



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAFE POOLS HAVE RULES

Swimmer Safety: All patrons must obey lifeguards at all time and report problems or emergencies to the lifeguards. The decision of the lifeguard is final. The primary function of the lifeguard is to enforce the pool rules and ensure that our pools remain healthy and safe, not to discipline or "baby-sit."

Aquatic Safety Breaks: Safety is our #1 priority. Safety breaks may occur for the last ten minutes of every hour during open swim.

Age Requirements: Children ages 7 and younger must be accompanied by an adult (14 years of age or older). Children who cannot swim and have not passed a swim test must also be accompanied by an adult in the water at all times

Showering: Any person using a public pool must take a cleansing shower, using warm water and soap, and thoroughly rinse off all soap before entering the pool enclosure. A user leaving the pool to use the bathroom must take a second cleansing shower before returning to the pool enclosure.

Proper Attire: Appropriate swimming attire (swimsuits) is required. No swimsuits or clothing that may be deemed YMCA inappropriate is allowed.

Pool Safety: All swimmers must behave with caring, honesty, respect and responsibility. Running, horseplay, unnecessary roughness, fighting and foul language will not be allowed in the pool area or locker rooms. No back dives, inward dives, spins or flips from the edge of the pool. Front dives are allowed only in 10ft. deep water. Starting blocks are only to be used under the supervision of swim team coach/instructor and only during designated times. Sitting on or hanging from pool ladders, ramps, lane lines and safety lines are not allowed. No spitting, spouting of water or blowing nose in pool.

Food: In order to keep the pool area and deck clean and safe, NO glass container, gum, candy or food of any kind is allowed in the pool area. Seating is available in the main lobby for snacks. Please try to avoid wearing shoes on the pool deck.

Swim Diapers: Children who wear diapers must wear designated swimming diapers, commonly referred to as "little swimmers". Regular diapers are not allowed at any time.

Floatation Devices: Only U.S. Coast Guard approved floatation devices are allowed. Children/adults wearing a personal floatation device must be directly supervised by an adult who is in the water next to the child/adult. If you are directly supervising a child/adult who is wearing a personal floatation device you must stay in the area of the pool that you are able to touch the bottom. Floatation devices are not allowed past the safety rope/black line or in the diving well area.

Toys and Pool Equipment: Water toys for individual use are allowed when used as intended and in a respectful manner. Rafts and other unapproved flotation devices from home are not allowed at any time. Kick boards, pull buoys, fins and other swimming lesson equipment may be used for stroke practice under the supervision of a parent or by adults during lap swim. Lifeguards always have the discretion not to allow any equipment or toys for safety reasons.

Health: If you have an open or exposed wound, please do not use the pools. No person with or suspected of having a communicable disease which could be transmitted through the use of the pool shall be permitted in water. Please do not enter the pool if you are experiencing or recovering from diarrhea or have had any signs or symptoms of stomach disease in the previous seven days.

Breath Holding Training: All types of breath holding are dangerous and prohibited in all bodies of water. This includes: static, dynamic, and hypoxic training (swimmer trying to hold their breath or swimmer trying to swim as far as they can underwater)

Inclement Weather: The Aquatic Center will close all pools immediately in the event that lightning or thunder is (seen or heard) in or around the area. The pools will remain closed until 30 minutes past the last visible lightning strike or episode of thunder.