

Please check each box to show that you have read and clearly understand each of the rules and how they are to be enforced. Please direct any questions about rules/enforcement to the supervisor. Your initials at the bottom of each page mean that you have read and clearly understand the rules and their enforcement. Failure to comply with/enforce these rules can result in verbal warning, written warning, suspension, and/or termination.

Pool Rules ✓

1. **WALK, DON'T RUN:** All members must walk on deck at all times

Notes:

2. **NO DIVING:** This is a no diving facility. Members are not allowed to dive unless they are participating in a program and are under the direct supervision of a YMCA Swim Instructor or Swim Coach.

Notes:

3. **SHOWER BEFORE YOU ENTER THE POOL:** It is California State Law that all swimmers take a soap shower prior to entering the pool or the spa.

Notes:

4. **CIRCLE SWIM:** Lap swimmers should circle swim in lanes with 3 or more swimmers. If a swimmer is entering a lane with 2 swimmers splitting the lane, the new swimmer must ask the other swimmers to circle swim. Lifeguards will monitor lanes to ensure member safety and balanced lane speeds.

Notes:

5. **LANE SPEED:** Lap swimmers must swim in lane appropriate to speed. Lanes shall be clearly marked by signs SLOW, MEDIUM, and FAST. Lifeguards shall monitor the lanes and move swimmers to lanes appropriate to their speed as necessary.

Notes:

6. **NO STREET SHOES ALLOWED ON THE DECK:** For the safety of the members, the cleanliness of the deck, and quality of the water, street shoes are not allowed on the pool deck. Bare feet, flip flops, and deck shoes are appropriate.

*Parents/observers that remain on the opposite side of the fence can wear regular shoes, however high heels, shoes with no tread or traction, muddy/dirty shoes, and cleats are NEVER allowed.*

Notes:

7. **PATRONS MUST WEAR APPROPRIATE SWIM ATTIRE:** Bathing suits/wetsuits/rash guards specifically manufactured for swimming purposes are required. Bathing suits must fit snuggly and appropriately. String bikinis and suits that are transparent or ripped are not permitted. For the safety of the swimmer and to maintain water quality, street clothes are not permitted at any time.

*Exceptions to this rule must be authorized by a supervisor.*

Notes:

8. **ROPE IN REC AREA:** If the recreational area of the large pool spans

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two lanes or more, California State Law requires a rope that separates the deep and shallow ends of the pool unless the activity in the recreation area is under the direct supervision of a YMCA Swim Instructor. Patrons may lap swim in rec area at the discretion of the lifeguard and only if there is no rec swimmer in area. The rope will not be removed for lap swimming. There is no hanging on the rope at any time.

*Notes:*

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9. **FINS/BOARDS/PADDLES:** For lap swim and group lessons only. Fins, boards, and paddles are not permitted in the small pool or rec swim area of the big pool. Lap swimmers must use this equipment appropriately and return when finished. Lifeguards will monitor use of this equipment to ensure safety and proper use.

*Adult participants wishing to do self-paced water aerobics can use the water aerobic zoomers only in the small pool or rec swim area of the large pool.*

*Notes:*

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10. **BARBELLS:** Swimmers may use the small barbells for recreational swimming. Swimmers must use this equipment appropriately and return when finished. Large barbells are for lessons only.

*Notes:*

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11. **PASSING IN A LAP LANE:** Lap swimmers should allow swimmers needing to pass to pass at the wall. Passing in the middle of the lane should be avoided whenever possible. The lifeguard will monitor these lanes to ensure passing is done in an appropriate and safe manner.

*Notes:*

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12. **SWIM CAPS:** People with hair past their shoulders must wear a swim cap or tie their hair back. If there is one available, the lifeguard will provide the swimmer with a swim cap.

*Notes:*

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13. **LANE LINES:** There is no swimming over the lane lines. Hanging on the lane lines is not permitted.

*Notes:*

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14. **SWIM TEST/NON-SWIMMERS:** All participants under the age of 14 or participants of any age who are not lap swimmers or intermediate level swimmers must pass a swim test prior to entering the big pool. A swim test consists of a 50 yard freestyle swim and 2 minutes of treading water. A swim test must be conducted every day the participant wishes to enter the big pool. Swimmers who pass the test must be banded for lifeguard recognition. Non-swimmers must remain in the shallow end and be accompanied by a parent at all times. Non-swimmers are not permitted in the deep end of the pool unless accompanied by a YMCA Swim Instructor. Non-swimmers may not be accompanied in the deep
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end by a parent or guardian. For the Small Pool, children ages 6 and up must be able to swim the length of the small pool and stand comfortably with their head above water in order to be allowed in the pool unaccompanied by an adult.

