POOLSIDE SAFETY

- Please take a cleansing shower and remove all bandages prior to entering the pools.
- Swimmers should be free of any communicable disease when using the pool.
- Appropriate swimwear is required, street clothes will not be allowed.
- Glass or food of any type is not allowed in the pool area.
- YMCA equipment may only be used at the lifeguard’s discretion. Starting blocks are for lessons and swim team only.
- Parents must remain within arms-reach of all children with questionable swimming ability, or those that require flotation.
- All patrons with questionable swimming ability or children under age 14 who wish to be in the deep end must first pass a swim test.
  *Please see the TEST MARK PROTECT program for details.
- For the health and safety of our members it is necessary for children who are not fully toilet trained to wear swim diapers in the pool.
- Pool ramp is for entry only, No playing on pool ramp or sitting, standing or jumping from entry way wall.
- When jumping into the pool, swimmers must face forward and jump into a clear area. No flips, spins, etc.
- No running, dunking, spitting, pushing, hanging on the ropes and lane lines or excessive horse play.
- Breath holding activities are not permitted.
- Diving is only allowed in the Main Pool in designated areas.
  **NO DIVING** in the Shallow Pool.
Lap Swim is available to all adult members and children who can demonstrate the necessary swim ability to swim laps in the appropriate manner.

Lap Swim should be an orderly, continuous swim. In order to receive the fullest benefit and enjoyment from lap swim, it is important that all participants respect other swimmers and follow these guidelines:

**Please**

- Choose a lane to match your skill level or seek assistant from a staff member.
- When entering an occupied lane, get the attention of the swimmer then split the lane in half and designate a side for each of you to swim in.
- If a third swimmer is entering the lane, obtain the other swimmers attention prior to entering and then swim counter clockwise (Circle Swim).
- Rehab or Leisure swimmers should use the lane labeled water exercise when it is available or the Shallow Pool.
- Lifeguards may move you to a faster or slower lane.

**Thank You**