

YMCA OF GLOUCESTER COUNTY POOL RULES

THOSE IN THE POOL AREA ARE SUBJECT TO THE AUTHORITY OF THE LIFEGUARD ON DUTY.
PARENTS AND GUARDIANS ARE RESPONSIBLE FOR SUPERVISING THEIR CHILDREN.
LIFEGUARDS ARE ON DUTY TO ENFORCE RULES AND RESPOND IN CASE OF A EMERGENCY.

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

- ◆ Any person showing evidence of skin disease, sore or inflamed eyes, cold, nasal or ear discharge, or any communicable disease shall be refused admission. Persons with excessive sunburn, open blisters, cuts, or bandages, shall also 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.
- ◆ Children are encouraged to use the restroom before entering the water.
- All persons must take a **soap shower** AT THE YMCA prior to entering the water (NJ State Law)
- A bathing suit must be worn. No cutoffs, jeans, cotton t-shirts, or belts. No disposable or paper diapers for babies.
- Shoulder length hair and longer must be tied back or wear a bathing cap.
- Children 8 yrs and younger, and/or wearing a flotation device (coast guard approved) must be accompanied by an adult (18 and older) **in the water**. No more than 2 children per adult. **Children are to be within arm’s length of adult while swimming.**
- Children ages 9-13yrs are to have a responsible adult **in the pool area** with them while swimming.
- Non-swimmers are not permitted in the deep end.
- No glass containers in the pool, hallways, or locker rooms.
- No food or drink in the pool, hallways, or locker rooms. No gum chewing in the pool.
- No Street shoes on the pool deck or in the back hallway.
- Running is not permitted on the pool deck, hallways, or locker rooms.
- No hanging on lifeline or lane lines.
- No ball playing in the pool.
- Deep end swimming is limited to those who have passed the Deep End Swim Test 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 in our log book. 2 bands are given (1 at a time) after that they can be purchased at the front desk for \$1.00.
- No diving in shallow end or from the side walls (9 ft of water or less). Diving is only permitted at the end wall by the windows. No flips or back dives. Starting blocks are for Swim Team practice only.
- Lap swimmers are to swim continuously within the lap lanes only. *Lap lanes are reserved for swimmers age 15 years and older unless Youth Lap Swim is scheduled.* Long fins are discouraged during busy times. Sharing lanes and circle swimming may be necessary. *Lap Lane Disclaimer: Lap Lanes will be moved 5 minutes before all classes start.*
- No extended underwater breath holding or hyperventilating before underwater swimming.
- Expectoration, roughness, rowdiness, or other conduct affecting the safety and comfort of others is not permitted.
- No pets, except for service animals, shall be allowed in the pool area, locker rooms, or other parts of the building.

EQUIPMENT USAGE: At lifeguard’ discretion – based on pool usage and safety factors at that time.

Kickboards: used by intermediate to higher-level Adult/Youth swimmers for lap swimming.

Float belts, Noodles and or Life Jackets: Under direct parental supervision in SHALLOW END ONLY.

NO inflatable equipment (water rings, tubes, floats, balls, “swimmies”, etc) in Adult, Family, or Open Swim.

EMERGENCIES:

1 LONG WHISTLE BLAST: Signals an emergency, all swimmers must leave pool immediately.

1 SHORT WHISTLE BLAST: Signals that the lifeguard needs the attention of a particular swimmer.