

Frog Hollow Swim & Tennis Club, Inc.
P.O. Box 3122
South Amboy, NJ 08879

CLUB RULES

These rules are for the protection and benefit of all members. They have been established to assure a safe and sanitary operation of the club. Failure to comply with these rules shall be considered sufficient cause for immediate suspension of the club privileges for a period of from one of seven days and can also be considered sufficient cause for cancellation of membership.

POOL HOURS:

1. The club is opened from 11:00AM to 9:00PM daily.
2. The club will be closed early on the nights of Kids Nights or Adult Nights.
3. The lap pool will be closed early for home swim meets.
4. The diving boards will be closed early for home dive meets.
5. The pool may be closed at any time for maintenance, health conditions, weather or any other conditions deemed necessary by the pool manager.

GENERAL MEMBERSHIP:

1. This year we will be using a new scanning system so all members will be required to have their badges scanned upon entering the club. All badges are property of the club and must be surrendered upon resignation from the club. If a member loses their badge, they must report it to the entrance hut manager. The cost to replace lost badges is \$5.00. Badges cannot be shared with family members or with anyone else.
2. Any damage to club property, caused by member or guest, will be charged to member causing the damage and/or responsible for the guest.
3. Anyone entering the club property enters at their own risk. The club is NOT responsible for injuries or accidents sustained by anyone, whether sustained during the course of club activities or as a result of trespassing. The club is not responsible for injuries or accidents sustained during club approved activities outside of the facility.
4. The club is not responsible for loss or damage to personal property.
5. Suggestions shall be made in writing, signed, and given to the manager or club president.
6. All complaints or problems shall be made to the pool manager or assistant manager on duty.
7. All bondholders must pay a \$150.00 work bond each season. Work six or more hours and your check will be returned, otherwise, it will be cashed after September 1st.
8. The rules may be revised or amended, as deemed necessary, by the Board of Governors.

RULES OF CONDUCT:

1. Members and their invited guests must drive slowly (5 MPH) and carefully while on premises. Always yielding to pedestrians and adhering to posting notices.
2. Parking at any entrance way is limited to five minutes to unload personal items.
3. All bicycles must be parked by the Entrance Hut. No bicycles permitted beyond this point. In addition, no one is to ride their bicycle down the hill at the club entrance.
4. No skate boarding or roller skating allowed on premises.
5. No food or refreshments allowed in the enclosed pool areas. The only exception is plastic water bottles.
6. No glass bottles/ container allowed in enclosed pool areas. We also encourage everyone not to bring glass containers on the premises.
7. No coolers are permitted in the pool area. They must be placed along the retaining wall near the green umbrellas.
8. Abusive language will not be tolerated on the premises.
9. Members using the facilities must see that the premises are left as they found them.
10. Cooking is only permitted in the picnic areas. Open fires may be permitted on special occasions; weather-soil permitting and they must be (1) Board approved and (2) approved by the South Amboy Fire Official in writing.
11. No alcoholic beverage will be served on the premises under control of the club.
12. Lockers in the bathrooms are for daily use. The club is not responsible for locks if left on longer.

HEALTH & SAFETY:

1. All bathers must shower before entering the pool areas and, if necessary, avail themselves of bathroom facilities.
2. Anyone with a cold, cough, inflamed eyes, wearing bandages, open wounds, diarrhea, or another communicable disease is not allowed in either pool.
3. No smoking on the poolside of the gray line or in the bathrooms.
4. No air inflatable tubes, jackets, toys, masks (goggles that cover the nose), or flippers are permitted in the main pool or lap pool.
5. No street clothing may be worn in the pool; only proper swim attire is permitted.
6. Water shoes are permissible in the pool.
7. No running, pushing, wrestling, ball playing, or causing undue disturbances in or about the pool area.
8. An adult must accompany all children under ten years of age at all times.
9. Use of the baby pool must be limited to children who are non-swimmers under eight years of age. No metal toys are allowed in the baby pool.
10. Children who have not passed their swim test are only allowed in the main pool under the direction and supervision of a parent or adult guardian. They are not allowed in the diving board area.

