

## GLOUCESTER COUNTY YMCA POOL RULES

### PARENTS AND GUARDIANS ARE RESPONSIBLE FOR SUPERVISING THEIR CHILDREN

The Aquatic Director or lifeguards on duty have the authority to enforce these rules and regulations and may remove or suspend any member/guest who violates these rules and regulations.

### NO ONE MAY SWIM UNLESS THERE IS A LIFEGUARD ON DUTY.

- Only full members have access to the pool during open and lap swimming.
- Any person showing evidence of skin disease, any discharge, communicable disease, open wounds shall be refused admission.
- Do not enter the water if you are experiencing or recovering from diarrhea or have had any signs or symptoms of a gastrointestinal (stomach) disease in the past seven (7) days.
- Persons suspected of being under the influence of drugs or alcohol shall be refused admission.
- All children who require wearing a diaper must wear a “swimming” diaper in the pool.
- All persons must take a **soap shower** AT THE YMCA prior to entering the water (NJ State Law).
- Shoulder length hair and longer must be tied back or wear a bathing cap.
- Deep end swimming is limited to those who have passed the Deep End Swim Test and have a swim band which is administered by the lifeguard on duty. Once the member passes the deep end test, they will be given a green band that must be worn at all times while utilizing the deep end of the pool. Their name will also be documented. 2 bands are given (1 at a time) after that they can be purchased at the front desk for \$1.00. Members will be refused deep end swimming without the green band on.
- Any child 15 and under or a polliwog level or lower must pass a swim test to swim un-assisted from parents and or guardians in both ends of the pool. Guppies and higher and YMCA swim team kids do not have to swim test, but must have their name documented in our log book.
- Non swimmers and 6-12 years old and older who do not pass our swim test must swim in the shallow end only and have an adult on the deck while they swim. Non-swimmers are not permitted in the deep end regardless of age or equipment used.
- Children 5 years and younger *or less than four feet tall must be accompanied* by an adult (18 and older) in the water. Children must be within arm’s reach of adult while swimming. No more than 2 children per adult.
- No food, drink or gum in the pool area. No glass containers in the pool area.
- No Street shoes on the pool deck. Running is not permitted on the pool deck.
- No hanging on lifeline or lane lines.
- No diving in shallow end of the pool. Diving is allowed in the 10 foot section only.
- No spins, flips or back dives. Starting blocks are for Swim Team/Supervised YMCA lessons only.
- NO toys and inflatable equipment in the pool (water wings, tubes, floats, “swimmies”, etc) at any time. U.S. Coast Guard floatation devices (PFD) are approved, but the lifeguard may ask to see the symbol on the piece of equipment.
- Float belts, Noodles and or Life Jackets: Under direct parental supervision only.
- Lap swimmers are to swim continuously within the lap lanes only. *Adult Lap is for 16 years and older. Youth Lap is for 15 years and younger.*
- Specialized equipment, such as kickboards, fins, or paddles, are only permitted for lap swimmers only. No fins in open swim.
- Only YMCA staff is authorized to teach swimming and or water aerobics classes. No activity for private gain is permitted at any time in the pool area.
- No extended underwater breath holding or hyperventilating before underwater swimming.
- Socializing with or distracting the lifeguards is prohibited.