

Sugar Creek Pool

Early Morning Adult Swim

In addition to following all pool rules posted at the entrance gate, please adhere to the following *Early Morning Adult Swim (EMAS)* unique rules:

- Operating hours , Monday – Friday, 6:30am to 9:00am
- All swimmers must sign “hold-harmless” agreement
- All swimmers must sign pool rules agreement
- Only adults (min 18 yrs old) are allowed in pool area
- Solo swimming not advised
- Only members are allowed to be part of EMAS – no guests allowed
- Swimmers must leave if conflicting with pool maintenance

Lap Swimming Etiquette

- When >2 swimmers, swim in a counter-clockwise pattern
- Notify all swimmers in a lane before you enter and begin swimming
- When entering a lane, give the current swimmer the right of way
- Limit the amount of time you rest at the end of the lane and move out of the way of other swimmers

Additional information:

- All Sugar Creek community adults, and outside member adults are eligible to swim once forms are completed.
- Swimmers not following the above rules will be removed from program

Participant Signature: _____

Name Printed: _____