

POOL RULES

THOSE IN THE POOL AREA ARE SUBJECT TO AUTHORITY OF THE LIFEGUARD ON DUTY AND THOSE NOT OBEYING WILL BE EJECTED FROM THE POOL AREA.

Posted Safety Rules

- 1. Please actively and closely watch your children at all times. Your child's safety is your responsibility.**
- 2. No diving in shallow water.**
- 3. No prolonged underwater swimming or repetitive breath holding.**

Safety

Parents or guardians are responsible for supervising their children. Lifeguards are on duty to enforce rules and to respond in case of an emergency.

POOL AND SPA AGE POLICY:

CHILDREN UNDER THE AGE OF 1 YEAR MAY NOT ENTER THE SPA.

- The use of inflatable rings is not permitted for infants or toddlers.
- Youth 17 and under must pass the deep end swim test without using flotation devices or assistance and wear a wristband to swim in the deep end past the lifeline.
- Swimmers may be asked to retake the deep end test at any time if the lifeguard feels it is necessary.
- Parents/supervisors may not take children who have not passed the deep end test past the lifeline, even if the children are wearing Coast Guard approved lifejackets.
- For adults or supervisors with more than two children who cannot swim without flotation, additional children must wear Coast Guard approved lifejackets and be within arm's reach in the pool/spa.
- Supervisors must be 14 or older.

FOR CHILDREN WHO HAVE NOT PASSED THE DEEP WATER TEST:

- They must stay in the shallow end of the pool.
- Children 8 and under must have a parent or supervisor in the pool/spa within arm's reach.
- Children 9-10 must have parent or supervisor actively supervising from deck and may be required to stay in water that is armpit deep or less or wear a Coast Guard approved life jacket.
- Children 11 and older may swim without a parent in the building.

FOR CHILDREN WHO HAVE PASSED THE DEEP WATER TEST:

- Children 8 and under must have parent or supervisor actively supervising from deck.
- Children 9-10 must have parent or supervisor in the building.
- Children 11 and older may swim without a parent in the building.
- No diving in shallow end.
- Dive and do headfirst entries in the 12 foot area only.
- No extended underwater breath-hold swimming or hyperventilating before underwater swimming or motionless underwater or face-down holding one's breath.
- Hanging on lifelines and lane lines is not permitted.
- Rough housing, dunking, pushing or throwing others is not permitted.
- Running is not permitted on the pool deck or locker rooms.
- Use individual flotation devices in the shallow water only, except for adult exercise equipment.
- Use pool equipment and toy usage with permission of the lifeguard.

Health

- **Remove street shoes prior to entering pool area.**
- A soap shower is required before entering the water.
- Any person showing evidence of any communicable disease shall be refused admission.
- Do not enter the water if you are experiencing or recovering from diarrhea or have had any signs or symptoms of a gastrointestinal (stomach) disease in the past seven (7) days.
- Children should be encouraged to use the restroom before entering the water. Immediately report any "accidents" you observe to a lifeguard.
- You must be in a swimsuit to sit on the edge and put your feet in the pool or spa.
- All children **under the age of 3 years** or who are not toilet-trained must wear swim diapers or plastic pants with snug fitting elastic waist and leg bands. Disposable or paper diapers are not allowed.
- **Wear a clean YMCA family appropriate bathing suit. No cotton clothing, cut-offs, pants, loose-fitting clothing or clothing worn over undergarments are allowed. The use of rash guard swim shirts or spandex shirts over swim suits is acceptable.**
- Glass containers are not permitted in pool area, hallways, or locker rooms.
- Food or drink are not permitted in the pool, hallways, or locker areas-- no chewing gum in the pool.
- No urinating, defecating, spitting, or nose blowing in the pool.
- Persons suspected of being under the influence of drugs or alcohol are prohibited from entering the water.
- No animals, except for service dogs, shall be allowed in the pool area, spa area, dressing rooms, or other parts of the building. Service animals are not permitted in the pool.
- Use of electronic devices in the pool or spa is prohibited.

