

POOL RULES

- Lifeguard on duty has final authority on all rules and safety regulations for the entire pool area.
- Any non-swimmer 10 years old or younger needs to be actively supervised, within an arm's reach of an adult.
- No running, pushing, shoving, or rough play allowed in the pool or on the pool deck.
- No diving is allowed in the shallow end of the pool and in other areas where "NO DIVING" indicated.
- Intentional hyperventilation or extended breath holding activities are dangerous and prohibited.
- Persons having a contagious disease or open wounds are prohibited from using the pool.
- Do not swim if you are ill with diarrhea or have had diarrhea within the past two weeks.
- Diaper changing on the deck is prohibited.
- No food or beverages are allowed in the pool area; water must be in a plastic container.
- No glass items in the pool area.
- Proper swimming attire required in the pool.


**See our YMCA Member Handbook for complete set of pool area rules.*





For the safety of all swimmers:

- Do not enter the pool if you suspect you have or have a communicable disease or an open cut or blister.
- Wear family appropriate and clean swim attire only. **No underwear, cut-offs, or dirty/sweaty attire allowed. See Swim Attire Description below.**
- Shower, using warm water and soap, before entering the pool or after use of toilet facilities.
- Children in diapers must wear a reusable plastic pant with snug elasticized legs and waistband.
- Diving is prohibited in water less than 5 feet deep. Please pay attention to markings on the pool deck.
- Spitting, spouting water from mouth or blowing the nose in the pool is prohibited. This includes no spitting or blowing water through water noodles.
- No extended breath-holding or hyperventilation activities are allowed.
- Only U.S. Coast Guard approved lifejackets and wearable foam flotation devices are allowed. Users must remain within arm's reach of an adult.
- No inflatable items of any kind are allowed in the pool. This includes water wings and rings.
- Do not bring food, drink, gum or tobacco into the pool area.
- Glass and breakable items are prohibited in the pool area.

Swim Attire

 Clothing may be worn over a swimsuit if it is clean and family appropriate.

 Clothing must be rinsed off thoroughly in the shower before entering the water.

 Children in diapers must wear reusable plastic pants with elasticized legs and waistband.