



# BURLINGTON SWIM & TENNIS CLUB

## CLUB RULES & REGULATIONS • UPDATED AUGUST 2026

1 Country Club Lane • Burlington, MA 01803  
781-272-9837 (call or text) • board@bstc.org  
Posted by order of the BSTC Board of Directors

### POOL HOURS

Main Pool: generally 12:00 PM – 8:00 PM  
Kiddie Pool: generally 10:00 AM – 8:00 PM  
*Hours vary — always check bstc.org/hours*

### TENNIS COURTS

Open dawn to dusk

### ADULT SWIM • 4:00–4:20 PM DAILY

All children under 16 clear the pool and pool deck

LIFEGUARDS HAVE FULL AUTHORITY to require a swim test or restrict pool access at any time to ensure safety.

### ZERO TOLERANCE — IMMEDIATE EJECTION

Hate speech, slurs, harassment, or discriminatory, demeaning, or threatening conduct directed at any person or group is not tolerated in any form, anywhere on Club property. This applies equally to members, guests, and staff — and the graduated warning steps do **not** apply to this conduct. BSTC welcomes and respects all members, guests, and staff, and expects everyone on Club property to treat others with dignity and respect.

### WRISTBANDS

Every member and guest must wear a **visible wristband** to enter the pool areas. **Forgot yours?** A guest wristband is available at the check-in desk, snack shack, or lifeguard station. **Lost yours?** Replacement is **\$5** at the snack shack.

**Wristbands may not be shared**, and members may not buy extra wristbands so friends can avoid guest fees. Fraudulent or intentional misuse may result in forfeiture of membership.

In addition to admission to the club, wristbands are a **color-coded safety measure** that help lifeguards identify each child's swim ability at a glance. **Children under 14** receive a color band only after a swim test.

#### Wristband Privileges

|         |                                                                                                                                |
|---------|--------------------------------------------------------------------------------------------------------------------------------|
| RED     | Shallow-end clearance. May swim in the shallow end unattended. <b>Still needs an adult within arm's reach in the deep end.</b> |
| BLUE    | Deep-end clearance. May be anywhere in the main pool independently.                                                            |
| WHITE   | Guest. Must pass a swim test if under 14.                                                                                      |
| GREEN   | Tennis lessons only — no pool access.                                                                                          |
| NO BAND | Main pool only with a parent or qualified caregiver <b>in the water and within arm's reach at all times.</b>                   |

### SWIM TESTS

Swim tests can be given by a lifeguard to swimmers **under age 14**. \* Children may retest as often as needed through the season but **no more than once per day**.

#### Description of Tests

|                        |                                                                                                                                                                  |
|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Shallow end (RED band) | Swim with feet off the ground from the shallow-end steps to the opposite side of the shallow end, using any stroke or method. The head may be above water.       |
| Deep end (BLUE band)   | Swim 25 yards of <b>front crawl</b> or <b>breaststroke</b> with the face in the water, then tread water for 2 minutes with the ears remaining above the surface. |
| Partial pass           | If only the treading portion is failed, a red band may be granted.                                                                                               |

*\*Safety comes first. In busy periods it may be impossible for lifeguards to administer swim tests while properly monitoring the facility. We appreciate your patience and understanding.*

### WHISTLE SIGNALS

Guards use whistle patterns so they can communicate without taking their eyes off the water. Knowing them helps everyone respond quickly.

|                |                                                                                                                                  |
|----------------|----------------------------------------------------------------------------------------------------------------------------------|
| 1 short blast  | <b>Attention.</b> A guard needs a swimmer's attention, usually to give a correction. Please look to the guard stand.             |
| 2 short blasts | A guard is <b>summoning the manager on duty</b> — for a swim test, an escalation, or another urgent matter.                      |
| 3 short blasts | <b>A rescue is underway.</b> Off-duty guards and the manager respond immediately. Keep the deck and the path to the water clear. |
| 1 long blast   | <b>CLEAR THE POOL.</b> Everyone out of the water right away, and wait for the all-clear from a guard or manager.                 |

### SWIM TEAM PRACTICE & SWIM LESSONS

Our swim team and swim lessons are one of the best parts of a BSTC summer. It is a pleasure to watch swimmers grow in confidence season after season, and we are grateful to the coaches, volunteers, and families who make the program what it is.

