



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL RULES– C.W. AVERY FAMILY YMCA

- Showering is required before entering the pool.
- Hair that is shoulder length or longer must be restrained with a hair tie or swim cap.
- No running under any circumstances.
- Bathing suits with a liner are required to enter the pool. Street clothes, gym shorts or thong suits are prohibited.
- NO diving in the shallow end. Diving is only permitted in the designated deep end.
- NO flips, backward jumps/dives, spinning jumps, rough housing, pushing, or throwing of patrons allowed.
- Food, gum, and glass containers are not permitted.
- Do not hang on or around the ladders, stairs or lap lanes.
- All flotation devices must be U.S. Coast Guard Approved. Water wings, baby boats, inner tubes and other related inflatables will not be allowed. YMCA life jackets are available for use upon request.
- Any water fitness equipment or water toys must be approved by the lifeguard on duty.
- Non-potty trained swimmers are REQUIRED to wear a swim diaper UNDER their swim suits. Swim diapers are available for purchase at the front desk.
- Strollers and child carriers are not allowed on the pool deck at any time.
- Persons with open sores, lesions, wounds and/or having any infectious communicable diseases may not enter the pool.
- The lifeguard is the authority figure in the pool area. Please follow directions when given.

SWIM TEST POLICY

Children under 16 years of age will be swim tested by the guard on duty and will be required to wear the appropriate wristband for the duration of their visit. Testing MUST be done with every visit.

BLUE Wristband Test- Blue swimmers must be able to jump in the deep end, tread water for 10 seconds and swim to the shallow end of the pool using a horizontal swim stroke without stopping or having assistance. Blue Wristband Swimmers are permitted to swim in the shallow and deep ends of the pool.

YELLOW Wristband Test- Yellow Swimmers will be asked to jump into the pool next to the ladder, tread water for 10 seconds and swim to the first lane line and back using a horizontal swim stroke without stopping or having assistance. Yellow Wristband Swimmers are not permitted past the 5 foot marker in the pool and beyond the blue and white rope without a parent and lifejacket on in the family pool. The Yellow Test will be done without a life jacket.

BLUE & YELLOW SWIMMERS under 10 years of age MUST have at least one supervising parent in the pool area at all times at a ratio of one adult to every three children.

RED Wristband Test- All swimmers under 16 years of age who did not pass Blue or Yellow Swim Tests will be issued a Red Wristband. Red swimmers MUST wear a life jacket at all times.

RED SWIMMERS MUST have at least one parent **IN THE WATER** at all times at a ratio of one adult to every three children. Red swimmers must wear a Coast Guard approved flotation device, and must be supervised by a parent in the water and in a swim suit at a ratio of one adult to every two children.

NOTE: Lifeguards may not always be able to give swim tests during busier times.

LIGHTNING AND THUNDER POLICY

The pool and pool deck will be cleared of all members in the event of lightning or thunder sightings and shall remain closed until 30 minutes after the last sighting.

If you have any questions or concerns, please contact the Y's Aquatics Director.