



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CLIFF & LOIS BERGLUND FAMILY AQUATIC CENTER POOL GUIDELINES AND RULES

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## GENERAL GUIDELINES

**\*WARNING\* Failure to follow rules can result in serious injury**

**The Following Apply to all portions of the C.W. Avery YMCA Family Aquatic Center**

- Only swim when a lifeguard is present and actively watching the pool.
- Practice rescue drills will occur periodically.
- Do not talk or visit with lifeguards while they are on duty. The front desk, pool supervisor, or other YMCA staff will be happy to answer any questions that members or guests may have.
- Children ten (10) and under must be accompanied by a chaperone 18 years or older.
- Only Coast Guard approved life jackets and swim suits with built in foam floatation device are allowed in the pool. Inflatable floatation devices, such as arm floats and inner tubes, etc... are not allowed.
- All children must be swim tested prior to entering the Family Pool and wear the appropriate colored wristband (Red, Yellow or Blue).
- All swim testing will be done in the Lap Pool.
- Non-swimmers and children receiving a red wristband must be within arms reach of an adult in the water at all times.
- Children receiving a yellow wristband must be accompanied by an adult in the water at all times.
- Spitting or spouting of water is not allowed in the pool or on the pool deck. The pool water is not suitable for drinking. Avoid swallowing pool water.
- Parents, guardians or chaperones are responsible for supervising their children. Lifeguards are on duty to ensure member safety and respond in case of an emergency.
- Admission to the pool shall be refused to all persons having contagious disease; any infectious conditions such as colds, fever, ringworm, foot infections, skin lesions, carbuncles, boils, diarrhea, vomiting, inflamed eyes, ear discharges; or any other condition that has the appearance of being infectious.
- Persons with excessive sunburn, abrasions that have not healed, corn plasters, bunion pads, adhesive tape, rubber bandages or other bandages of any kind also shall be refused admittance shall not be permitted in the pool area.
- A person under the influence of alcohol or exhibiting erratic behavior shall not be permitted in the pool.
- Elderly persons, those suffering from heart disease, high blood pressure, pregnant women, or persons using certain medication should consult their physicians before using this facility and its amenities.
- Only lined swim suits: No cutoff pants, leotards, T-Shirts, gym shorts, jeans or thong swim suits.
- Swimmers are encouraged to take head to toe shower before entering the pool. Only clean footwear, strollers, wheelchairs, etc. are allowed in the pool area.
- Food and beverages are not permitted in the Family Aquatic Center
- To protect the privacy of all patrons, the use of camera phones and video equipment is strictly prohibited in all bathrooms and locker rooms.
- No running into the water, up or down stairs or on the deck.
- No gum, glass, tobacco, alcohol, weapons, drug paraphernalia, profanity, fighting, pushing, dunking, running, "chicken fighting", excessive splash fights, public indecency, running dives or jumps off pool edge, spitting, or harassment.
- No flips, cartwheels, back dives, back jumps from the side of the pool. Pushing people in is prohibited.
- No excessive public displays of affection.
- Climbing on the poles, fences, trash receptacles, amenities, guard chairs, pool covers, etc., is prohibited.
- The C.W. Avery Family YMCA reserves the right to expel anyone not following pool rules, endangering themselves or other swimmers and reserves the right to limit or suspend pool privileges to any member or guest.
- The C.W. Avery Family YMCA is authorized to clear the pool of swimmers at anytime for any reason. Rules may be added or amended by the management when appropriate. Illinois Health Department Health and Safety regulations apply. Recommendations for a safe and healthy experience for your family & guests:
- Bring a lock or have a way to secure your belongings while you enjoy your visit at the C.W. Avery Family YMCA. NEVER leave your belongings unsecured in the locker room or on the pool deck. The C.W. Avery Family YMCA is not responsible for lost or stolen items.
- Read the all the health & safety guidelines before entering the facility and review them with your family or guests.
- If your child is not toilet trained, make sure they wear a swim diaper and vinyl, plastic or rubber pants when swimming. These are available for purchase at the front desk.
- Ask for help or more information if you or your family member/ guest requires assistance with equipment, understanding health & safety guidelines, Family Aquatic Center Operations, etc. Our friendly and courteous staff will be more than happy to assist you.