Practices, meets, and lessons fill the deck quickly.

**Please watch from outside the pool enclosure** during practice and lessons. A clear deck gives the guard an unobstructed view of the water, and the coaches are glad to catch up with you before or after the session.

**Swimmers who are not members** are very welcome for their lesson, practice, or meet. We ask that they head home afterward, unless a member is hosting them and the usual guest fee has been paid.

### SUPERVISION & UNACCOMPANIED MINORS

**Children under 12 years old** must be accompanied by a parent or caregiver **at least 16 years old** on Club property.

**Kiddie pool** — limited to children **under 8 years old AND under 50 inches tall**. There is **NO lifeguard on duty**, so children must be supervised by an individual **at least 14 years old** and **within arm's reach**.

**In case of emergency**, parents of unaccompanied children are expected to be available by phone.

**Main pool.** A child without a wristband must have an adult in the water and within arm's reach at all times. Red-band holders need an adult within arm's reach in the deep end.

**Accommodations.** Please bring any special needs or requests to the manager's attention for consideration.

### HYGIENE & HEALTH (Per Board of Health)

**Health.** Persons with communicable diseases, open cuts, or bandages are not permitted in the water.

**Attire.** Only proper bathing suits are permitted.

**Showering.** Individuals should shower before entering the pool.

**Main pool.** Children must be potty trained. **Diapers and swim diapers are strictly prohibited.**

**Kiddie pool.** Non-potty-trained children must wear a swim diaper or tight-fitting rubber pants.

**Fecal accident.** Per Board of Health, a fecal accident in **either pool** requires an immediate **multi-hour closure** for full water filtration.

### CONDUCT, DIVING & PROHIBITED ITEMS

**No running**, jumping close to corners, throwing, or horseplay.

**No “chicken fights,” shoulder riding, or carrying another swimmer** in the water.

**No diving** in the shallow end or the kiddie pool. All jumps and dives must be front-facing, aimed outward, and from a standing start. No running jumps. No “kitty-corner” diving.

**No flips anywhere** — in either pool, off the side, or off the diving blocks. **Diving blocks** are for swim team and swim lessons only.

**No prolonged breath-holding, hyperventilation, or underwater distance or endurance games.** These carry a shallow-water-blackout drowning risk.

**Glass is strictly prohibited** within the gated areas. **Broken glass closes the pool for several days.**

**No food, alcohol, gum, or tobacco** within gated areas. BSTC staff may eat behind the privacy screen in the pool area.

**No pets** anywhere on Club premises.

**No smoking** anywhere on Club grounds.

### EQUIPMENT & FURNITURE

**Prohibited in the main pool:** flotation devices (life vests, noodles, kickboards, and similar), tubes, hard balls, floats, and large toys.

**Strollers** are not permitted on either pool deck or in either pool.

The same goes for **wagons, trikes, and anything else on wheels that carries a child** — wheels and pool decks don't mix. **Wheelchairs and other appropriate assistive devices are always welcome.**

**Lounge chairs** must remain on the pool deck and may not be moved elsewhere on the property.

### WEATHER & POOL CLOSURES

**Lightning or thunder.** The pool closes immediately at the first sight of lightning or sound of thunder, and stays closed until a full **30 minutes** after the last occurrence.

**Heavy rain / loss of visibility.** If rain is heavy enough that lifeguards cannot clearly see the main drain or the bottom of the pool, the pool must close.

**Cold weather.** If the air temperature drops below **60°F**, the pool is closed or opening is delayed.

**High wind.** Umbrellas and loose equipment are secured or lowered; members and guests must move away from hazards.

The pool reopens only after conditions clear and the deck has been checked.

### TENNIS COURTS

Courts are open **dawn to dusk**.

Courts may be reserved for lessons, matches, or tournaments at the Board's discretion — see the full tennis schedule on the Club website.

**Players must wear sneakers.**

No food, drink, gum, tobacco, snacks, slush, or ice cream on the courts. No scooters or bikes.

