



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **Whatcom Family YMCA Large & Small Pool Rules**

Pool rules are for the safety and enjoyment of YMCA Members and guests. Please remember that the Whatcom Family YMCA swimming pools are family areas. The lifeguards are on duty to prevent accidents by enforcing the rules set forth by the Whatcom Family YMCA. Please respect their authority in determining the safety of activities in the pool area. The following are rules which have been established at our pools:

1. Changing rooms available. We ask swim lesson participants to arrive in swimming attire. Bathrooms & Showers are available before and after swim times.
2. All persons are expected to frequently utilize hand washing and sanitizing facilities throughout the facility. Employees will wear disposable gloves where safe and applicable to prevent transmission.
3. All high-touch points of contact and equipment will be cleaned and sanitized during each shift.

### **Youth Guidelines (ages 0-17):**

1. All youth are subject to a swim test and must follow applicable restrictions based on their swimming ability. If a child is not able to pass the swim test, there must be a parent/guardian (over 18 years of age) in the water within arm's reach with that child at all times.
2. Swim Test: Swim 25 yards in a forward facing position without stopping. The face is required to be in the water with breathing allowed, and must show positive forward movement at all times. Tread water successfully for 30 seconds, then roll to the back and float for 30 seconds.
3. Any conduct that jeopardizes the safety and comfort of others is not permitted. This includes, but is not necessarily limited to, the following behavior:
  - a. Running on the pool deck.
  - b. Pushing, dunking, horseplay or excessive splashing.
  - c. Throwing of any objects.
  - d. Crossing through the lane or hanging on the lane lines.
  - e. Jumping backwards or doing flips from the side of the pool.
  - f. Headfirst diving only permitted under direct supervision of a YMCA Swim Coach or Instructor and only in the deep end.
4. All persons must shower with soap and rinse off completely before entering the pool (Washington State Health Code).
5. Persons with open wounds or infections are not allowed in the pool (Washington State Health Code).
6. Only standard swimsuits are allowed. Shorts, cut-offs, leotards or shirts are not permitted. Long hair must be pulled back.
7. Children who are not toilet trained or under the age of three and incontinent individuals must wear plastic pants or swim diapers. No disposable diapers!
8. Inflatable water wings are not permitted in the pool. The Y provides Coast Guard approved lifejackets for non-swimmers. Children using flotation devices must be accompanied in the water and supervised by an adult at all times.
9. Dive (sinking) toys are not allowed in the Large Pool.
10. These items are NOT allowed in the pool or on the deck:
  - a. Street shoes
  - b. Chewing gum, food, candy or beverages
  - c. Glass or metal objects
  - d. Electrical equipment
  - e. Smoking of any kind
  - f. Alcohol or Drugs
10. NO SHOES ARE ALLOWED ON THE POOL DECK EXCEPT FOR AQUA SHOES OR SHOES THAT HAVE NOT BEEN WORN OUTDOORS.
11. Please avoid prolonged breath holding activities as this may result in "Shallow Water Blackout".

### **WHATCOM FAMILY YMCA**

1256 N. State Street, Bellingham, WA 98225  
360 733 8630 [www.whatcomymca.org](http://www.whatcomymca.org)

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## DESCRIPTIONS OF SWIM TIMES

**Adult Exercise:** Lanes available for adults to exercise individually.

**Family Swim:** The pool is open to members, and non-members within the same household as the member attending. An adult must accompany those under 18 years in the water. Children under 8 years of age, and all non-swimmers, must remain within reach of the adult.

**Lap Swim:** Lap lanes are in place for lap swimming. You may be required to share a lane with another member or guest. Circle swimming is required for 3 or more swimmers in a lane. Lanes are categorized by speed; Slow, Medium, Fast, and Water Ex only. Please ask about slower times if you do not feel comfortable with circle swimming.

**Lessons:** Instructors teaching YMCA swim lessons have use of the pools during this time. We have swim lessons for all age groups, including Private Lessons. We ask that only participants are on deck, & in the pool.

**Open Swim:** A section of the pool is open to all members and guests 12 and older. For those under 11 years old, please review rule #1 for youth guidelines and swim test requirements.

**Swim Team:** The YMCA swim team will help swimmers improve fitness and swim technique for ages 6-18. Level 5-6 swim skills or equivalent are preferred. Contact Swim Coach for more info. Swim Team is for YMCA Members only. Pre-registration required.

**Underwater Hockey:** 18 years and up, Members only. Waiver and Training Required. Call or email David Millican at 360 255 0637 or [dmillican@whatcomymca.org](mailto:dmillican@whatcomymca.org) for more information.

**Water Fitness:** This class is a total body workout. This is a great activity for those who have joint or flexibility issues or just want alternative from the weight room! Classes are for all ages and fitness abilities.