

## Marshall Area YMCA

Your safety is our main concern. YMCA staff and volunteers have reviewed and developed the following rules in accordance with relevant State Statutes. We believe our Aquatic Rules will allow you to enjoy the pools while minimizing the risk involved. If you have any questions on our Aquatic Center rules, please do not hesitate to ask.

### General Aquatic Center Rules

1. **Swimmer Safety:** Obey lifeguards at all times and report problems or emergencies to the lifeguards. Lifeguards are responsible for the safety of everyone within the pool enclosure. When a lifeguard blows his / her whistle or is speaking loudly, his / her instructions are to be obeyed. Their decisions are final.
2. **Showering:** Any person using a public pool must take cleansing shower, using warm water and soap, and thoroughly rinse off all soap before entering the pool enclosure. A user leaving the pool to use the toilet must take a second cleansing shower before returning to the pool enclosure. A person who exercises, applies lotion, or uses a sauna or steam room must shower before using the pool.
3. **Swimsuits:** Appropriate swimming attire (swimsuits) must be worn in the water at all times.
4. **General Behavior:** All swimmers must behave with caring, honesty, respect & responsibility. Horseplay or unnecessary roughness & foul language is not allowed in the pool or locker rooms. Sitting on or hanging from pool ladders, lane lines and safety lines is not allowed.
5. No spitting, spouting, or blowing nose in pool.
6. **Parental supervision:** Children under 9 must be accompanied by an adult in the aquatic center (except during lessons). Children under the age of 7 must be accompanied by a parent/guardian **IN THE WATER, WITHIN ONE ARMS LENGTH AWAY AT ALL TIMES.** Children 9 and older must be able to stand in the shallowest part of the pool or demonstrate swimming ability to be left without immediate adult supervision.
7. **Pool Cleanliness:** In order to keep the pool area and deck clean and safe NO glass containers, gum, candy or food of any kind is allowed in the pool area. Please try to avoid wearing shoes on the pool deck.
8. **Dive, Jumps and Flips:** No back dives, inward dives, spins or flips from the edge. Front dives are allowed only in 9 ft deep water.
9. **Diapers:** Children who wear diapers must wear swimming designated diapers, commonly referred to as “swimmies”. There is a dispenser in the Family Locker room. *Regular diapers are not allowed because:*
  - *When torn, diapers release a gel into the pool which plugs the pool filters.*
  - *Diapers absorb water and become extremely heavy impairing a child’s mobility*
10. **Floatation devices:** children or adults wearing a personal floatation device must be directly supervised by an adult who is in the water next to the child / adult. Acceptable personal floatation devices include coast guard approved lifejackets and swim suit with floatation inserts. If a child/adult is wearing a floatation device and the lifeguard can not see their feet the device is not allowed.
11. **Toys and Equipment:** please leave toys at home. Absolutely no rafts are allowed. Goggles and masks must be made of tempered or safety glass. Kick boards and swimming lesson equipment may be used during open swim only for stroke practice under the supervision of a parent or by adults during lap swimming. Lifeguards always have the discretion, not to allow any equipment for safety reasons.
12. **Wounds:** if you have an exposed wound, please do not use the pools.
13. No person with or suspected of having a communicable disease which could be transmitted through the use of the pool shall work at or use any public pool.
14. Always show Caring, Honesty, Respect and Responsibility.

## **Water Slide Rules**

1. Feet first entry only (no spinning). Sitting or laying on back only.
2. No one is allowed to wear jewelry, watches, or goggles on slide.
3. Children under 48 inches must be accompanied by an adult and wear a lifejacket, have passed Ray Swimming Lessons, or have successfully completed the swim test.
4. No swinging body at top of slide to pick up speed.
5. Swimmers slide down without stopping and exit the pool after they come down waterslide.
6. One person at a time down slide unless with an adult.
7. No swimming or playing in the slide area.
8. Always show Caring, Honesty, Respect and Responsibility.

## **Whirl Pool Spa Rules**

1. Use at own Risk: Use of whirlpool is at our own risk – lifeguards do not guard the whirlpool.
2. Age: The minimum age for whirlpool use is 15 years. Children age 6 and older may use the whirlpool with an adult during designated Family Use times. *Children are more susceptible to changes in body temperature. In addition, when the jets are running it is hard to observe small children and they can disturb other patrons using the whirlpool.*
3. Pregnant women, elderly persons, persons with heart disease or high/low blood pressure should not enter the whirlpool without prior medical consultations and permission from their physician.
4. Do not enter the whirlpool while under the influence of alcohol, tranquilizers, or any other drugs that can cause drowsiness or raise/lower blood pressure.
5. Length of Use: Limit your time in the whirlpool to a maximum of 10 minutes at a time. *Long use may result in nausea, dizziness or fainting.*
6. Cool Down: Wait at least 5 minutes after exercising before using the whirlpool to cool down your body temperature. Do not exercise in the whirlpool.
7. Always show Caring, Honesty, Respect and Responsibility.

*The Marshall Area YMCA instills the values of caring, honesty, respect and responsibility through programs and services that build healthy spirit, mind and body for all.*