When players are waiting, play is limited to **60 minutes for singles** and **90 minutes for doubles**.

### GUESTS & CAREGIVERS

An **adult member must be present at all times** while hosting a guest, and is responsible for the guest's behavior.

Guests **sign in with a staff member**, accompanied by the hosting member, and receive a white guest wristband to be worn and visible at all times.

Any one individual may be a guest no more than **five times per season**. No more than **five guests per family** at a given time, unless a Private Event is approved by the Board.

**Caregivers** such as a nanny may be included in a family's membership, provided **no more than two adults named in a single membership** are in the Club at a time. Additional adults are treated as guests and pay the normal guest fee. **Grandparents may accompany members for no cost.**

**Private events.** Members may host larger events with Board permission; a completed and approved Event Contract is required. Additional fees apply for very large parties and for events outside normal operating hours. Email **board@bstc.org**.

### CLUBHOUSE, FUNCTION ROOM & GRILLS

**Kitchen / function room.** For food **storage only** — not cooking or food preparation. Upstairs refrigerators may be used for same-day items such as birthday cakes and barbecue food; no long-term storage of personal food. **Personal food may not be stored in the Snack Shack.**

Trays and utensils may be borrowed but must be washed and returned.

**Children are not allowed upstairs** in the kitchen or function room, and should not go in and out to retrieve food. No playing or running through the space, and no running on the stairs.

**Clubhouse (downstairs).** Parents must monitor their children's behavior and assist with cleanup. Toy donations are welcome if easy to wipe down — no soft dolls, stuffed animals, or toys with many pieces.

**Grills & propane.** Two grills are available for member use. Please clean the grill after each use, and notify a manager if the propane tank is running low.

The cleanliness of the Club is everyone's responsibility.

### PHOTOGRAPHY & PRIVACY

**During swim meets**, photography is permitted from the **sides of the pool only**, and is prohibited at the start and turn end.

**During regular club hours, including lessons**, do not photograph anyone who is not a family member or friend.

Club representatives may occasionally take photographs for the private Club Facebook group or newsletters. To opt out for yourself or your child, email **board@bstc.org**.

### PERSONAL RESPONSIBILITY & PROPERTY

All persons use the facilities **at their own risk**. BSTC accepts no responsibility for any accident, injury, or loss on the premises, and is not responsible for personal property lost or damaged anywhere on the premises. The Club has no facilities for checking valuables.

**Lost and Found** is inside the clubhouse. Please hand valuables to a staff member.

Members are responsible for ensuring their **children and guests** observe these rules. Property damage is charged to the responsible member.

**When the Club closes for the day, members and guests are expected to vacate the property.** After-hours access is at the discretion of the Board.

**Parking.** Staff park in the upper lot (left, up the hill).

### SCOPE, AUTHORITY & ENFORCEMENT

These rules apply to all members, guests, caregivers, and staff, everywhere on Club property — both pools, the pool decks, the tennis courts, the clubhouse and function room, the playground, the parking lots, and the grounds. BSTC is a nonprofit, member-owned, volunteer-operated social club; paid staff report to a volunteer Board of Directors, which is accountable to the Corporate Members who collectively own the Club. **Enforcement.** Staff use a graduated ladder: a calm verbal correction, then a firm warning, then the manager on duty is summoned with two short whistle blasts. Managers handle final warnings, ejection, and any call to law enforcement. **Failure to comply** may result in suspension of privileges or termination of membership, as determined solely by the Board of Directors. **Trespassing.** BSTC is private property owned by the Burlington Swim & Tennis Club corporation; anyone who refuses to leave after being directed to do so by BSTC staff is criminally trespassing, and staff may request law enforcement to remove them. BSTC is a 501(c)(7) nonprofit social club and maintains no charter provision, bylaw, or written policy that discriminates against any person on the basis of race, color, or religion, consistent with Section 501(i) of the Internal Revenue Code (26 U.S.C. § 501(i)).

### EMERGENCY: CALL 911

Club address for 911: 1 Country Club Lane, Burlington MA  
Club main line (call or text): 781-272-9837  
Questions & concerns: board@bstc.org