

# ALL POOL RULES



- Showers are required before entering the pool.
- Walk slowly on all pool decks.
- Do not swim with open sores, rashes, diarrhea, or any infectious conditions.
- Swimmers must wear a swim suit/trunks. No alternative clothing allowed.
- Incontinent persons are required to wear waterproof diapers. Regular cloth and disposable diapers are not allowed.
- Gum, food, glass containers, and large bags are prohibited.
- Ladders and stairs are for entry and exit only. Please do not hang off of railings or ropes.
- No breath holding. Do not play around drains and covers.
- Safe play and individual swimming are encouraged. No roughhousing.
- Do not block emergency safety equipment, including crash bags and backboards.
- Please be respectful of others and put away toys and equipment after you are finished using them.
- Violation of the YMCA code of conduct will result in immediate dismissal.
- Only take videos/photos of those accompanying you and avoid taking videos/photos of other members or guests.
- Obey the Lifeguards. Lifeguards may close the pool as necessary. Failure to comply with lifeguard instruction will result in removal.

# WATER SLIDE RULES



- 300 lb weight limit.
- Riders must be 48 inches tall.
- Riders under 14 must pass the swim test. This rule will be waived if a guard is stationed in the water.
- One person on the slide at a time. Accommodations may be made for those with sensory or physical needs who have signed a waiver.
- Riders must walk up the slide stairs and wait at the top platform until the attendant tells them to go.
- Riders must go down the slide on their back, feet first. Two riders slide sitting up, feet first.
- The slide catch pool and stairs must stay clear at all times.
- Goggles and floatation devices are prohibited.
- Pregnant women, persons with heart conditions should consult a physician prior to using the slide.
- Watches, jewelry, and other hard items are not permitted.
- Staff reserve the right to close the slide and deny access to anyone who does not comply with these rules.

# THERAPY POOL RULES



- Swimmers must be 14 years of age or older to use this pool, except during YMCA programming\*.
- For therapeutic or water exercise only. Lap swimming & high intensity exercise prohibited.
- Please be courteous towards other patrons using the pool.
- Stay off of interior walls and railings.
- Pregnant women, people with a history of heart disease, diabetes, or circulatory problems should consult a physician before use.

**\*Exceptions will be made for those with sensory or physical needs who have been pre-approved by YMCA staff.**

# LAP POOL RULES



- **Swimmers must be 12 years of age or older to use this pool independently.**
  - All swimmers under age 14 must pass a swim test to use this pool.
  - Swimmers ages 6–11, who have passed the swim test, may swim with a parent/guardian on deck.
  - Swimmers age 5 and younger, who have passed the swim test must have a parent/guardian in the water with them at all times.
- **Lap swimmers must be in continual motion with the lap lanes.**
- **Lap swimmers must share lanes.**
  - 2 swimmers in a lane will swim side by side.
  - 3 or more swimmers must circle swim counter clockwise.
  - All swimmers in a lane must be alerted before circle swim begins.
- **Starting blocks are for staff use only.**
- **All entries must be from a forward facing position. Diving is only permitted at the deep end of the pool.**

# FAMILY POOL RULES



- Swimmers must be 12 years of age or older to use this pool independently.
  - Swimmers ages 10–11 may swim with a parent on the pool deck.
  - Swimmers under age 10 must be supervised by a parent in the water.
    - If the swimmer is age 6–9 and has passed the swim test, the parent may remain on the pool deck.
    - Swimmers ages 5 and younger must have a parent/guardian in the water with them at all times.
- Personal floatation devices must be U.S. Coast Guard approved.
- All non-swimmers must remain within arms reach of their parent/guardian. No more than 2 non-swimmers per adult.
- No running on the pool deck or in the zero depth area.
- No climbing on or jumping over/off of interior walls.
- Glass lobby doors are for staff use only.
- Kickboards, snorkels, & fins are to be used for their designated purpose & must remain in the lap lane area.
- Rough play is prohibited.
- All entries must be feet first and from a forward facing position.
- Do not hang off the basketball hoop or play on/around the waterslide.