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**Scottish Hills  
Recreational Club  
Rules & Regulations**

## Table of Contents

SECTION I: GENERAL RULES

SECTION II: ADMISSION

SECTION III: RULES FOR POOL AREA

Aquatic Facility Rules

Diving Well Rules

Slide Rules

Floats, Rafts and Non-Swimmer Devices

Toys in the Pool Area

SECTION IV: FOOD AND DRINKS

SECTION V: GUEST POLICY

SECTION VI: PARTIES

SECTION VII: TENNIS COURT RULES

Playing Regulations

Operation

Playing Priority

SECTION VIII: Volunteer Policy

SECTION IX: PROBLEMS AND REVISIONS



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*The Friendly Place to Have Fun*

## SHRC RULES AND REGULATIONS

### SECTION I: GENERAL RULES

These Rules and Regulations are for the benefit and protection of all members and guests of the Scottish Hills Recreational Club, Inc. (SHRC). These Rules and Regulations have been established to ensure safe and sanitary operation and use of the SHRC pool facilities and adjacent SHRC areas and to provide enjoyable recreation for all members and their guests.

Parents are requested to review all of the SHRC Rules and Regulations with their children and with any guests for full cooperation and support.

Members and invited guest failure to comply with any of these Rules and Regulation may be considered sufficient cause for suspension of SHRC privileges.

The responsibility of persons who accompany children to the pool continues while the children are in the water. **The lifeguards are employed for the safety and welfare of everyone, but are not expected to be babysitters.**

The SHRC Pool Manager shall have the authority to suspend selected members pool privileges for a period not to exceed three (3) days. The SHRC Pool Manager may recommend to the SHRC BoD a suspension longer than three (3) days, for good and sufficient cause. Grievances and complaints should be referred to the SHRC Pool Manager and/or to the SHRC BoD.

For safety and liability reasons only Scottish Hills staff may provide swim and dive lessons. Families may not bring in outside instructor to provide instruction to their child(ren).

Please be especially careful driving through the parking lot, where children are frequently walking, riding bikes, or skateboarding.

## SECTION I: GENERAL RULES – cont.

- Members are responsible for all damage done by themselves, their families and their guests.
- SHRC is not responsible for loss or damage to personal belongings, bicycles, or automobiles on Club property.
- Lifeguards are not present at the baby pool. Children must be accompanied by an adult at all times when in the baby pool enclosure. Baby pool area is for children ages six and under.
- Dress Code: Bathing attire must be appropriate for a family pool, i.e., not so revealing as to be offensive. No jeans or cut-offs are permitted in the pool.
- Profanity and improper or inappropriate behavior will not be tolerated at the Club.
- No pets will be allowed on the Club premises.
- Smoking is not permitted at the Club anywhere inside the gate, or where it will impact guests entering the Club or sitting on the deck near the fence.
- Smoking remains permissible in the parking lot away from the entrance and under the arbor between the parking lot and Tarbert Drive.
- No alcoholic beverages will be allowed on the premises without the express permission of the SHRC Board of Directors. *This is limited to organized, adult only functions hosted by the SHRC Board of Directors.*
- No weapons of any sort (firearms, knives, explosives, etc.) are allowed on the premises.
- Intoxicated persons are not permitted on the premises.
- No illegal drugs of any kind are allowed on the premises.

## SECTION II: ADMISSION

- Annual dues must be paid in full to be granted admittance as a Member of SHRC.
- Members are sent an invoice for their Annual Dues in March of each year. All dues and stock fee must be paid in full to continue membership to SHRC.
- Each member must sign in at the front desk upon entering – surname, membership number, number of household members and any guests. The attendant on duty will verify membership and assist in signing in any guests and collecting guest fees.
- Membership applies only to the people listed on your SHRC membership.
  - **Family Membership**: Club Member and persons living in the Member's home are entitled to unlimited use of the facility. One member must be an adult age 18 years of age or older. Anyone other than the listed members must pay guest fee to use the facility.

- **Double Membership:** Two people living in the same household. One member must be an adult age 18 years of age or older. Anyone other than the listed members must pay guest fee to use the facility.
  - **Single Membership:** One adult age 18 years of age or older. Anyone other than the listed member must pay guest fee to use the facility.
  - **Not included:** are family members (parents, adult children, adult siblings, grandchildren) living in a separate household or not listed on your membership. They may visit the pool with you as your guest.
- All children under the age of nine (9) must be accompanied by a parent, guardian, or child care provider who is fifteen (15) years of age or older. The parents must give written authorization for children to be accompanied by a childcare provider.
  - Parents who require childcare by a non-member of SHRC must register the childcare provider's name with the SHRC Board of Directors Membership Coordinator and have it on record on the membership files kept at the front desk. There is no fee for the non-member child care provider if they are in substitution for the parent. If they come with the parent, then they are a guest of the member and will be charged a guest fee.
  - Non-member children for whom a member provides childcare must have their name(s) registered with the SHRC Board of Directors Membership Coordinator and pay a fee for Club use for the summer, as determined by the Board of Directors.

