

Slide Rules

- All patrons must be at least 48 inches tall or be able to swim one pool length unassisted to ride this slide.
- No tubes, mats, or lifejackets are permitted on the slide.
- Only one rider at a time.
- Wait until the previous rider enters the water to go down the slide.
- No jumping or diving from the slide.
- No climbing back up the slide.
- Ride the slide feet first either sitting or lying down on back.
- Keep arms and legs inside the slide.
- Exit the splashdown pool area immediately.
- No stopping on the slide.
- Pregnant women and people with a heart or back condition should not use the slide.
- Non-swimmers may be asked to complete a swim test prior to riding the slide.



Proper Swim Attire

Bathing suits must be worn in the pool. Swim suits with thongs are not permitted at the CAC.

We ask that no street clothes be worn in the pool, including:

- Shorts with belt loops and cutoff jeans
- T-Shirts and dress shirts
- Jeans and sweatpants
- Dresses and skirts
- Outdoor footwear that is dirty

Proper attire for swimming pool includes:

- Swimsuits
- Board shorts
- Swim shoes
- Rash guard shirts

Proper swimming attire for infants or those who wear diapers:

- We require a disposable swim diaper or approved reusable swim diaper. These may be purchased at our front desk for your convenience.
- We highly recommend an approved reusable swim diaper over a disposable swim diaper.

Our patron safety is extremely important to us. If you have questions or concerns in regards to the rules, please do not hesitate to ask an Aquatic Center team member.

595 North Franklin Street
Christiansburg, VA 24073

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www.cacpool.com



Facility And Pool Rules



Facility Rules

- A snack area is provided on the lobby level; please keep all food and drinks in the snack area.
- Glass containers are not allowed within the Aquatic Center.
- All patrons must enter and leave through the main entrance.
- Please obey lifeguards and attendants at all times.
- Please walk while on the pool deck.
- Swimming with skin lesions, discharges, sores, inflamed eyes, mouth, nose or ear discharges will not be allowed.
- Children under the age of 12 must be supervised by an adult.
- The Christiansburg Aquatic Center does not assume responsibility for lost or stolen items. Please use a locker and lock.
- Children over the age of 4 needing assistance from the opposite sex may use the family changing rooms.
- Alcohol, drugs, tobacco and vaping products are not allowed on the CAC property.
- Individuals are NOT permitted to use the center for personal gain. All individual lessons (personal trainers, therapists, swim, etc.) must have written permission from the Director.
- Electronic devices with camera capabilities are strictly prohibited in the locker room areas of the facility.
- Running, horseplay, fighting, profane language and loitering are prohibited.
- The Director of Aquatics has the authority to revoke individual's privileges of using the CAC for any length of time for the violations of the rules and regulations

All floatation devices must be US Coast Guard Approved. Our staff would be happy to assist you and make sure they are approved. The CAC offers approved floatation devices for your convenience.

Competition Pool Rules

- The starting blocks are specialized equipment and are to be used by trained individuals only during practices and events.
- Do not swim under the bulkheads.
- Lifejackets are not allowed in the competition pool.
- Diving off the bulkhead is not allowed.
- Do not swim under the bulkheads.
- No stunt dives allowed off the pool sides.

Lap Swim Etiquette

- Please be courteous to other swimmers.
- Swim and kick in a counter-clockwise circular pattern in the lane.
- Select a lane consisting of swimmers whose speeds are comparable to yours.



Therapy Pool Rules

- This pool is designed for therapy. Only children under the age of 1 in the arms of an adult and adults 18 or over are allowed.
- Diving or jumping is prohibited.
- If therapeutic need is necessary and you fall into the 18 years and under age bracket, please see a CAC staff member.

Leisure Pool Rules

- Floats only permitted during certain events.
- Please remember the lane lines are markers. Do not hang or play on them.
- Kick boards, pull buoys, and dumbbells are not to be used as surfboards or floatation devices.
- CAC instructional equipment is for the use of lap swimmers and educational programs only.
- No pushing, dunking, shoulder riding or other inappropriate behavior is allowed.
- No diving is allowed in the leisure pool.

Diving Board Rules

- Public diving is only permitted from the 1 meter board.
- Only one person at a time permitted on the diving board.
- Only one jump permitted off the diving board.
- Jumps, dives, and single forward flips are allowed.
- Children are not allowed to jump off diving boards unless they can do so without assistance.
- Swimmer must complete a 25 yd. swim prior to diving.
- When the diving boards are in use, there is no swimming allowed in the diving well.