*Notes:*

15. **CONDUCT:** Appropriate conduct is required at all times from all members/participants. Fighting, swearing, unwelcome physical contact, and/or verbal/physical threats will not be tolerated. Members engaging in these activities will be asked to leave the facility. ALL MEMBERS MUST TREAT EACH OTHER AND STAFF WITH RESPECT AT ALL TIMES.

*Notes:*

16. **PATRONS MUST OBEY RULES SET BY LIFEGUARD:** Failure to comply with a rule enforced by a lifeguard will result in the member receiving a verbal and written warning. If the rule is threatening the safety of the other participants the lifeguard can ask the member to leave the facility. If the member refuses to leave the facility following the request of a lifeguard, the member is trespassing. The lifeguard has the right/authority to call the park police and have the member removed from the premise.

**Lifeguards have the absolute authority to create/enforce rules not listed in this document or halt/modify activities if the lifeguard feels such action is necessary to prevent incidents or to ensure the safety/comfort of the members/staff. Members may not engage in any activity that can distract the lifeguard from actively scanning.**

*Notes:*

17. **NO WEIGHTS OR BRICKS:** The use of weights or diving bricks are not permitted unless under the direct supervision of a YMCA Swim Instructor.

*Notes:*

18. **NO FOOD OR DRINK:** Bottled water/sports drink is permitted.

*Notes:*

19. **POOL CAPACITY/LAP LANE CAPACITY:** Large pool: 148, Small pool: 38, Spa: 7, Lap Lane: 6. Must not exceed capacity. If at maximum capacity members must wait for available space prior to entering the pool.

*Notes:*

20. **PROPER POOL ENTRY:** Swimmers must enter the water feet first. If they are using a ladder to enter the water, they should enter with their back to pool.

*Notes:*

21. **DECK IS CLEAR OF OBSTRUCTIONS:** For the safety of the swimmers, personal belongings and/or equipment must not obstruct the deck. Strollers are not permitted on the deck. The lifeguard will monitor the deck and clear the deck of any obstructions.
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*Notes:*

**22.SUPERVISION/LOCKER ROOMS:** Children under the age of six must be under the direct supervision (arm's reach) of a parent or guardian over the age of 18 at all times. Children ages **TWELVE** and older may be on the deck or in the water without an adult in the facility if their parent/guardian has signed a waiver and they have passed a swim test. Children ages 11 and under must not be left unsupervised in the locker room or on deck for any length of time. Children ages 8-11 may be outside of arms reach of a parent/guardian, but the parent/guardian must remain in the facility with the child at all times.

	Parent/Guardian	Swim Test	Other
5 & under	Must remain within arms reach (unless child is in a program – in which case must be in facility)	Even if they pass the swim test, parent must remain within arms reach.	Must be 5 to be in spa. If in lessons, a parent is required to be present in the building.
6 - 11	Must be present in the facility. Must accompany child in locker room.	Must be able to pass swim test to be in the water unaccompanied by parent.	If in lessons, a parent is required to be present in the building.
12 & up	May be in facility without parent, if parent has signed a waiver.	Must be able to pass swim test to be in big pool.	

Adults and children 12 & up are required to use the Men/Women's locker room. Children ages 11 and under may use either the Family Locker room or the Men/Women's locker room, but they must be accompanied by an adult at all times. Children ages 8 and up are asked to use either the Family locker room or gender appropriate locker rooms for the comfort of our guests.

*Exceptions may be made by Directors. Guards are asked to use best judgment in dealing with locker rooms.*

	LOCKER ROOM	ACCOMPANIED	Other
11 & Under	Family Locker	MUST BE	Ages 8 and up

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	room or Men/Women's	ACCOMPANIED BY A PARENT/GUARDIAN	are asked to use gender specific locker rooms	
12 & up	Men or Women's	Do not have to be accompanied by an adult.		

Notes:

- 23. NOODLES/TOYS:** Noodles and toys must be used appropriately at all times. Noodles/toys cannot be used as weapons or be used to hit the water or another swimmer. Toys should not be thrown in such a way that the toy could hit another member. Noodles cannot obstruct the lifeguard's view of the bottom of the pool. The large floating mats (Duck and Fish) are for lessons only and are not permitted in the pool during rec swim.

Notes:

- 24. NO GLASS:** Glass is not permitted on the pool deck or in the pool at anytime. Broken glass in the pool will result in immediate pool closure. Broken glass on the deck must be safely partitioned off and that portion of the deck closed.

