

General Pool Rules

- Abusive, profane language or improper behavior are not permitted.
- Smoking, alcoholic beverages, tobacco (of any kind), vaping, drugs, and gambling are not permitted.
- Chewing gum is not allowed.
- Glass bottles and containers are prohibited inside all areas of the pool, bathhouse, and restrooms.
- No running, pushing, wrestling, or horseplay in general.
- Diving is only allowed in water OVER 6 feet deep as indicated by depth markers.
- Depending on facility capacity, fins may be allowed. Snorkels are not permitted at any time.
- Animals are not allowed inside the pool area unless during designated events. Companion/Assistance dogs are excluded from this rule, but not allowed in the pool.
- Individuals are not allowed to enter the pool area after it reaches its maximum capacity.
- Somersaults or back flips are not permitted from the edge of the pool or diving board.
- Babies must wear plastic or rubber pants with elastic leg bands or swim diapers.
- A child who cannot swim is not allowed in water over his/her head.
- The City of Tulsa Park and Recreation Department is not responsible for any damage to or loss of articles brought to or left at any pool facility.
- Loitering or horseplay will not be tolerated in the bathhouse or at the front entrance.
- Patrons are asked not to visit with guards while they are on duty.
- In the event of thunder or lightning, the pool and deck will be cleared immediately and remain clear for 30 minutes. If additional thunder or lightning is heard or seen, the 30 minute time frame will re-start. We reserve the right to close the pool for the remainder of the day.
- Fighting will result in immediate removal from the facility.
- Swimmers are not allowed in the diving area unless they meet the following criteria:
 - They are known by staff to be proficient swimmers.
 - They are able to swim the width of the pool in the shallow end.
- A responsible caregiver 14 & over must accompany all children age 9 years and younger.



Additional Safety Tips

Swimming is a great recreational sport that can be enjoyed by people of all ages, but it's important to know how to be safe while you and others are in the water. The American Red Cross offers these important swimming safety tips to be aware of before heading out to the pool. For more information, visit [redcross.org](https://www.redcross.org).

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear life jackets around water, but do not rely on life jackets alone.
- Maintain constant supervision.
- Make sure everyone in your family learns to swim well by enrolling yourself or others in age-appropriate swim lessons.
- Avoid distractions when supervising children around water.
- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
- Know how and when to call 9-1-1 or the local emergency number.
- Protect your skin. Limit the amount of direct sunlight you receive between 10 a.m. and 4 p.m. and wear sunscreen with a protection factor of at least 15 SPF.
- Drink plenty of water regularly, even if you're not thirsty. Avoid drinks with alcohol or caffeine in them.

Acceptable Swimwear

Swimwear for females must sufficiently cover breasts, genitals and butt. Swimwear for males must sufficiently cover genitals and butt. See additional coverings approved over acceptable swimwear below:



Board shorts or swim trunks



Rash guards or surf wear



Bikinis (including tankinis)



One-piece swimsuit



Religious swimwear such as Burkinis



Swim diapers



Swim jammers or briefs

Prohibited Swimwear



Compression pants and shirts



Sports shorts



T-shirts and jerseys



Denim, khakis or sweat pants



Sports bras



Jackets or hoodies



Underwears



Diapers



Non-swim headscarves

To ensure a family-friendly, healthy and safe environment for everyone, any loose-fitting or bulky clothing, or any attire that is not designed for swimming unless approved above or used as a covering and is accompanied by acceptable swimwear is prohibited. For more information contact one of our pool managers or email aquatics@cityoftulsa.org.

Healthy Swimming Etiquette

Shower Before You Swim

Shower with soap and warm water from head to toe before entering or re-entering the pool.



Not Feeling Well?



Swimmers should refrain from using the pool when ill, or if they have experienced diarrhea in the past several days.



Wear Appropriate Footwear

Bring clean flip flops or sandals to wear around the pool deck.

Food-Free Zone

While snacks are allowed on the pool deck, food will not be allowed in the pool.



Prevent Pool Fouling

Please refrain from consuming large meals before swimming, All swimmers are encouraged to visit the restroom before swimming.



What To Wear

Patrons must be dressed in suitable swimming attire. Children that are not potty-trained must wear swim diapers and plastic pants made for swimming pool use.

Photographic Devices

The use of any device capable of taking a photographic image is prohibited in the showers and changing rooms.



Strollers

Strollers are not allowed on the pool deck. Parents and guardians are reminded that children should never be left unattended.



What's New?



Adult Swimming Basics

Sunday July 7, 10am-Noon

Lacy Pool

Learn to swim as an adult! This course is designed to conquer your fears of the water. Each participant will be provided with floats. Admission is \$10 per participant.



Work-to-Swim

Everyday

All Pools

We are offering free admission to those that help around the pool. Tasks can vary from sweeping, picking up trash, etc. This offer is for children between the ages of 6-15 years old.



BEAT THE HEAT!

100 degree days

All pools

Enjoy reduced admission to all pools during times of 100 degrees or more. Pool staff will be responsible for checking temperatures accurately. Admission will be \$2 per person during these periods.

Need something? We can help!

For updates on swimming pools and aquatic activities, be sure to check our Tulsa Parks Facebook page or email Aquatics@cityoftulsa.org.

For park and shelter reservations, maintenance requests or questions about our parks and programs, call [\(918\) 596-1444](tel:9185961444).

For park violations or health and safety concerns while at a park, call City Security at [\(918\) 596-9100](tel:9185969100).

For anything else, call [311](tel:311)!



TULSA PARKS

City of Tulsa's Parks, Culture and Recreation Department

Pool & Aquatic Programs

T: 918-210-3303

E: aquatics@cityoftulsa.org

www.tulsaparks.org | www.cityoftulsa.org/aquatics