



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

SAFE POOLS HAVE RULES

DAVIS FAMILY YMCA Pool Rules and Regulations

Indoor Pools

1. Swimming without a lifeguard present is prohibited
2. Obey the lifeguard at all times
3. Do not enter the water if you are experiencing or recovering from diarrhea
4. Do not swim with open wounds, sores, boils, contagious rashes or infections
5. Appropriate, modest, and properly fitting swim attire must be worn at all times
6. Children not yet toilet trained must wear a swim diaper in the water
7. Shower completely with soap before entering pool
8. Children 5 and under must be actively supervised by an adult in the water within arm's reach; no more than 3 children per adult.
9. Children 7 and under must have an adult in the pool area
10. Children 12 and under must pass a swim test in order to swim in water above their armpits; exceptions may be made for children who are within arm's reach of a parent or guardian (16 years or older)
11. Only Coast Guard approved flotation devices are permitted
12. Enter the water feet first facing forward
13. The following activities are prohibited: running, pushing, dunking, roughhousing, diving, flips, twists, backward jumps, throwing balls or other objects, prolonged breath-holding, and hanging on lifelines or lane markers.
14. The following items are prohibited in the pool area: food, gum, glass containers, street shoes
15. Do not swim in slide area when waterslide is in use
16. Chairs must be kept away from edge of pool
17. Specialized equipment such as kickboards, fins, and snorkels are only permitted in lap lanes; children using such equipment must be directly supervised by an adult
18. During adult swims, all children under the age of 18 must exit the pool
19. In the event of inclement weather, the pools will be closed and the deck cleared for at least 30 minutes after the last observation of lightning
20. YMCA not responsible for lost or stolen items

Water Slide

1. Children must be wearing a yellow or green band to ride the slide
2. Only one rider at a time

3. Riders must enter and exit the slide feet first facing forward
4. The following activities are prohibited: standing, kneeling, rotating, stopping, forming trains, or wearing lifejackets
5. Pregnant women or individuals with heart or back conditions should not use this slide
6. Move away from the bottom of the slide and use the nearest exit immediately

Therapy Pool - In addition to the indoor pool rules:

1. Pool open for use only when a lifeguard is scheduled
2. Persons under the age of 18 years old are not permitted in this pool during open swim
3. Jumping and diving are prohibited

Whirlpool - In addition to the indoor pool rules:

1. No one under the age of 18 years old is permitted in this pool
2. Elderly persons, pregnant women, and patrons with cardiovascular or respiratory problems should not use whirlpool
3. Limit use to 15 minutes
4. The following activities are prohibited: jumping, diving, vigorous aerobic exercise, underwater submersion, and reading

Sauna - In addition to the indoor pool rules:

1. No one under the age of 18 years old is permitted in the sauna
2. Elderly persons, pregnant women, and patrons with cardiovascular or respiratory problems should not use sauna
3. Limit use to 15 minutes
4. The following activities are prohibited: vigorous aerobic exercise, shaving, and reading

Outdoor Pool Rules

1. Swimming without a lifeguard present is prohibited
2. Obey the lifeguard at all times
3. Do not enter the water if you are experiencing or recovering from diarrhea
4. Do not swim with open wounds, sores, boils, contagious rashes or infections
5. Appropriate, modest, and properly fitting swim attire must be worn at all times
6. Children not yet toilet trained must wear a swim diaper in the water
7. Shower completely with soap before entering pool
8. Children 5 and under must be actively supervised by an adult in the water within arm's reach; no more than 3 children per adult
9. Children 7 and under must have an adult in the pool area
10. Children 12 and under must pass a swim test in order to swim in water above their armpits; exceptions may be made for children who are within arm's reach of a parent or guardian (16 years or older) in water 5 ft. or less
11. Only Coast Guard approved flotation devices are permitted
12. Enter the water feet first facing forward
13. Diving permitted only in the diving well
14. The following activities are prohibited: running, pushing, dunking, roughhousing, flips, twists, backward jumps, throwing balls or other objects, prolonged breath-holding, and hanging on life lines or lane markers.
15. The following items are prohibited in the pool area: food, gum, glass containers
16. Do not swim in slide area when waterslide is in use
17. Chairs must be kept at least six feet from edge of pool
18. Specialized equipment such as kickboards, fins, and snorkels are not permitted during open swim
19. During adult swims, all children under the age of 18 must exit the pool
20. In the event of inclement weather, the pools will be closed and the deck cleared for at least 30 minutes after the last observation of thunder or lightning
21. YMCA not responsible for lost or stolen items

Waterslide Rules

1. Children must be wearing a yellow or green band to ride the slide
2. Only one rider at a time
3. Riders must enter and exit the slide feet first facing forward
4. The following activities are prohibited: standing, kneeling, rotating, stopping, forming trains, or wearing lifejackets
5. Pregnant women or individuals with heart or back conditions should not use this slide
6. Move away from the bottom of the slide and use the nearest exit immediately

Diving Board Rules

1. Non-swimmers are not permitted in deep water
2. Swim test required for children 12 and under to use the diving board
3. Only one person on the board at a time
4. Forward dives, jumps, and flips only from the front of the board
5. Only one bounce permitted
6. Use the ladder to mount the diving board
7. The following activities are prohibited: handstands, back flips/dives/jumps, sitting on the board or guardrails, hanging onto or under the board
8. Swim to the ladder immediately
9. Wait for the previous diver to swim clear before diving
10. Do not swim in the diving area when the board is open for use

Drop Slide Rules

1. Non-swimmers are not permitted in deep water
2. Swim test required for children 12 and under to use the drop slide
3. Only one person on the slide at a time
4. Riders must enter and exit the slide feet first facing forward
5. The following activities are prohibited: standing, kneeling, rotating, stopping, forming trains, or wearing lifejackets
6. Pregnant women or individuals with heart or back conditions should not use this slide
7. Move away from the bottom of the slide and use the nearest ladder immediately
8. Wait for the previous rider to swim clear before using slide
9. Do not swim in the slide area when the slide area is open for use

Ground Policies (for all Outdoor Recreation Areas)

1. Smoking, alcohol, and profanity are prohibited
2. Children 7 and under must be supervised by an adult at all times
3. YMCA programs have priority
4. Glass containers, grills, and Frisbees are not permitted
5. Please pick up all litter
6. Personal music players permitted with head set only
7. Do not climb on or over the fence
8. In the event of inclement weather, the outdoor areas will be closed and cleared for at least 30 minutes after the last observation of thunder or lightning
9. YMCA is not responsible for lost or stolen items