## WATERSLIDE GUIDELINES

### **\*WARNING\* Failure to follow rules can result in serious injury**

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- The water slide manufacturer requires that only one person may be in the slide at a time and in a feet first position either seated or lying on their backs.
- To ride the waterslides individuals must be at least 42" tall and have passed the blue wristband swim test.
- Climbing on the waterslides is prohibited.
- Individuals must exit plunge pool immediately.
- Floats, masks, goggles and eye glasses are not permitted to be worn on the waterslides.
- WARNING: Individuals that are pregnant, or may have heart or back conditions may not use this waterslide.

## WATER VORTEX GUIDELINES

### **\*WARNING\* Failure to follow rules can result in serious injury**

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- An adult 18 years or older must accompany non-swimming children.
- Members or guests who cannot swim must wear a lifejacket when using the water vortex.
- Members may not stop, walk the opposite way, or hold onto the wall while using the water vortex. Stopping is permitted only for exiting the water vortex.
- Swimming is not permitted in the water vortex while in operation.
- Guests may only enter and exit the flow at designated locations.
- During crowded conditions, float times may be limited.
- Members must be at least 42" tall and may float with an adult in a ratio of one adult per one child.
- Water depth is 3'6" and the current is strong. Use caution when entering and exiting the water vortex.

## WATER PLAY STATION GUIDELINES

### **\*WARNING\* Failure to follow rules can result in serious injury**

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- No running in, on or around play station.
- No swimming or playing in front or under the slide.
- Only one person allowed on the slide at a time.
- Members and guests slide one at a time in a forward seated position, feet first. For safety reasons please do not place children on laps when sliding. DO NOT slide headfirst.
- No floatation devices of any kind are permitted on the slide.
- No climbing or hanging on the outside of play station.
- Sitting on geysers/ jets is not permitted.
- Valves and handles are accessible to allow children and adults to throttle and play with the water. We encourage you and your children to turn, pull, and open these valves and have fun with the water effect you create.
- Children must be 36" or taller and children under 6 must be with an adult.

## TOT SLIDE GUIDELINES

### **\*WARNING\* Failure to follow rules can result in serious injury**

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- Only ages 2-5 are permitted on the slide.
- No swimming or playing in front or under the slide when in use.
- Must use stairs - no climbing up the slide.
- Guests must slide feet first.
- Exit from slide area immediately.
- No climbing on the slide.
- Only one person is allowed on the slide at a time.
- Sitting on geysers/ jets is not permitted.

**Drowning is a leading cause of injury-related death in children. In 2000, more than 1,400 US children younger than 20 years drowned. A number of strategies are available to prevent these tragedies. All caretakers of children: parents, grandparents, babysitters, older siblings, etc. must be instructed to watch children constantly. Children are naturally curious and must be supervised at all times when in and around all bodies of water. Drowning is a silent accident; rarely is there a cry for help or a splash, yet it is preventable. Never take your eyes off a child when he/ she is in or near any body of water, even for a second. At no time should you leave children unattended in or around any water environment (pool, stream, tub, toilet, bucket of water), no matter what skills your child has acquired and no matter how shallow the water. Remember lifeguards are on duty to ensure member safety and respond in case of emergency. They are not on duty to supervise your child. You are ultimately responsible for the safety of your child! Do not rely on substitutes: The use of flotation devices and inflatable toys cannot replace parental supervision. Such devices could suddenly shift position, lose air or slip out from underneath, leaving the child in a dangerous situation. Encourage safe practices: Don't assume young children will use good judgment and caution around the water. Children must be constantly reminded to walk slowly in the pool area and only to enter the water with you. Review the Health and Safety guidelines/ pool rules before using the C.W. Avery Family YMCA Aquatic Center or any body of water.**