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# Pool Policies

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*During all hours of operation, the pool is supervised by NLS-certified Lifeguard(s).*

## **Pool Admissions Policy**

- Those with serious medical conditions, should only use the pool or attend aquatic fitness classes accompanied by someone who has knowledge of their condition.
- Children 10 years of age and under, who have not completed the swim test (swim one length of the pool), must be accompanied in the water by an adult (16+ years).
- Adults must remain in the pool area to supervise children who are 10 years of age and under.
- An adult (16+ years) cannot be responsible for more than two children, who are non-swimmers.
- Children who are not toilet-trained must wear waterproof swimmer diapers.
- Appropriate swimwear only - shoes, cut-off jeans, and street clothes are not to be worn in the pool.
- Bathing caps are recommended for all.
- Showering with soap and water is mandatory before entering the pool.
- Outdoor footwear is not to be worn on the pool decks or in the viewing galleries.
- Food and beverages (except water) are not permitted on the pool decks or in the viewing galleries - water in plastic containers only.
- Towels and deck sandals are permitted in the pool area; all other belongings must remain in the change room.

## **Lane Swimming Etiquette**

The lane swims have become busy times at our YMCA pools. On behalf of your fellow swimmers and lifeguarding staff, we ask that you follow this lane etiquette:

- We ask that all swimmers wait until the lifeguard has signalled that it is safe for you to enter the water. The pool schedule is packed, and we do understand that everyone wants his or her time to swim. We ask that you be patient with the changeover and allow the lifeguards the opportunity to make your swim safe. All lane swims end either at 5 minutes to or 25 minutes past the hour.
- Please choose your swimming lane according to the speed indicated on the signs at the deep end of each lane and the speed of the swimmers in the lane. If, during your swim, you find yourself faster or slower than most others in your lane, change lanes accordingly. When more than one swimmer is in a lane, circle swimming must occur. Please swim in a counter-clockwise circle. Allow for a 10 second interval between you and the person ahead before you start your swim.
- When circle swimming, the faster swimmer should go first. This is difficult to figure out unless you always swim with the same people. If you've started out on your length, and you know that the swimmer behind you is coming fast, stop at the end of your length and let him or her pass. Wait 5 seconds, then start off again. Remember that if the roles were reversed, you would want that swimmer to let you pass.
- For your safety, continuous swimming is required in the medium and fast speed lanes.