Behavior

- Use appropriate language.
- Follow the lifeguard directions.
- Be considerate of others.
- Any conduct which endangers the safety and comfort of others shall be prohibited, including foul language, horseplay, or excessive displays of intimacy, etc.
- Use of electronic devices in the pool area is not recommended.

EMERGENCIES

1 Long whistle blast -- signals an emergency – leave pool immediately.

1 Short whistle blast – signals lifeguard needs attention of a particular swimmer.

THOSE IN THE POOL AREA ARE SUBJECT TO AUTHORITY OF THE LIFEGUARD ON DUTY AND THOSE NOT OBEYING WILL BE EJECTED FROM THE POOL AREA.

Deep End Test Policy

- Test Mark Protect is a part of the YMCA's Aquatic Safety Initiative to identify the swimming abilities of the children in order to best keep them safe.
- All children 17 and younger must pass the deep water test in order to swim in the deep end of the YMCA pool.
- Swimmers who pass the deep water swim test will be given a wristband. Swimmers should stop at the Welcome Center before leaving and have pictures taken with the wristbands to record passing the test.
- When returning to swim, a swim band should be requested when checking in so that the swim test does not need to be repeated.

The deep water swim test consists of (1) a 25-yard swim on front maintaining a horizontal position (legs cannot drop past a 45 degree angle) with a supportive kick, head up or rotary breathing, with no assistance from an adult; and (2) a jump into deep water recovering without using the side of the pool and then completing 30 seconds of treading water with head/ears above water. Family/friends may not walk or swim beside the swimmer taking the test. Children who do not take the swim test will need to stay in shallow water. The Lifeguard reserves the right to re-test any individual that shows cause for concern when swimming in the deep end.

Diving Board Rules

- Recreational dive only when the board is 'open' for use.
- Keep the fulcrum in the 'stiffest' position.
- Use the ladder to mount the diving board.
- **Wait for the previous diver to get to the pool side before making your dive approach on the diving board.**
- **Swim to the side immediately after diving.**
- **Only one diver on the board at a time.**
- **Walk on the board.**
- **Bounce only one time on the board.**
- **Dive off the front of the board only.**
- Have hands enter the water first in head-first dives.

Please do not:

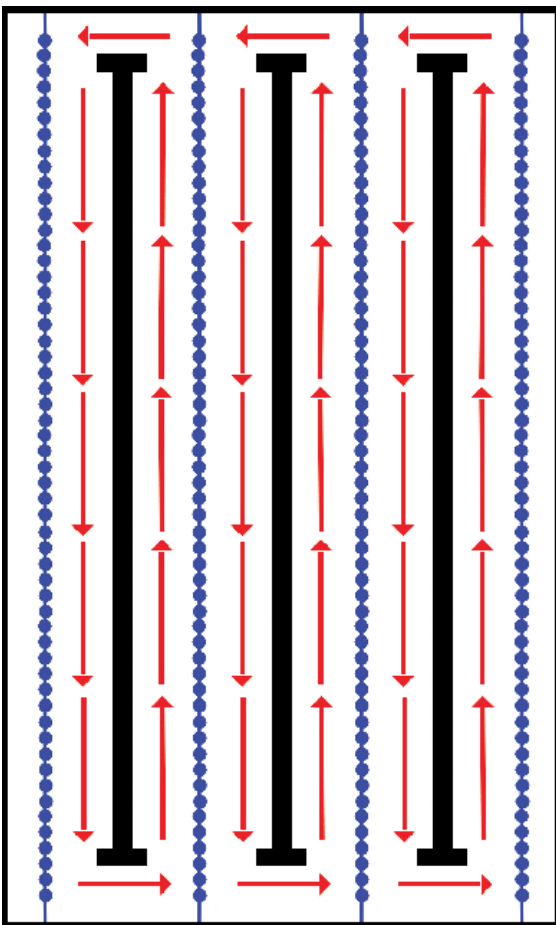
- Hang onto or under the board.
- Sit on the guardrails.
- Swim in the diving area when the board is 'open' for use.
- No inward dives from a backward-facing position.
- The lifeguard has the right to not allow any dive/jump that he/she feels is unsafe in any way.

