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WESTERN LACHINE POOL - POOL RULES

March 2022

SAFETY RULES: LIFEGUARD SIGNALS

- **1 short whistle:** "Attention" - Please follow the instructions given by the lifeguard
- **3 whistles:** "Emergency" - Please exit the pool immediately and follow the lifeguards' instructions
- **One bell:** "Pool Open" - Swimmers may enter as directed by lifeguards
- **Three bells:** "Pool Closed" - Swimmers must exit the pool immediately
- **Instructions provided by lifeguards must be obeyed and respected at all times**

GENERAL POOL RULES

- These regulations are indicative; lifeguards can judge additional regulations if necessary
- The **Western Lachine Pool** declines all responsibility for lost or stolen items
- People not complying with these instructions may be expelled or disciplined according to the intervention procedures
- Swimmers are only allowed in the water if a lifeguard is on chair
- Swimmers must behave in a safe manner at all times
- Swimmers are to respect all instructions and lifeguard signals
- Showering is mandatory before swimming
- Wearing an appropriate bathing suit is mandatory
- It is mandatory that swimmers with shoulder-length hair tie back hair while in the pool
- All babies must wear a waterproof diaper
- Alcoholic beverages, gum, cigarettes, cannabis, vapes and glass objects are prohibited
 - If a person seems to be under the influence of any of the above, they will be denied access to the pool
- Diving is only permitted in the deep end of the pool where indicated
- It is prohibited to climb or jump into the water from the blocks during free swim
- It is prohibited to enter the pool from a run, do somersaults, back or reverse dives, except from the springboards
- No running, pushing, or shoving anywhere within the pool area
- It is prohibited to lean on the ropes
- Spitting, urinating or blowing your nose in the pool is prohibited

- Glass is strictly prohibited at the pool and only plastic containers for water are permitted on the pool deck
- Eating can take place on the grass area
- Persons with communicable diseases are not permitted at the pool
- The baby pool is restricted for children of 5 years of age and younger and must be accompanied by an adult
- Water safety devices used by children are not substitutes for adult supervision
 - They will only be permitted with satisfactory adult supervision if allowed by a lifeguard

ADMISSION OF UNACCOMPANIED CHILDREN

- All children 12 and under must be part of a family membership
- Children under the age of 12 years old must be accompanied by someone who is at least 14yrs old to enter the site
- Children 8 years old and under and children who have not passed the swimming test must be accompanied in the water or wear a life jacket

DEEP END REGULATIONS

- One person at a time on the springboard
- The swimmer must stand in line and may only step onto the springboard when the swimmer in front has jumped
- It is prohibited to jump towards the wall
- It is prohibited to go under the ropes to access the other side of the pool
- Divers must swim to the ladder closest to their springboard
- Only children who have passed the swimming test can jump off the springboard
- Non-swimmers are not allowed in the deep end and in the 1.5 region

ACCESS TO THE SITE

- Swimming lessons are only available to members at an additional cost
- Guests and general admission are welcome at the pool for a fee
- The members badge must be available to be presented to the gate guard to access the pool
- It is prohibited to loiter in the changing rooms
- No animals permitted within the pool grounds
- It is prohibited to enter the office without the permission of a lifeguard



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WESTERN LACHINE POOL – ANTI HARASSMENT POLICY

Western Lachine Pool is committed to maintaining a safe and respectful environment for its members and employees, where people are responsible for their own actions. The pool employs a zero-tolerance policy for all forms of violence and inappropriate behaviour, physical or verbal, at all times on its property.

The Western Lachine Pool team wishes that everyone feels safe at all times. All individuals who use the facilities are responsible for their own actions. Any threats, physical or psychological, should be reported, and sanctions can be brought against the individuals involved.

The aim of this document is to define the actions that can be taken by personnel, volunteers, victims, or witnesses of inappropriate or violent behaviour on the property of Western Lachine Pool. The goal is to promote an agreeable and safe environment for the members, to spread awareness about the policies related to harassment, and to describe how to be vigilant if faced with these situations.

Scope

The procedures apply to all members, visitors, personnel, and volunteers of Western Lachine Pool. Inappropriate behaviour or acts of violence, in this context, include, but are not limited to:

- Verbal abuse (Any insult, whatever the nature may be. This can, among other things, be related to ethnicity, religion, language, disability, or sexual orientation.)
- Actions that could be considered as aggressive, intimidating, or could potentially incite violence
- Threats, provocation, or attempted intimidation
- Throwing objects in an aggressive manner, with the goal of causing fear, or which could lead to injury.
- Aggressive approach towards another person (physical or verbal)
- Physical aggression towards another person
- Harassment (psychological, or sexual - see definition below)

Procedures

The members, employees, and volunteers of the pool will be made aware of the policy in order to increase everyone's vigilance, and to encourage their contribution to maintaining a positive environment.

The employees of the pool must report all acts of violence, vandalism, or inappropriate behaviour to a member of the board of directors immediately.

The members of the pool must report all acts of violence, vandalism, or inappropriate

behaviour to an employee of the pool immediately.

Measures taken when faced with harassment

In the event of inappropriate behaviour, or acts of violence, the employees of the pool are authorised to intervene if they witness, or if a member or visitor reports one of the following circumstances, or similar:

- Witnessing verbal abuse, harassment, or any act of violence
- Inability to collaborate with another member
- Request from a member who feels threatened, intimidated, or who is continuously pestered with the goal of inciting negative action

If you are witness to an incident, continual verbal abuse, or suspect a risk of violence, inform the personnel immediately by asking to speak to a manager, or senior lifeguard.

Consequences of refusal to conform

All reported incidents will be the object of an immediate internal investigation of those involved by the board of directors and personnel of the pool. Depending on the severity of the incident, sanctions may be brought against the offending party in the form of suspension for an undetermined amount of time, or revocation of the membership. The final decision on the duration of the suspension will be taken by the board of directors. The employees of the pool will be informed of any suspension. Serious incidents will be reported to law enforcement.

Any person acting in an unacceptable manner, as defined in the procedures, can be expelled from the premises immediately and suspended for a given duration, depending on the severity of the offence.

- Without putting your own security at risk, ask the offender to cease their actions immediately, and to leave the premises.
- If the offender does not cooperate, inform them that they are now considered trespassing (police must be called).
- If the offender still refuses to leave, do not engage in a confrontation. Wait for the police to arrive.
- Make a report of the incident and submit it to a member of the board of directors within 24 hours.

Definitions:

Intimidation: Words, gestures, images, or actions that hurt, humiliate, socially exclude, or lowers one's self esteem. This usually occurs when there is a power dynamic between an offender and victim.

Vandalism: Deliberate destruction, damage, or deterioration of property with malicious intent.

Harassment: According to *la commission des droits de la personne et des droits de la jeunesse du Québec*, "Harassment can take the form of insulting, derogatory, hostile or unwanted words or behaviour. Harassment is considered discriminatory if it is based on the personal characteristics of the person who is experiencing it (for example, age, origin, sex). There are 14 personal characteristics that are prohibited grounds for harassment. Usually, repetition is what makes insulting comments and behaviour into harassment. But there are situations where a single serious action can constitute harassment. This is the case if the action has an ongoing harmful effect on the person who experienced it."