



## **Baierl Family YMCA Pool Rules**

### **Be Caring**

- Observe proper lane use. Circle swim if more than two members are in a lane or if a member is waiting to swim.
- Swim continuously when swimming laps to allow others to efficiently workout in lanes. Exercise in open areas where others are not swimming laps.
- Discontinue workout and notify staff person if you or others notice pain, dizziness, shortness of breath or fainting.
- To keep children safe, all non-swimmers with or without a floatation belts must stay in the shallow end of the pool accompanied by an adult in the water. Parents please watch your child!
- Pool toys must be approved by the aquatic staff prior to use in the indoor and outdoor pool.
- Equipment such as kickboards, fins, pull bouys and aqua exercise equipment are to be used for lap swimming, swim lessons and aqua aerobics only.

### **Be Honest**

- Children 14 years and older may be left unattended in the pool area, however the parent must be in the building. Children 6 years of age and under must be accompanied **IN** the water by an adult at all times. Children between the ages of 6 and 14 must be observed by a guardian over 18 years of age at all time. Any child who is a non-swimmer must be accompanied in the water at all times by an adult.
- YMCA bubbles and lifejackets are the only accepted personal floatation devices permitted in the indoor and outdoor pools.
- Completion of a brief swim test is required for all children under the age of 14 before entering the deep areas of the pool or using the outdoor water slide. *(You must complete one full link of the pool and tread water for two minutes. You will receive a red wristband upon completion which you must bring each time to be allowed to use the deep end or slide. If lost you can buy another for \$1 or borrow one for the day for \$1.)*
- Diving blocks are for instructional and swim team use only. Only use when an instructor or coach is present.

### **Be Respectful**

- Treat others the way you want to be treated. Respectful and safe play is welcomed.
- Be respectful of lane ropes, deep water ropes and other pool equipment to ensure the longevity of our equipment.
- Wear appropriate swimming attire including lined swim trunks and swimsuits.
- Children not yet toilet trained need to wear swim diapers and/or tight fitting rubber pants under the child swim wear. *(Disposable diapers swell in the water and make the child uncomfortable.)*
- Follow other guidelines deemed necessary for the safety and comfort of all swimmers.
- The pool will close 15 minutes prior to the facility closing.

### **Be Responsible**

- Glass containers, food, drink and chewing gum are permitted in the vending area **ONLY**.
- Enter the pool in a feet first and forward direction in the shallow end. In the deep end (*9 feet*), one may enter head or feet first in a forward direction.
- Please shower before entering the pool.
- Responsibly exit the pool by the ladders to assure the safety of others.
- Dive responsibly! Diving is only permitted at a depth of 9 feet of water.
- Wait 15 minutes after eating before you resume swimming. This ensures our pool can remain open for open swimming throughout the day.

**To ensure the safety of all members, YMCA Lifeguards and YMCA Professional staff reserve the right to remove patrons from the pool area if he or she is behaving in an unsafe or inappropriate manner. YMCA Lifeguards also reserve the right to prohibit behavior deemed unsafe or inappropriate.**