

# Y POOL POLICIES

The YMCA is committed to providing the safest aquatics environment that we possibly can, so that all participants can have a positive, productive, and enjoyable pool experience. Therefore, the following policies for pool use have been established, to insure the protection of all. Thank you for your understanding and compliance.

pubs/policies/pool policy 2008 Updated 1/4/08 km

## Swim Test

Aquatics Staff may require any participant requesting access to the pool area to perform and pass a swim test in either the Naff Program Pool or the Lap Pool or both at any time. Pool access for non-swimmers or swimmers with limited skill will be granted at the discretion of the lifeguard(s) on duty based on the ratio of swimmers to guards at that time. To pass the Naff Program Pool test participants must jump in at the 4'6" end and swim to the stairs without touching the sides of the pool or touching placing their feet on the bottom at the shallow end. To pass the Lap Pool test participants must swim 1 length (25 yards) of the pool using a front stroke, tread water for 30 seconds, then swim 1 length of the pool using a back stroke. Swimming and treading must be performed independent of personal floatation devices.

- Children ages **7 and younger who have passed** the swim test must still have an **adult present in the pool area while they are swimming.**
- Children ages **7 and younger who cannot pass** the swim test may swim in small program pool only and must have an **adult in the pool with them.**
- Children ages **8-12 who have passed** the swim tests may swim in either pool but must have an adult present in the Y building.
- Children ages **8-12 who cannot pass** the swim test may swim in the small program pool only and must have an **adult in the pool them.**
- Children ages **13 - 17 who have passed** the swim tests may swim in either pool and are not required to have an adult present in the Y building.
- Children ages **13 - 17 who cannot pass** the swim tests may swim in the small program pool only and must wear a YMCA approved flotation device. They are not required to have an adult present in the Y building.

## Use of Equipment

- Kickboards are available to lap swimmers during lap swim time only
- "Noodles" may be used during open swim times in the program pool only.
- Exercise equipment is reserved for classes and adults exercising independently during open swim times.
- "Koosh", Nerf, foam, or beach balls are allowed in the pool, all other types prohibited.

## Floatation Devices

- Plastic water wings, inner tubes, and air mattresses are NOT permitted in either pool.
- Instructional floatation devices (IFD's), float belts, or lifeguard approved infant floatation devices may be used **only with the direct supervision of a parent (ages 12 and under).**
- Non-swimmers may use US Coast Guard approved floatation devices and should remain in the small program pool (required for ages 17 and under).

## Inclement Weather

The staff reserves the right to clear and close the pool in the event of an electrical storm.

## Facility Use By Groups

- Children ages 8 and older who have passed the swim test may participate in open swim without a parent accompanying them in the pool.
- Children ages 4 to 7 need to have one adult for every 3 children in the water.
- Children ages 3 and under need to have one adult per child in the water.

## Pool Rules

- Children ages 7 and younger must be accompanied by a parent or adult age 18 or older. If child cannot pass the swim test, the adult must be in the pool with the child.
- Everyone must take a shower before entering the water.
- Walk on the deck.
- Appropriate swim attire must be worn: no cut-offs, string bikinis, or thongs allowed.
- Anyone with open sores, blisters, or cuts should report to the lifeguard before entering the water.
- The YMCA reserves the right at staff discretion to require protective undergarments of anyone entering the pool.
- Diving blocks are for use during lessons and swim team practice only.
- No diving in water less than 9 feet deep.
- Dunking, horseplay, "chicken fighting", flips or back dives are not allowed.
- Tossing children in the shallow end is not allowed.
- No chewing gum, food or glass containers allowed in the pool area.
- No swimming unless a lifeguard is present.
- No standing, sitting, or hanging on the lane ropes.
- No running and jumping into the pool.
- Non-swimmers should stay in the small program pool (required of ages 17 and under).



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