## SECTION III: RULES FOR POOL AREA

### Aquatic Facility Rules

- Children should not use the swimming pool without adult supervision
- Adults should not swim alone.
- Glass containers are prohibited throughout the facility. (e.g., food containers, casserole dishes, beverage bottles)
- A lifeguard must be on duty before entering the water.
- Please wear proper swimming attire in the pool [see manager regarding acceptable clothing].
- Diving is limited to areas of more than 5 feet of water depth and only in designated areas.
- Rough play in pool and on the deck area is prohibited.
- No tossing of someone on your shoulders or no carrying of someone on your shoulders.
- Floating aids and some toys are not permitted in the pool [see manager for what is acceptable].
- Face masks, and goggles are permitted with non-breakable lenses when used properly.
- Lap lanes are for lap swim use only. Please do not hang on the lane ropes. Do not swim under ropes through lap lanes.

- Please walk – running is prohibited on the deck.
- Smoking and consuming food or beverages must be done in designated areas only.
- To provide a family atmosphere, abusive/profane language or excessive public displays of affection will not be permitted.
- Admission to the pool may be denied for any of the following reasons:
  - a) When an individual is apparently unable to care for himself or intoxicated.
  - b) Evidence of contagious disease, open sores or wounds.
  - c) Any condition that will jeopardize the health and safety of the members or staff.
- Distracting the attention of a lifeguard is not allowed.
- All swimmers must shower before entering the pool.
- No one shall use the pool unless a lifeguard is on duty.
- Instructions by the lifeguards must be obeyed at all times. The lifeguards have full authority to clear the pool of swimmers at any time.
- Lifeguards are instructed to do the following:
  - a) First offense – verbal warning
  - b) Second offense – time out (~ 5 minutes)
  - c) Third offense – to sit out for the remainder of the day
- All Band-Aids must be removed and discarded prior to swimming.
- In case of inclement weather, manager will instruct lifeguards to clear the pool at the first sign of thunder or lightning and keep everyone out approximately thirty (30) minutes following the last observation of lightning or hearing thunder. During this time, everyone must leave the pool and deck area and wait under the main shelter.
- In consideration of your own health, as well as the health of other member families and guests, use of the swimming pool or baby pool is inadvisable either during or immediately after an illness.
- All children who are not completely toilet trained must have on a “Little Swimmers” pool diaper (or diaper with plastic or rubber pants with elasticized waist and legs) before entering either pool. “Little Swimmers” diapers are sold at the Concession stand.
- Running, foul language, pushing, wrestling and other forms of horseplay are not permitted in or around the pool area. Excessive splashing is strictly prohibited in the pool’s shallow area from the steps to the rope when young children and/or non-swimmers are in the area.
- Kickboards should be used for swimming only, sitting or standing on them is prohibited.
- A ten (10) minute break commencing at 50 minutes past every hour will be signaled by whistle and enforced by the lifeguards on duty. All swimmers under the age of eighteen (18) will leave the pool immediately and move completely away from the water. This break is for adult swim only.
- Swimmers and young children will be allowed the use of diving boards and/or deep water at the discretion of the lifeguards. Swim test may be required.
- The lap lane is to be used for lap swimming only.
- Swimmers may not sit or hang on the lane lines or safety ropes.

- Do not swim under the lap lanes to gain access to the area on the other side of the lane. Swimmers must exit the pool and walk around the lane and then enter the area in which they wish to swim.

### Diving Well Rules

- Only one person on the diving stand at a time.
- Dive only from the end of the board and straight out – diving to the side is unsafe and therefore prohibited.
- Swim immediately to the side after diving and exit the pool.
- Wait until preceding diver swims clear before diving.
- Please avoid “double bouncing” and “running dives”.
- Swimming under or hanging on the diving boards is prohibited.
- Floatation devices, toys and balls are not allowed in the diving well.
- No jumping from board into the “arms” of a person. A person must be able to jump off the end of the board by themselves and safely swim to the edge of the pool unassisted.

### Slide Rules

- Only one person is permitted to be on the slide at a time, seated upright and feet-first.
- Sliding down headfirst is prohibited.
- No floating device can be used on the slides.
- No diving or jumping from the slide is allowed.
- When on the slide, the swimmer should look to make sure the area in front of the slide is cleared of swimmers before going down.
- After sliding, the swimmer should move away from the bottom of the slide quickly.
- No hanging out in area at bottom of slide.

### Floats, Rafts and Non-Swimmer Devices

- Floats and rafts are permitted in the pool, with lifeguard discretion.
- Non-swimmer devices, such as small swim rings are permitted in the pool, but only with the direct supervision of an adult and at the discretion of the lifeguard on duty.
- The use of water wings is prohibited in the main pool. Any safety floatation must be coast guard approved. A selection is available at the front gate for member use.
- No floatation devices are allowed in the dive well.

