



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA SWIMMING POOL RULES

**CARING** - We CARE about your safety and the safety of your children.

- Walk at all times on the pool deck.
- Always enter the water facing forward **without** diving or flipping. Shallow water diving is prohibited as paralysis or death may occur.
- Keep off lap lanes, hand rails, and handicap lift.
- Prolonged breath holding and underwater swimming is prohibited.
- Anyone non-potty trained needing a diaper should wear a swim diaper in and around the water at all times. Disposable diapers are prohibited.

**RESPECT** - Please show RESPECT for others and for our facility.

- Foul language, public displays of affection, and inappropriate behavior are not allowed.
- Rough play and unsafe actions are not permitted. (No running on pool deck, dunking, pushing, playing on backs or shoulders, splashing, fighting, flipping, or diving.)
- Chewing gum, eating, and drinking in the pool area are prohibited.
- Persons with open sores or cuts or evidence of disease will not be allowed in the pool or hot tub.
- Lifeguards are the final authority of the pool. The lifeguard reserves the right to remove any person from the pool area if they act in an unsafe manner or create an unsafe or dangerous situation for themselves or others.

**Honesty** – Please show HONESTY.

- Shower before entering the pool.
- Lap lanes are for lap swimmers only. Open swim is not allowed.
- Appropriate swim attire (swim suits) is required for any persons entering the pool. No street clothes, cut offs, athletic shorts, biking tights, leotards, etc.
- All toys must be approved by the lifeguard or Aquatics Director. Water guns, hard balls, and inflatable flotation devices are not allowed. Designated YMCA equipment (Kickboards, Exercise Barbells, Water Belts, etc.) are for lap swimmers and water aerobics only. Please ask a lifeguard before borrowing any pool equipment and put borrowed equipment away neatly.
- Never scream or yell for unneeded help.

**Responsibility** – Be a RESPONSIBLE member in our pool.

- Children under the age of 8 (0-7 years) must have a responsible adult in the water within arm's length at all times. They may wear a Coast Guard Approved Personal Flotation Device. The YMCA does not provide life jackets or PFDs.
- All children using water wings and/or other flotation devices must be accompanied by an adult in the water.
- To assure that every child is comfortable and confident in the pool, all children under the age of 15 must successfully complete a swim test and wear the assigned swimming bracelet to enter the deep (West) end of the pool.
- No one under the age of 18 is allowed in the sauna or hot tub.
- Do not engage the lifeguard in unnecessary or excessive conversation.
- Ask a lifeguard if you do not understand a rule. Parents and guardians should supervise their children and assist with implementing pool rules and policies.

The Grand River Area Family YMCA strives to maintain the highest standards in emergency training and safety. Lifeguards are responsible for enforcing safety rules and responding to emergencies. Pool rules and policies are in place and our enforced to ensure the safety of our patrons. We thank you for following the rules and cooperating with the lifeguards.



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# DEDICATED TO KEEPING YOUR SWIMMERS SAFE



## Pool Safety and Swim Test GRAND RIVER AREA FAMILY YMCA

Safety first! The pool is a great place to have fun and exercise, but the most important thing at the Y is your family's safety. Helping you enjoy the water safely is our highest priority. To assure that every child is comfortable and confident in the pool, all children under the age of 15 wishing to use the deep (West) end of the pool, must pass a swim test and wear a swimming bracelet at all times. YMCA lifeguards and/or staff members will administer swim tests and award swim bracelets to those children who are able to complete the test successfully.

Children under the age of 8 (0-7 years) must have a responsible adult in the water within arm's length at all times. Children able to pass the swim test, may enter the deep end of the pool with their swimming bracelet. They, however, must still be within arm's length of their responsible adult.

Children between the ages of 0 and 14 who are unable or unwilling to complete the swim test, must remain in the shallow (East) end of the pool and must have a responsible adult within arm's length at all times, regardless of age. Children in the shallow end of the pool, may wear a Coast Guard Approved Personal Flotation Device. These items are not provided by the YMCA.

Children between the ages of 8 and 14 who are able to demonstrate to a YMCA lifeguard or staff member that they are comfortable in the pool by successfully completing the swim test, will be given a swimming bracelet. These swimmers may use the entire pool, and are not required to have an adult in the pool.