



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAFE POOLS HAVE RULES

YMCA pool policies and standards reflect our organization’s core values: **Caring, Honesty, Respect, & Responsibility**. The YMCA enforces the rules below to ensure the safety and well-being of all patrons and staff. YMCA management has the right to ask any patron to leave for noncompliance with safety rules and etiquette.

VISITORS TO THE POOL MUST: ✓

- Have a parent/guardian on the deck (11 and under)
- Take a swim test (13 and under)
- Shower before entering water
- Use only U.S. Coast Guard approved floatation devices
- Comply with swim wear dress code:
 - No cutoffs or thongs
 - Swimsuits must be worn (no street clothes or undergarments worn as swimsuits)
 - Swimsuits must be tied and fastened at all times
 - Infants and toddlers must wear swim diapers
- Keep off lane lines, handrails and pool lights

Bathing load _____ persons

TEST. MARK. PROTECT. SWIM TEST CHECK POLICY & SWIM BANDS

- Youth 11 years and younger must have a parent or guardian 19 years or older on the pool deck.
- Youth 13 years and younger must take a swim test.
- Lifeguards may require any patron of the YMCA to perform a swim test at any time regardless of age.
- All swimmers 13 years and younger will receive a wristband they must wear while they swim. Wristbands will be issued at each visit to the Y.
- Swim tests are valid for 1 year from the date of completion.



VISITORS TO THE POOL MUST REFRAIN FROM: ⚡

- Horseplay, running, shoving, dunking, wrestling, OR foul language
- Underwater distance swimming and prolonged breath-holding
- Bringing glass containers or food onto the pool deck
- Visiting if experiencing sickness or fever
- The use of gum, tobacco, or vaping
- Bringing any animal, other than a registered service dog, onto the pool deck
- Using inflatable flotation devices
- Using kickboards, pull buoys, swim paddles, and swim equipment reserved for lap swimmers, swim team and swim lessons
- Diving unless in designated areas

Green Wristband

1. Jump into deep water and resurface

2. Float and/or tread water for 30 seconds consistently

3. Swim 25 yards on the front and/or the back non-stop

4. Exit the water without using a ladder or steps

• Swimmers may not touch the pool gutter, wall, ladder, floor, or lane lines for the duration of the swim test.

• Goggles are allowed.

• Swimmers must swim independently. They may not swim with guardians, siblings, friends, and/or others during their swim test.

Red Wristband

Those who do not pass the swim test or those who decline to take the swim test are considered non-swimmers. Non-swimmers:

1. Must be supervised by a guardian 19 years or older in the water within arms’ reach, OR must wear a weight appropriate U.S. Coast Guard Approved personal flotation device (PFD).

2. Must maintain a 1:1 guardian/non-swimmer ratio when not wearing an approved PFD.

3. May not use pool slides.