### Toys in the Pool Area

Toys add enjoyment for kids playing in the pool. However, some toys are dangerous and not allowed at SHRC. Large torpedoes, tennis balls, or any hard toy that can be thrown across the pool and hurt someone are not allowed in the pool. Instead, we encourage “Squishy” balls and

other soft style toys made for the water. Water guns are also discouraged in the fenced in area of the pool. Inflatables are allowed; however, please use discretion when bringing large inflatables on days when the pool is extra busy.

## SECTION IV: FOOD AND DRINKS

- No glass containers are allowed within the gate. Food and drinks in non-breakable containers are allowed on the deck area, but not in the pool.
- Appropriate containers should be used for trash disposal. Please do your part to keep our Club clean – if you spill something, clean it up!
- The concession stand is operated on cash and credit card basis. Minimum card purchase is \$2.
- Hired staff members operate the concession stand. Member families and guests are not permitted in the kitchen area or behind the concession stand counter.

## SECTION V: GUEST POLICY

The purpose of this policy is to define the term “guest” and establish the rules pertaining to their use of the Club facilities.

- Guests are non-members who are visiting the Club with the member family. They may only use the Club facilities when accompanied by a member.
- The host member should make sure that their guests are familiar with the Club rules and regulations. The host is responsible for their guests’ conduct and may be held accountable for any violations of SHRC policies.
- Applicable daily guest fee applies to all guest.

## SECTION VI: PARTIES

- Members may hold parties during regular business hours with the approval of the Pool Manager. See the Pool Manager for fee information and to schedule parties using the SHRC Group Function/Facilities Request Form (form is also downloadable from our [www.scottishhills.org](http://www.scottishhills.org) website).
- Reservations for specific areas, such as the screened room, are available on a first come, first serve basis. Times are limited to no more than a four (4) hour time slot. That time should include the set-up and clean-up of the party.
- Be sure to review the Group Function/Facilities Policy document for specific rules governing your guests and make sure all of your guests are familiar with our Club rules.



- Note that, for group functions, party guest fees apply to all non-members in attendance, ages 3 and up whether or not the guests are using the pool.
- Grills can be rented, regardless of whether or not a room or shelter has been rented.
- Certain dates are not available for reservations. Please check reservation form for most current list of non-party dates.
- Please contact the pool manager for more information.

## SECTION VII: TENNIS COURT RULES

### Playing Regulations

- Tennis game time is limited if there are other members waiting to use a court. In this case, singles play is limited to one (1) hour and doubles to one and a half (1½) hours.
- Courts are to be used for tennis only, with the exception of use of the basketball hoops when the court is not in use and archery during scheduled archery lesson times.
- No bikes, skateboards, roller blades, skates, lawn furniture or other items that may damage the court surface are allowed.
- Children under nine (9) must be supervised at all times at the courts.
- Sportsmanlike behavior is expected. Please be considerate of players on the other court.

### Operation

- Courts are available to member families and their guests only.
- Tennis courts will remain unlocked between the courts and pool during summer pool hours. It is the responsibility of players to ensure that the gates are locked if leaving the courts after normal pool hours and during off-season play.
- Keys are available for members from the Manager for a \$10 deposit.

### Playing Priority

- Adult members (18 years and older) shall have priority, as courts come open, all day
- Saturdays, Sundays and holidays, and on weekdays after 5:00 pm.
- The priorities available to adults shall also apply to one adult who is playing with one or more non-adults.
- Court play has priority over backboard use at all times.
- Courts are available to members on a first come, first serve basis.
- Ladder play, tournaments, lessons, clinics, or other activities scheduled by the Club shall have court priority.

## SECTION VIII: Volunteer Policy

As a member-owned and governed recreational organization the SHRC relies heavily on the donated time, skills and energy of its members. Members in good standing can earn credit toward raffle drawings, held at the Annual Meeting each March, for a waiver of one year's dues. Formal Spring and Fall Workdays are held, but additional opportunities for skilled assistance are available. All tasks for raffle credit are administered by the Board of Directors, and must be approved by them. Tasks associated with the following are not generally considered eligible: Boy or Girl Scout projects, school assigned or court-ordered community service, or self-initiated tasks that are not deemed by the Board as part of the operational or capital strategy for the Club. As a general rule, most donated service is a ratio of 3 hours per raffle ticket, regardless of the volunteer's skills, vocation, or complexity of the task.

## SECTION IX: PROBLEMS AND REVISIONS

Any complaints, problems or recommendations regarding Club Rules and Regulations should be submitted in writing to the Pool Manager and/or to the SHRC Board of Directors.

Specific recommendations for changes in pool operations should be submitted in writing to the Pool Manager and/or to the SHRC Board of Directors.