

## YMCA POOL RULES

The **LIFEGUARD** has the final authority and must be obeyed.

1. PLEASE SHOWER BEFORE ENTERING POOL OR HOT TUB.
2. No swimming unless lifeguard is on duty.
3. Limit of 2 Non-Swimmer children per Adult.
4. Appropriate swimsuit required. No Street clothes, cutoffs, athletic shorts, biking tights, leotards or thongs. No street (tennis/enclosed) shoes on deck.
5. Persons with open sores or cuts or evidence of disease will not be allowed in pool or hot tub.
6. Breath holding and prolonged submersion is not permitted for safety reasons.
7. IMPROPER BEHAVIOR is NOT PERMITTED (including profanity, vulgar language, spitting or blowing nose in water, etc.).
8. **Rough Play or unsafe actions** are not permitted. (No running on pool deck, dunking, pushing, playing on backs or shoulders, splashing, fighting, flips or back dives).
9. NO diving in shallow end of pool, hanging on lane lines, or playing on stairs and ladders.
10. NO unnecessary or excessive conversations with lifeguard.
11. Swimmers must pass a swim test to use the deep end of pool. Please see Lifeguard for Safe Swimmer Policy.
12. Floating aids must be used with parental supervision in shallow end only. Lifejackets and back packs must attach to the body. (NO INFLATABLES)
13. Toys may be used at the discretion of the guard on duty. For usage in the deep end please see the lifeguard.
14. Designated YMCA equipment (Kickboards, Exercise Barbells, Water Belts) are for lap swimmers and water aerobics only.
15. Starting blocks are for instructional use only.
16. Food and drinks are allowed in designated areas outside of the pool deck. (**No Glass Allowed**)

***These rules are to ensure the safety of our patrons. Thank you for your cooperation!***

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*SUPERVISION OF CHILDREN: An adult (18 years or older) MUST accompany children 7 years of age and under in the pool. An adult MUST accompany children 8- 13 years of age in the pool area. No one under the age of 14 is allowed in the SAUNA. Individuals under the age of 16 are not allowed in whirlpool/spa.*