



POOL RULES

We are committed to keeping both you and the pool area safe at all times. Lifeguards will follow a three strike rule policy while enforcing pool rules. If patrons choose not to follow the rules, they will be removed from the pool or asked to sit out of the pool for the remainder of their visit. Children 11 and younger **MUST** be accompanied by a guardian (age 18+) who is on deck or in the water at all times.

1. Follow the lifeguards directions and instructions at all times.
2. All patrons must shower before entering the pools.
3. Patrons with infections, open wounds, or communicable diseases are not allowed to enter the pool.
4. No running on the pool deck.
5. Pushing, grabbing, pulling or etc. of other patrons is NOT allowed.
6. No metal or glass containers on the pool deck.
7. Feet-first entry only; NO flips or backwards jumps.
8. Swim diapers must have a secondary covering.
9. Only Coast Guard approved flotation devices are allowed for use.
10. Non-swimmer's must be within arms reach of an 18+ guardian at all times.
11. No food or drink allowed on the pool deck.
12. Stay off lane lines at all times; no hanging or pulling.
13. No excessive splashing or horseplay.
14. No headfirst diving allowed. Competitive racing dives may done **ONLY** under the supervision of a YMCA swim instructor or swim coach
15. No breath holding activities are allowed at any time.
16. All swimmers subject to a swim test at discretion of the lifeguard on duty.