

AQUATICS CENTER

RULES



Using The Pool

- › Swimming without a lifeguard present is prohibited.
- › No person with sores or other evidence of skin disease, or who is wearing a bandage or medical covering of any kind, shall be allowed the use of the pool.
- › No person shall spit in or in any other way contaminate the pool, or its floors, walkways, aisles, or dressing rooms.
- › No person suffering from a fever, cough, cold, inflammation of the eyes, nasal or ear discharges, or any communicable disease shall be allowed the use of the pools.
- › All persons using the pools must take a cleansing shower before entering the pool.
- › A 4ft walkway must be maintained around each pool.
- › Moving of any furniture or fixtures is prohibited.
- › Swimmers shall not hang or rest on lane lines.
- › The lifeguard is the authority within the pool area to ensure and maintain a safe environment.

Swim Tests & Age Guidelines

- › All children will be tested and marked according to swim ability.
- › Aquatic staff reserve the right to deep water test any adult and/or deny any adult with a child, entry into deep water.
- › See lifeguard on duty for test requirements.
- › Children under the age of 14 require adult (over 18) supervision while using the pools.
 - › Children under 10 years old require an adult to be in the water with them at all times.
 - › Children 10 years and older, who have passed a swim test, may swim without an adult joining them in the water, but still require adult supervision from within the pool area.
 - › Non Swimmers **MUST** wear a USCG approved flotation device and be accompanied by an adult (over 18) **IN THE WATER** and within arm's reach **AT ALL TIMES**.
 - › Adults can supervise no more than 2 non swimmers at a time.

Proper Attire

- › Appropriate, clean swim wear is required.
- › Infants and incontinent individuals must wear rubber pants or swim diapers.

Behavior

- › Rough-housing and horseplay are not acceptable pool behaviors.
- › Everyone must walk in pool area.
- › Diving permitted **ONLY** in marked areas.
- › Jumping is **ONLY** permitted during staff supervised swim programs.
- › No extended breath-holding activities. Swimmers must surface to breathe at a distance of every 3 body lengths.

Pool Appropriate Items

- › No glass, food, or street shoes permitted in pool area.
- › Personal flotation equipment/toys/objects may not be used without permission from the aquatic staff or under special supervision by a YMCA employee.