

PLEASANT VALLEY POOL

Training Pool Slide Rules

- Patrons less than 48" tall must pass a swim test for permission to use the slide.
- Single riders only.
- Wait for staff signal before starting to slide.
- Slide is ridden feet first, lying on your back with legs crossed at the ankles and arms crossed over chest.
- Keep hands and feet inside the slide at all times.
- At the end of the slide, swim directly to the ladder. No diving from end of slide.
- Eyeglasses must be securely affixed to riders. Swimwear with exposed zippers, buckles, rivets or metal ornamentation is not permitted. Pregnant women and persons with heart conditions or back trouble should not ride the slide.

Main Pool Diving Board Rules

- Patrons less than 48" tall must pass a swim test for permission to use the diving boards.
- Only one person at a time allowed on the diving board/ladder.
- Wait until the previous diver has cleared the area before diving.
- Only one bounce is permitted before diving.
- Divers must swim directly to the nearest ladder and leave the diving area.
- No swimming or playing in the diving area.
- Front dives and flips are allowed straight off the edge of the board.
- The following is prohibited: Back, inward or reverse dives or flips, cartwheels, handstands, running dives, jumping into the arms of another swimmer, swimming under the diving board, and hanging off the end of the diving board.
- The staff have the right to restrict any patron from using the boards based on safety concerns. Adjustments on the diving board may only be made by staff.

Lifejackets may not be worn on slides or diving boards.

For more information on PVP Facility rules, refer to the Membership Handbook

posted at <https://www.bernards.org/pleasant-valley-pool>.