

Lakewood YMCA Pool Rules

SWIM SAFELY

- YMCA may test the swimming competency of any swimmer.
- Non-swimmers of any age are not permitted in the deep end of the pool.
- No diving. Diving is not permitted except in supervised YMCA programs. Enter the water feet first and facing forward.
- All children ages 12 & under who want to swim in the deep end must pass a swimming skills assessment administered by a YMCA lifeguard.
- Breath holding activities are not permitted in any YMCA pools.
- The lifeguard has full authority over the pool and their word is FINAL!

WATCH YOUR KIDS

- Parents are responsible for their children at all times.
- Children ages 12 & under must be actively supervised by an adult in the pool area.
- Children ages 12 & under who want to swim in the deep end of the pool must participate in a swimming skills assessment. They will be provided a green (swimmer) or red (non-swimmer) wristband for that day.
- Non-swimmers, age 12 & under who do not take or pass the swim assessment must be accompanied in the water by an adult 18 years or older and be within arm's reach of that adult.
- Non-swimmers that do not meet the height requirement must wear a YMCA provided, US Coast Guard approved life vest and remain in the shallow end of the pool (basin and ramp).
- One adult may be responsible for no more than three non-swimmers at a time during open swims.

PLAY SAFELY

- No running or horseplay.
- No outside floatation devices are permitted in the pool.

RESPECT OTHERS

- Swimmers who are currently experiencing: open sores, infections or diarrhea are not permitted in the water.
- All swimmers must shower before entering the pool
- Proper swim attire is required in the pool
- No food, gum, candy or glass bottles in the pool area.

In addition to these rules, when a group comes in for a special event, such as Adventure Guides, the following rules also apply:

- The deep end of the pool will be used for swim assessments only.
- All swimmers will remain in the shallow portion of the pool.
- The staff will administer safety breaks to clear the pool and perform a head count every 15 minutes.
- The ratio of staff to swimmers will not exceed 15 swimmers to every 1 lifeguard. (This means a max of 45 people in the water at any given time, assuming 3 lifeguards.)
- All Swimmers not meeting the height requirement will wear a lifejacket (even in the shallow end of the pool) unless they have passed the swim assessment.