

## Worthington Area YMCA Aquatic Center

# POOL RULES

- No swimming without a lifeguard present.
- Proper swim attire is to be worn at all times.
- No running.
- No breath-holding activities.
- No spitting, spouting, or blowing nose into the pool.
- No food, glass, gum, or candy.
- No jumping over the shallow end divider between the two pools.
- No using diving blocks without a Y Coach or swim instructor.
- Use of the diving well or slide drop area without a lifeguard in that area is prohibited.
- No diving in water less than 9 feet.
- No hanging on float lines, railings, lap lines, or diving blocks.
- All lifejackets worn must be US Coast Guard Approved.
- No hanging or dunking on the basketball hoop.
- No horseplay.
- The lifeguard's word is final.
- Worthington Area YMCA Adult supervision policy must be followed.

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## SAFE POOLS HAVE RULES

Swimmer Safety: All patrons must obey lifeguards at all times and report problems or emergencies to the lifeguards. The decision of the lifeguard is final. The primary function of the lifeguard is to enforce the pool rules and ensure that our pools remain healthy and safe, not to discipline or “babysit.”

Showering: Any person using a public pool must take a cleansing shower, using warm water and soap, and thoroughly rinse off all soap before entering the pool enclosure. A user leaving the pool to use the bathroom must take a second cleansing shower before returning to the pool enclosure.

Proper Attire: Appropriate swimming attire (swimsuits) is required. No cotton clothing. No swimsuits or clothing that may be deemed YMCA inappropriate is allowed.

Pool Safety: All swimmers must behave with caring, honesty, respect and responsibility. Running, horseplay, unnecessary roughness, fighting and foul language will not be allowed in the pool area or locker rooms.

Jumping from the pool edge: To enter the water from the deck of the pool, patrons must be facing forward. Flips are not allowed off the deck of the pool.

Diving: Front dives are allowed only in the diving well (10ft depth). Front flips are allowed off the diving board. No backflips, inward dives, gainers, or sailer dives. Starting blocks are only to be used under the supervision of the swim team coach/instructor and only during designated times.

Swim Diapers: Children who wear diapers must wear designated swimming diapers, commonly referred to as “little swimmers”. Regular diapers are not allowed at any time.

Floatation Devices: Only U.S. Coast Guard-approved floatation devices are allowed. Children/adults wearing a personal floatation device must be directly supervised by an adult who is in the water within an arms reach. If you are directly supervising a child/adult who is wearing a personal floatation device you must stay in the area of the pool where you can touch the bottom. Floatation devices are not allowed past the safety rope/black line or in the diving well area.

Toys and Pool Equipment: Water toys for individual use are allowed when used as intended and in a respectful manner. Some swimming lesson equipment may be used for stroke practice under the supervision of a parent or by adults during lap swim (ex. Kickboards). Lifeguards always have the discretion not to allow any equipment or toys for safety reasons.

Health: If you have an open or exposed wound, please do not use the pools. No person with or suspected of having a communicable disease that could be transmitted through the use of the pool shall be permitted in the water. Please do not enter the pool if you are experiencing or recovering from diarrhea or have had any signs or symptoms of stomach disease in the previous seven days.

Inclement Weather: The Aquatic Center will close all pools immediately if lightning or thunder is (seen or heard) in or around the area. The pools will remain closed until 30 minutes past the last visible lightning strike or episode of thunder.

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# ADULT SUPERVISION

<b>AGE</b>	<b>RULE</b>
0-7 years	An adult (18+) must be in the pool within arm's reach of the swimmer. The swimmer must pass the swim test to use the deep end
8-11 years	Adult must be on the pool deck close to the swimmer or in the pool. The swimmer must pass the swim test to use the deep end.
12 - 17 years	No adult supervision required. Testing required if swimmer wishes to use deep end.
18+ years	No adult supervision required. No testing required. Lifeguards can ask swimmer to take a swim test if swimming ability is in question. If the swimmer is unable to pass the swim test, it is highly recommended that they do not use the deep end.

At all ages, weak swimmers are strongly encouraged to wear US Coast Guard Approved Lifejackets. Please ask a lifeguard on break if you need one!