11. Diving Boards

- a. The diving well is 12 feet deep. All members are required to take a swim test before being permitted to use the diving boards! Please ask the manager on duty about taking a swim test.
- b. Only one person on the board at a time.
- c. Straight out diving only. Jumping toward the ladder is not permitted.
- d. Single bounce on the board.
- e. You must wait until the person in front of you reaches the ladder before you can jump.
- f. Weight limited on boards is 300 lbs.
- g. No goggles are permitted on the diving boards.
- h. All guests must be 54 inches to use the high dive. Guests shorter than 54 inches will be issued a red wrist band upon entrance to the club. Any guest wearing a wrist band will not be allowed to use the high dive!
- i. Diving boards will remain open when there are more than 30 patrons in the pool. A lifeguard will be permitted to close the diving boards only when there are less than 30 patrons in the pool. Only when diving boards are closed, swimming in the 12 foot section of the pool will be permitted.

12. Water basketball

- a. Water basketball is to be played in the 3 foot section of the main pool only.
- b. Bouncing the basketball outside the pool is prohibited.
- c. There is no shooting from outside the pool, dunking or hanging on the net.
- d. Staff has the right to remove the basketballs from the pool or stop rough play at any point.

13. Ball playing/bouncing is not permitted under the pavilion.

14. No pets allowed on club property.

15. Following the Department of Health Advisory, diapers are not allowed in the main or lap pools. Children that use the pool **MUST** be thoroughly potty trained. Diapers used in conjunction with plastic liner may be used in baby pool only.

16. Expectorating, spitting, blowing the nose, or allowing any other human wastes to enter the pools are prohibited.

17. Lap Pool:

- a. The lap pool is tentatively scheduled to be open from 12-7 pm daily.
- b. There will be 3 lap lanes open during the hours of operation for lap swimming only.
- c. Half of the pool will be open for recreational swimming for adults ages 18 years of age and older.
- d. Adult swim will be moved to the new pool but is subject to change in the event of pool maintenance or any circumstances deemed necessary by management.

- e. The area for recreational swimming will also be used for weekly water aerobics class.
- f. The hours of operation and uses of the pool on the weekends, holidays, and special events will be determined based on the total number of people present in the facility.
- g. Please note the pool operations are subject to change based on the Board or Manager's discretion!

TENNIS COURTS:

1. Tennis courts are not reserved in advance. The club practices the first come, first serve policy.
2. Tennis courts are to be used to play tennis only. No one is permitted to sit on the nets.
3. Proper attire for tennis courts is considered tennis shoes, shorts, and sports shirts, t-shirts or blouses.
4. The courts are to be used by members and their guests only.

GUESTS:

1. All guests must be accompanied and registered by an adult member, over the age of 18.
2. Guests must wear their wrist bands at all times. Guests will be given a wrist band at the time they are signed in. Guests shorter than 54 inches will be required to wear the daily wrist band as well as a red wrist band as they are not permitted to use the high dive.
3. A guest privilege shall not be extended to the same person more than twice per week.
4. Additional guest privileges will be granted for special club sponsored events.
5. All guests must abide by all club rules.
6. Conduct of guests is the responsibility of the sponsoring member.
7. Guest rates are one guest pass or \$7.00 per day.
8. On Saturdays and Sundays in June, July and August, guests are \$10.00.
9. Large parties with more than 50 attendees must be approved in writing by the board.
10. Parties with 10-49 attendees must be approved by the entrance hut manager.
11. The rate for parties is \$5.00 per person.

PICNIC EQUIPMENT:

1. Grills: barbeque grills may be brought into the picnic area when the pool opens for the season and must be removed within one week after the pool closes for the season on Labor Day weekend. Grills cannot be secured to tables at any time.
2. Cabinets: one short Rubbermaid storage container is permitted per cluster of families. Tall containers are not permitted.
3. Tables: must be cleared of all personal belongings at the end of the day. First come, first served. Tables are not to be reserved under any circumstances.

4. Coolers: all coolers are to be removed at the end of the day. They are not permitted in the pool area.
5. Tents are permitted only during camp-out events.
6. Hammocks are not permitted in the picnic area.
7. Umbrellas/canopies must be removed at the end of the day.
8. General equipment left abandoned on premises at the end of the season will be discarded without notification.
9. Clothes lines are not permitted.

NOTE: ALL RULES ARE SUBJECT CHANGE

REVISED MAY 2014