**LQOC Rules & Regulations**

As the summer progresses, we just wanted to remind you of the LQOC rules and regulations for the 2022 season.

1. **All patrons must obey the lifeguard(s) and always treat staff with respect. Non-obeyal will result in a formal warning and can lead to the expulsion of membership.**
2. Children under the age of 12 must be accompanied by a responsible person 16 years of age or older. Children must be supervised by their parent/guardian at all times.
3. Infants and toddlers who are not toilet trained must wear swim diapers in the water per Center for Disease Control (CDC) recommendations.
4. The area in front of and around the lifeguard chair must be clear from patrons, chairs, toys, etc., at all times in case of emergency.
5. Boisterous behavior is prohibited, including excessive splashing, pushing, shoving, and rough play.
6. Throwing sand, rocks, shells, or other items is not permitted.
7. Masks, fins, snorkels, tubes, kickboards, and floatation devices of all kinds are prohibited.
8. Breath-holding or prolonged underwater swimming is not permitted.
9. The use of water guns/sprayers is not permitted in the water.
10. All persons who swim to the dock must have passed the dock swim test. Otherwise, swimming to the dock is prohibited.
11. Toys are permitted to be used only in the shallow area of the water and at the lifeguards' discretion.
12. There is to be no swimming beyond the swim lines.
13. Hanging or sitting on the swim lines or buoys is prohibited.
14. Patrons may not climb onto or be carried on other swimmers' backs.
15. Lifeguards reserve the right to prohibit any patron from swimming in deeper water due to the patron's lack of skill.
16. Patrons are prohibited from throwing other patrons into the water.
17. Appropriate swimming attire is required of all swimmers.
18. In the case of thunder or lightning, the water will be closed for 30 minutes, counted from each thunder/lightning strike.
19. Smoking on the beach and picnic areas is prohibited.
20. Obscene language or behavior is not permitted or tolerated.
21. Sports (including ball throwing, football, and baseball) are not permitted on the beach. Exemptions can be made at staff discretion if the beach is empty.
22. Glass bottles are prohibited on the beach. LQOC can provide disposable cups to patrons upon request.
23. All trash shall be placed in the appropriate receptacles. Littering on LQOC property is prohibited.
24. Damage to LQOC property, including but not limited to landscaping, furniture, buildings, appliances, etc., shall not be permitted.
25. Per CT state law, children aged 12 and under are required to have a PFD (personal floatation device) on their person when using kayaks, canoes, paddleboards, etc. LQOC has life preservers, which can be borrowed by patrons if needed.
26. Standing on the rock walls is prohibited.
27. Please clean up after using the microwave and/ or refrigerator, and clearly label food and drink stored in the refrigerator with your name. LQOC can provide a permanent marker for this use if needed.
28. Pets are not permitted inside the facility.
29. All members are required to check-in at the front gate upon entrance. All individuals within the family must be registered. LQOC staff can assist patrons with inputting information into the system.
30. A family membership consists of parents and child(ren) residing within the same household.
31. LQOC has a zero-tolerance policy for trespassing in or around the house on the hill.
32. Personal conduct in and around LQOC shall be such that the safety of the individual and others are not jeopardized.

**LQOC rules ensure your health, safety, and enjoyment. Individuals who do not obey the regulations will be asked to leave the facility and will receive a formal warning which can lead to the expulsion of membership.**