



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SAFE POOLS HAVE RULES

**To ensure the safety and comfort of our members and guests, the following rules will be strictly enforced. All swimmers swim at their own risk.**

- **The Lifeguard is in charge of the pool at ALL times and has final say in all rule interpretations.**
- State law requires that all patrons take a shower before entering the pool.
- Swimmers must wear proper swim attire (bathing suits).
- Children who are not completely potty trained must wear a swim diaper.
- Children under 12 years of age must have supervision by someone 16 or older at all times in the pool area unless they are in a program.
- **TEST-MARK-PROTECT:** Swimmers and non-swimmers 15 and under will be required to complete a swim test and wear the appropriate color of wristband:
  - ◆ **GREEN** - full access to recreation and competition pools and/or use slides. Swimmer must be able to swim 25 yards unassisted without a break, able to tread water for 15 seconds, and able to jump feet first off of diving block and come back to the surface unassisted.
  - ◆ **YELLOW** - access to recreation pool. Swimmer must be able to have his/her head completely above the water. He/she should be able to go underwater, lift feet off the bottom of pool, and regain footing without assistance.
  - ◆ **RED** - non-swimmer. Non-swimmers are required to wear a U.S. Coast Guard approved life jacket provided by the Y, unless working with parent or guardian one-on-one learning to swim. They must have an adult (16 or older) in the water and within arms reach at all times. An adult cannot supervise more than 3 non-swimmers at a time.
- Only US Coast Guard approved personal flotation devices provided by the Y are permitted in the pool.
- Masks, fins, snorkels are only allowed in the competition pool as part of a fitness regimen or instructional program.
- The lifeguard may restrict the use of pool toys, instructional equipment or other recreational equipment at any time. Inflatable devices are not allowed in the pool.
- Spitting, spouting or nose-blowing in the pool are strictly prohibited.
- No running, rough play, or climbing/hanging on walls or structures is permitted on the deck or in the pool.
- The Y is a family facility. The use of profane or vulgar language or disrespect of staff, members or guests will not be tolerated.
- Breath holding activities are not allowed in the pool.
- No diving from the deck for any reason, except as part of a Y program. Starting blocks are to be used only when an instructor or coach is present.
- No food or drink is allowed on the deck, except for water in plastic containers.
- Do not enter the pool if you have open blisters, cuts, an infection, or have had diarrhea in the past two weeks.
- Do not use the pool after the consumption of alcohol or drugs. Alcoholic beverages are prohibited in the pool enclosure.
- No animals, except for trained service animals, are allowed in the pool enclosure.

