



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Whatcom Family YMCA Large & Small Pool Rules

COVID -19 regulations are practiced for the safety of all, please see links below for more information.

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. All persons, patrons and employees, must maintain a minimum six-foot separation in all interactions at all times, on the deck and in the pool.
2. Personal protective equipment, specifically face masks, must be worn by all persons at all times when not in the water.
3. The locker rooms and showers will be off limits. Patrons are to come and go in their swimming attire. Bathrooms will be available, with distancing requirements. Soapy shower and full rinse off required before entering the pool.
4. Signage will be posted throughout facility and parking area to direct socially distanced traffic and to eliminate congregation, including specific locations for personal belongings to be placed while participants are in the water.
5. 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.
6. All high-touch points of contact and equipment will be cleaned and sanitized in between each user group.
7. Employees and patrons will undergo a screening for signs/symptoms of COVID at the entrance to the facility.

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. 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

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360 733 8630 www.whatcomymca.org

DESCRIPTIONS OF SWIM TIMES

- Adult Exercise:** Lanes available for adults to exercise individually.
- Lap Swim:** Lap lanes are in place for lap swimming. You may be required to share a lane with another member or guest. Please ask for assistance if you do not feel comfortable with circle swimming.
- Lessons:** Instructors teaching YMCA swim lessons have use of the pools during this time. COVID -19 Social Distancing applies, a parent must be in the water at a 1:1 ratio for all Water Discovery Lessons, and all Preschool & Youth Lessons Level 1-3. We have swim lessons for all age groups. Due to COVID-19 restrictions we ask that only participants are on deck, & in the pool.
- Family Swim:** The pool is open to members, and non-members within the same household as the member attending. An adult family member must accompany those under 18 years. A parent must be in the water with all children under 8 years of age, and all non-swimmers, non-swimmers must remain within reach of the parent.
- 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.

Washington State Legislature Code for Water Recreation Facilities:

<https://app.leg.wa.gov/wac/default.aspx?cite=246-260>

Minature Gold, Putt Putt Golf, and Staffed Water Recreation Facilities (Public and Private) COVID-19 Reopening:

Requirements:

<https://www.governor.wa.gov/sites/default/files/COVID19%20Modified%20Phase%201%20Mini%20Golf%20Putt%20Pu%20and%20Water%20Recreation.pdf>

COVID-19 Prevention Guidance and Reopening of Water Recreation Facilities in Phases (Revised):

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/ReopeningWaterRecreationFacilitiesCOVID19.pdf>

Guidance for Shutting Down and Reopening Water Recreation Facilities

<https://www.doh.wa.gov/Portals/1/Documents/Pubs/333-247.pdf>

Guidance for Daily COVID-19 Symptom Screening of Staff and Guests

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/Employervisitorscreeningguidance.pdf>

Washington State Department of Health Safe Cleaning and Disinfection Guidance for Public Spaces

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/CleaningandDisinfectingGuidanceforPublicSpaces.pdf>