Notes:

- 25. NO SMOKING/ALCOHOL:** There is no smoking, drugs, or alcohol permitted on the premise. An intoxicated member is not permitted in the facility and must be asked to leave.

Notes:

- 26. STARTING BLOCKS:** The starting blocks are for swim team use only. Members are never permitted to use the blocks.

Notes:

- 27. JUMPING:** There is no jumping in the small pool unless under the direct supervision of a YMCA Swim Instructor. Jumping is permitted in the large pool at the discretion of the lifeguard. To enter the small pool members must make a three-point entry or use the ladder or stairs.

*Parents may use continuous physical contact to assist small children into the water from the side of the pool.*

Notes:

- 28. NO OUTSIDE TOYS:** Toys not provided by the YMCA are not permitted.

*This can be at the discretion of the lifeguard.*

Notes:

- 29. PERSONAL FLOATATION DEVICES:** All personal floatation device must

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be sanctioned by the United States Coast Guard. Lifejackets not sanctioned by the United States Coast Guard, water wings, suits with PFD inserts, Styrofoam PFD's, inflatable PFD's or any other type of floatation device is not permitted at any time in any of the pool. United States Coast Guard sanctioned PFD's are available for member use.

*Notes:*

**30. SUPERVISION OF NON SWIMMERS:** Children under the age of 6 must be accompanied and supervised in the water by an adult who remains within arms reach of the child at all times. Therefore, there must be a 1:1 ratio for adult to non-swimmer/children 5 and under.

**EXCEPTIONS TO THIS RULE MUST BE APPROVED BY THE AQUATICS DIRECTOR!**

Children 6 & older may be in the small pool by themselves if they are able to stand in the deepest part of the pool with their head well above the water and are able to swim the length of the small pool without stopping. If a lifeguard does not feel comfortable with a child being unaccompanied in the water, it is their right and responsibility to require a parent/guardian accompany the child in the water.

*Notes:*

**31. RAILS/BARS/LADDERS:** There is no swinging/playing/hanging on the bars/handrails. Children are not permitted to be between the wall and the ladder.

*Notes:*

**32. HORSEPLAY/DUNKING:** Horseplay is not permitted. Members are asked to keep their hands to themselves. Dunking/kicking/hitting/fighting are not permitted. A swimmer should never be held under water for any amount of time by another swimmer. Splashing should be kept to a minimum and stopped if it is negatively affecting other members.

*Notes:*

**33. YELLING:** Yelling/screaming that distracts the lifeguard from scanning is not permitted.

*Notes:*

**34. SWIM DIAPERS:** Children/infants who are not potty trained must wear a swim diaper in the pool at all times.

*Notes:*

**35. WATCHING LESSONS:** Members/parents watching lessons must stay on other side of the fence to observe. Parents/guardians are invited to talk to instructors during the instructor's 5 minute break between classes, but should not be on the deck during classes.

*Notes:*

**36. COMMUNICATION WITH LIFEGUARDS:** Conversation must be kept to a minimum for safety's sake. Questions may be directed to the

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membership desk or a lifeguard not on duty.

Notes:

- 37. SWIM LESSON PARTICIPANTS:** Must be under the direct supervision of the swim lesson instructor at all times. Participants must remain on the wall or the steps if they are not actively engaged in a swimming activity given to them by their instructor. Participants should not get into the pool until they are invited in by the instructor at the beginning of class. At the end of the class the participants must get out of the pool.

Notes:

SPA

- 1. AGE REQUIREMENTS/SUPERVISION:** For the safety of the child, no child under 5 is ever permitted in or around the spa. Children age 5-14 must be accompanied by an adult physically in the water at all times. 14 is the minimum age for use of an unsupervised child.

Notes:

- 2. NO TOYS/EQUIPMENT:** Toys and pool equipment are not permitted at any time in the spa.

Notes:

- 3. NO DUNKING:** Total submersion/going under water in the spa is not permitted.

Notes:

- 4. ENTRY/EXIT:** All members must use the spa stair when entering or exiting the spa.

Notes:

- 5. LIMIT SPA TIME:** We recommend not remaining in the spa for any longer than 10 minutes at a time.

Notes:

- 6. NO SITTING ALONG THE EDGE OF THE SPA:** If they wish to sit along the edge of the spa, members must sit on the side where they can lean up against the wall.

Notes:

- 1. HANDICAPPED CHAIR:** when it's going to be used, all swimmers in the lane must be advised.

- 2. HAND PADDLES:** Can not be used when a child is in the same lane OR an adjacent lane.



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