices, water wings and water socks or shoes are not permitted on the slide.
15. 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.
16. Climbing up the slide is not allowed
17. Riders must exit the slide pool immediately after splash down
18. Running starts are not allowed
19. No running, standing, kneeling, rotating, tumbling or stopping in the slide. Arms and hands must remain inside the flume at all times. 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.
20. No hanging from water slide.
21. No hanging or sitting on stair railings going up to the slide.
22. 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.
23. 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.
24. No diving from slide.
25. Non-swimmers are not permitted on the slide
26. Rider assumes all risk of injury due to misuse of this slide or failure to follow these rules.
27. Riders allowed only when Lifeguard(s) present.
28. A minimum interval of Fifteen (15) seconds must be maintained between riders.
29. There shall be no running or jumping into the slide area or the splash pool.
30. Loitering or lingering in the run out area or in the immediate area of the slide is not permitted.
31. 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
32. Skipping in line and rowdy play are not allowed.