



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SAFE POOLS HAVE RULES

1. **Swimming without a lifeguard present is prohibited.**
2. **Breath-holding activities are not permitted in Y pools.**
3. **Shower before you enter the pool**
4. **Diving only where permitted**
5. **Horseplay of any kind will not be tolerated**
6. **Running on the deck, in the locker rooms, or in the hallways is not permitted**
7. **Starting blocks are only to be used with a Y coach or instructor**
8. **Hanging on float line, starting blocks, or lap lanes is not permitted**
9. **Glass, food, pop, gum, or candy is not permitted in the pool area**
10. **Proper swim attire must be worn at all times**
11. **Swim diapers are to be worn for children who are not potty trained**
12. **Enter the water facing forward**
13. **Persons with bandages, open cuts, or contagious diseases are not allowed in the pool**
14. **U.S. Coast Guard approved flotation devices only**
15. **Children ages 7 and younger must be accompanied by an adult/guardian with in arms reach (14 years of age or older)**
16. **Pool area will be evacuated & closed in the event of thunder/lightning. Pool will remain closed until 30 minutes past the last visible lightning strike or episode of thunder**
17. **Aquatic safety breaks may occur for the last ten minutes of every hour during open swim.**
18. **The lifeguard's word is final**

**\* Detailed pool polices available at the front desk upon request\***

