

## Valley Shore YMCA, Where You Belong! Safe Pools Have Rules



- Please shower before entering the pool; this is required by State Health Codes
- Any person with open sores and communicable diseases will not be allowed to use the pool due to State Health Codes
- All swimmers must wear swimming attire; infants must wear swim diapers
- Children under the age of 8 must be accompanied by an adult
- Poor or non-swimmers must be accompanied in the water within arms reach by an adult at all times
- Only Coast Guard approved PFD's (Personal Flotation Devices) may be used; IFD's (also known as "bubbles") are for instructional use only
- Swimmers must be able to swim 25 yards without a flotation device in order to swim outside of the shallow swim area; flotation devices are not permitted in the deep end except for adult water exercise and swim lessons
- Running, horseplay, prolonged breath holding, or hanging on lane lines is prohibited
- Jumping into the shallow end of the pool is prohibited
- Diving and the use of diving blocks is prohibited except under the direct supervision of a YMCA Coach or Instructor
- Noodles, Kickboards, IFD's (bubble floats), barbells, fins, snorkels, and other devices are to only be used properly during swim instruction, adult water exercise, and lap swimming. Noodles and small toys may be used for play with lifeguard permission.
- Strollers, glass, sharp objects or food are prohibited on the pool deck
- Pool stairs are for entering and exiting the pool only
- Lap swimming is confined to lap lanes only; Rec area is for recreational swimming, swim exercise, water walking, and any water activity not defined as lap swimming; Lesson areas are for lessons only
- When all lanes are occupied, lap lanes are to be shared. Two swimmers can split a lane; three or more can circle swim. Circle swimming requires a swimmer to stay to the right side of the lane at all times.
- Swimmers may be asked by the lifeguard to change lanes to accommodate swimmers of different speeds
- A private lesson may take over the use of a scheduled lap lane
- For your safety, the pool and pool deck are not open during thunder and lightning storms. The pool will reopen 30 minutes after the final sound of thunder
- In the case of an Emergency Alarm, swimmers must exit the pool area via the Exit doors. For your own personal safety, no one may re-enter the building until cleared by professional responders. Emergency supplies will be provided by Lifeguards.
- The Lifeguard's word is final