



## ASRC RULES & REGULATIONS

### I. POOL AREA RULES

The Pool, Spa and surrounding deck area of the Club are where many members and guests come to enjoy a few hours of 'resort' living, right in their own neighborhood! Please remember that use of the pool is at the discretion of the lifeguards and management who reserve the right to enforce the rules.

#### **Lifeguard on duty**

- Pool lane assignments may be changed by the Lifeguard or Management at any time to accommodate usage.
- Please walk while on the pool deck.
- Glass containers are not permitted on the pool deck.
- No food or drink in the locker room
- No eating, drinking or chewing gum in the pool, spa or wader pool
- Do not hang, sit or stand on the lane lines.
- Diving is permitted only in the diving well.
- Starting blocks are for swim team use only.
- No back dives or flips from the deck.
- Lap lanes are for responsible lap swimmers only. Proper lane swimming etiquette will be enforced.
- The wading pool is reserved for swimmers 5 years of age and younger with adult supervision at all times. The adult must be within arm's reach of the child.
- Adult supervision is required for all swimmers 14 years of age and younger.
- No profanity
- Obey the lifeguards at all time

#### **No Lifeguard on duty**

- All existing lifeguard on duty rules remain in effect
- All pool covers must be removed
- The pool may only be used during the hours established by management
- Non-member guests may not use the pool
- Diving board use is not permitted
- No children under the age of 18 may use the pool without parent supervision
- Parents must supervise their children 100% of the time

#### **Adult Lap Swimming**

Only swimmers over the age of 18 can use the pool for lap swimming outside of the recreational swim hours, provided they have signed the club waiver. Adult lap swim hours are available on the club website.

## **Family Swim Policy**

Lifeguarding service will not be provided during family swim hours. All swimmers under the age of 18 must be accompanied by a parent with no exceptions. Any swimmers age 18 & under found swimming outside winter family swim hours (listed above), whether they are accompanied by parents or not, may be subject to membership suspension. The diving board and diving blocks are not to be used. This is for the safety of all members.

Non-members are not permitted to use the pool without a lifeguard on duty even if signed in as a guest. Non-members are not permitted to use the pool during family swim even if accompanied by a member per the health and safety code.

## **II. ASRC Gate Access Cards**

- Each ASRC Family will receive 2 gate access cards
- Lost cards will be replaced at \$25 per card
- Sharing access cards with non-members is prohibited
- Propping ASRC access gates open in any way is prohibited

## **III. ASRC Fitness Center Rules**

- Hours – 6am – 10pm
- No guests allowed
- Member age 16+ may use the gym, age 13+ with adult supervision
- No one under 13 years of age may use the gym
- No food, drinks, or glass allowed (water only)
- Use equipment at your own risk
- Do not lean on equipment and keep your hands away from moving parts
- Proper attire required, no sandals or bare feet
- Report any damaged equipment to management – DO NOT USE
- Do not drop weights
- Return all weights to proper rack
- Wipe down machines and equipment after use
- Use equipment properly and follow directions carefully
- No freelance personal training

## **IV. TENNIS AREA RULES**

The 'Tennis Area' includes the tennis courts, tennis walkways, tennis bleachers, hitting wall, and tennis patio.

- Please do not approach the ASRC tennis staff at any time during lessons on the court.
- No bathing suits, bare feet or any swimming attire on the tennis courts.
- Children must be closely supervised.
- No children are allowed on the tennis courts unless they are playing tennis.
- All guests playing tennis must be signed in by the club member they are with. Sign in on the tennis bulletin board located between courts 3 & 4.
- No hitting wall use Sun.-Thu. after 9:00PM and Fri./Sat. after 10:00PM.
- No music Sun.-Thu. after 9:00PM and Fri./Sat. after 10:00PM.
- No music or hitting wall use while a USTA match is in progress on courts 4-6.
- Be considerate of our neighbors. Please monitor your noise level.

## **Attire**

- Men must wear shirts, and shorts or a warm-up suit. Women must wear tennis tops with shorts or skirt, tennis dresses, or warm-ups. No jeans or cut-offs will be permitted. No tank tops on men. All players must wear regulation tennis shoes (non-marking).

## **Open Court Policy**

- The rule for open tennis play is that players may use the court for up to one hour while others are waiting. If players A & B show up to play, and all the courts are full, players who have already played at least one hour should relinquish their court. Players A & B do not have to wait one hour from the time they arrive. It is strictly an honor system.

## **Court Reservations**

- An eligible member may reserve courts for one hour at a time during 'primetime' and two hours during 'non-primetime'. Members must use the ASRC online court reservation system to reserve courts. When the member has played out the reserved time, or has removed his/her reservation prior to the reserved time, the member becomes eligible for another reservation.
  - 'Primetime' is Monday-Friday 9-11am & 6-10pm.
  - 'Non-Primetime' is all other available court time.
- When a player cannot utilize a reserved court time, he/she must cancel the reservation. Substitutes, or the use of another member's name are not permitted.
- When all members of the party who have reserved a court do not show up within the first 10 minutes of the reserved time, the court becomes available to whoever is waiting. Play must promptly stop at the end of a reservation if others are waiting.

## **USTA Code of Conduct**

The highest type of sportsmanship is expected from every player! An understanding of, and a commitment to, the points highlighted below are part of your responsibility as a player in a USTA tournament. Violators of this code or its spirit are subject to disciplinary action.

- Once you have entered a tournament, honor your commitment to play. Exceptions should occur only in cases of serious illness, injury or personal emergency.
- From the beginning of the match, play must be continuous. Attempts to stall or to extend rest periods for the purpose of recovering from a loss of physical condition (such as cramps or shortness of breath) are clearly illegal.
- Intentional distractions that interfere with your opponent's concentration or effort to play the ball are against the rules.
- Spectators, including parents, friends and coaches, are welcome to watch and enjoy matches. Their role, however, is clearly restricted to that of passive observer with no involvement of any kind during the match.
- Players are expected to put forth a full and honest effort regardless of the score or expected outcome.

- Players are expected to maintain full control over their emotions and the resulting behavior throughout the match.
- Refer to the [ASRC USTA Guidelines](#) for additional details the USTA program.

## V. ASRC Ice Machine Rules

- NO one under the age of 16 may use the ice machine.
- Do not use glass containers to scoop ice.
- Do not put any objects into ice bin, (i.e. beer bottles, soda, ECT.)
- Do not remove scoop from ice container.
- Keep ice container lid shut.
- Using the ice machine for purposes other than for club use is prohibited.
- ASRC ice Machines are for Members only

## VI. GUEST POLICY

- Guests may participate in recreational use of the facility if they are accompanied by an ASRC family member.
- Guests may participate in fee-for-service programs such as:
  - Swim Lessons
  - Year-round Swim Teams
  - Tennis Lessons
  - Jr. Tennis Programs
  - USTA Programs
- ‘House guests’ may recreationally use the club at no charge for 2 weeks.
  - House guests must be accompanied by a club member for all club usage.
  - House guests are defined as a visitor staying at your house from out-of-town.
- At no time are guests allowed to use the ASRC Fitness Center

### Guest Fees

- Swim Area Guests: Weekdays \$3, Weekends \$5
- Tennis Area Guests: The first time in the month, the guest is charged \$5. The second time that same guest plays in the month the charge is \$10. The third time, the charge is \$20, and so on. At the beginning of a new month, the process begins again.