



Updated 7/23/18

## EMILSON YMCA FAMILY POOL RULES

Lifeguard on duty is the authority in the pool. Please pay attention when the whistle is blown:

- 1 Short Whistle: Getting your attention
- 2 Short Whistles: Lifeguard is seeking attention of another guard
- 3 Short Whistles: EMERGENCY, get out immediately

- 1. Please take a shower and remove all bandages prior to entering the pool.
- 2. Children under 7 years old must have an adult in the water within arms-reach.

For safety, the ratio is 3 children to 1 adult. Children 8-9 must have an adult on the pool deck at all times.

- 3. All participants who are not toilet trained must wear a rubber, non-disposable swim diaper. A disposable swim diaper may be worn underneath
- 4. GLASS of any kind is NOT allowed in the pool area.
- 5. No running on the pool deck; hands/feet to yourself.
- 6. No diving, flips, twists or backwards jumps.
- 7. No breath holding practicing/games
- 8. No food or drink besides water in the pool area
- 9. Please refrain from conversation with a lifeguard on duty
- 10. US Coast Guard approved flotation devices ONLY are allowed in the shallow area of the pool. Inflatable devices are not allowed.
- 11. Running and rough play is not allowed
- 12. Inappropriate language is not tolerated
- 13. Noodles and personal toys may be used at the lifeguards' discretion
- adult
- 15. The Lifeguard's word is final.

Requirements to swim in Deep and Middle sections of the pool:

Red Band: For swimmers who cannot swim without support; allowed only in the beach area and shallow end of the pool. Adults must be in the water within arms reach.

Yellow Band: For youth swimmers who cannot swim without support who can stand in the shallow area of the pool, but cannot comfortably swim in the deep end. An adult must be in the water with swimmers up to 7 years old. Swimmers 8-9 years must have an adult on deck.

Green Band: A swimmer must be able to complete 25 yards on their stomach, tread water for one minute and float on their back to pass this level.

\*Green Band swim test must be completed without an adult assisting the swimmer.



## Lap Swim Procedures:

Be respectful of others.

Lap swim lanes are intended for those who wish to swim using any stroke that will not impede another swimmer.

Split lane swimming is appropriate when there are two people in a lane.

Swim Counter-Clockwise when there are three or more people in a lane. Please tap toes to pass.

When there are few swimmers in the pool, any lane may be used.

When the pool is busy, it is important to use the lane most similar to type of swimming and ability. Lifeguards are responsible for regulating the lanes when the pool becomes busy.

Rehab/Leisure Lane - This lane is intended for those who wish to swim slowly or perform rehab related exercise. Water walking and Water Fitness exercisers should also use this lane.

Lap Lane - This lane is intended for those who wish to swim consistently at a moderate pace, stopping infrequently. If only 1 or 2 lanes available, be prepared to Circle Swim. Rehab lane is taken out when 2 lanes or less.

High Speed Training Lane - This lane is intended for those who wish to swim at a high rate of speed.

Any participant age 13 and up may swim laps at any time. Children between 7- 13 must be accompanied by a parent when swimming laps and must utilize lap swim for the correct purpose. Children that are not supervised by an adult will be asked to leave the pool. These must be continuous lap swimming.

For the safety of yourself and others: We request that upon entering a lane that is occupied, you make sure the other swimmer(s) are aware that you will be sharing a lane with them.

### **Whistles:**

1 short whistle: Look at the lifeguard

2 short whistles: Lifeguard needs another guard's assistance

3 short whistles: Emergency, clear the pool immediately

### **Private Lessons:**

Private swim lessons may be taught during any time there are lap lanes available. These are not lanes just for lessons, they may be split between members and the lesson.



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## EMILSON YMCA OUTDOOR CENTER RULES

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- 3 Short Whistles: EMERGENCY, get out immediately

1. Please take a shower and remove all bandages prior to entering the pool.
2. Children under 7 years old must have an adult in the water within arms-reach. For safety, the ratio is 3 children to 1 adult. Children 8-9 must have an adult on the pool deck at all times.
3. All participants who are not toilet trained must wear a rubber, non-disposable swim diaper. A disposable swim diaper may be worn underneath
4. GLASS of any kind is NOT allowed in the pool area.
5. No running on the pool deck; hands/feet to yourself.
6. No diving, flips, twists or backwards jumps.
7. No breath holding practicing/games
8. No food or drink besides water in the pool area
9. Please refrain from conversation with a lifeguard on duty
10. US Coast Guard approved flotation devices ONLY are allowed in the shallow area of the pool. Inflatable devices are not allowed.
11. Running and rough play is not allowed
12. Inappropriate language is not tolerated
13. Noodles and personal toys may be used at the lifeguards discretion
14. Snorkels may only be used by adult members or youth under direct supervision of an adult
15. The Lifeguard's word is final.

### Requirements to swim in Deep and Middle sections of the pool:

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**Yellow Band:** For youth swimmers who cannot swim without support who can stand in the shallow area of the pool, but cannot comfortably swim in the deep end. An adult must be in the water with swimmers up to 7 years old. Swimmers 8-9 years must have an adult on deck.

**Green Band:** A swimmer must be able to complete 25 yards on their stomach, tread water for one minute and float on their back to pass this level.

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