Starting Platforms

- Starting platform use is reserved for supervised competitive and instructional use only.
- Please refrain from sitting, playing, jumping, or diving from starting platforms.

Lap Lane/ Lap Swim Etiquette

- **When pool is busy, LANES MUST BE SHARED.**
- Lap lanes are for continuous swimming only.
- Split lane and swim side by side when there are 2 swimmers.
- Circle swim staying on the right side of the lane in the direction you are swimming when there are 3 or more swimmers in a lane (counterclockwise – see diagram).
- Any swimmer entering an occupied lane must inform other swimmers before starting.
- Slower swimmers must yield to faster swimmers. **Please allow faster swimmers to pass at the wall.**
- Look before turning; check ahead and behind before passing.
- Sit on the edge or move to the side to rest.
- When choosing a lane, select one with similar speed swimmers.



Circle Swim Diagram

When sharing a lane with others, keep to your RIGHT, and swim in a circular pattern as shown, above.

Spa Rules

POOL AND SPA AGE POLICY:

CHILDREN UNDER THE AGE OF 1 YEAR MAY NOT ENTER THE SPA.

- The use of inflatable rings is not permitted for infants or toddlers.
- For adults or supervisors with more than two children who cannot swim without flotation, additional children must wear a Coast Guard approved lifejacket and be within arm's reach in the pool/spa.
- Supervisors must be 14 or older.

FOR CHILDREN WHO HAVE NOT PASSED THE DEEP WATER TEST:

(must stay in shallow end of pool wear a lifeline is present)

- Children 8 and under must have a parent or supervisor in the pool/spa within arm's reach.
- Children 9-10 must have parent or supervisor actively supervising from deck and may be required to stay in water that is armpit deep or less or wear a Coast Guard approved life jacket.
- Children 11 and older may swim without a parent in the building.

FOR CHILDREN WHO HAVE PASSED THE DEEP WATER TEST:

- Children 8 and under must have parent or supervisor actively supervising from deck.
- Children 9-10 must have parent or supervisor in the building.
- Children 11 and older may swim without a parent in the building.

- Limit use to 10 minutes at a time.
- Due to high temperatures and humidity, you can be exposed to an increased health risk.
- A soap shower is recommended before entering and after spa use.
- Enter the spa feet first only or by using steps slowly and cautiously.
- Keep your head above the water.
- There is no SWIMMING allowed in the spa.
- Limit small children's use to less than five minutes.
- Do not use electronic devices in or near the spa.
- A maximum of two small toys per child are allowed in the spa. No other toys, balls or noodles are allowed.
- You must be in a swimsuit to sit on the edge and put your feet in the pool or spa.
- Any conduct which endangers the safety and comfort of others shall be prohibited, including foul language, horseplay, or excessive displays of intimacy, etc. All behavior must be appropriate for the YMCA family environment.
- All children under the age of 3 years or who are not toilet-trained must wear swim diapers or plastic pants with snug fitting elastic waist and leg bands. Disposable or paper diapers are not allowed.

Please refrain from spa use:

- if you are pregnant, have elevated blood pressure, prone to dizziness or light-headed episodes, high or low blood pressure or a circulatory deficiency, diabetes, heart disease, or history of seizures or epileptic seizures.
- while under the influence of alcohol or recreational drugs or any substance that impairs judgement.
- at least 5 minutes after exercising to cool down, or until sweating has subsided.

MAXIMUM WATER TEMPERATURE IN SPA IS 104

FAILURE TO ADHERE TO THESE RULES MAY RESULT
IN SERIOUS INJURY OR DEATH