



General Pool Rules

- A lifeguard or designated supervisor who has been approved by the Aquatics Director must be on deck before anyone enters the pool.
- Users must read and follow all posted rules and must follow lifeguard and staff instructions when requested. The Lifeguard is always in charge of the pool.
- All first-time swimmers, please see the lifeguard before entering the pool. Swim tests are required for deep-water swimming. NON-swimmers will be identified with wristbands and are restricted to the shallow end of the pool.
- Street shoes are not permitted on the pool deck. Shoe covers are available.
- Bathing caps **MUST** be worn by everyone (ages 3 and above). Bathing caps are sold at our Member Service Desk.
- A cleansing shower is **REQUIRED** before entering the pool.
- Appropriate swim attire is required. (i.e. no shorts/pants or revealing swimwear)
- No swimmer with open sores, infection, or contagious diseases may use the pool.
- No spitting, urinating or defecating in the pool or on the deck.
- Do not use the pool if you or your child has had diarrhea in the previous 2 weeks.
- No glass, food, gum, or beverages (except plastic water bottles) are allowed on the pool deck.
- Diving from any part of the pool deck is strictly prohibited.
- The pools will close during thunder and lightning.
- Starting blocks are only for use in swim lessons and competitive swim programs.
- Prolonged underwater swimming or breath holding is prohibited.
- No running, pushing, horse playing or other high-risk behavior in the pool area.
- Courtesy is expected of all pool patrons at all times. Profanity and improper behavior will not be tolerated at the Rye YMCA.
- If you use any pool equipment, please put them away when exiting the pool.
- No alcohol, use of drugs, or smoking in the pool area; those under the influence of alcohol or drugs will be asked to leave.
- Kickboards, pull-buoys, and aqua-jogging belts are not to be used as flotation devices.
- Swimmers are not permitted to hang on the lane lines.
- Lifeguards may expel any patron who does not conform to the rules listed herein or posted in the area.

Lap Swim Procedures

In addition to the general pool rules, the following will apply to lap swim:

- Swimmers please select appropriate lane speed for your ability.
- Please modify your stroke to avoid collisions.
- Please be courteous and responsive if you are asked to move lanes by a lifeguard. Lifeguards have final say in lane placement if a problem arises.
- If you use kickboards or pull buoys, please put them away when exiting the pool.
- Please be respectful of others. Lap swim lanes are intended for those who wish to swim using any stroke that will not impede another swimmer.
- Split lane swimming is appropriate when there are two people in a lane.
- Swim Counter-Clockwise when there are three or more people in a lane.
- When the pool is busy, it is important to use the lane most similar to your type of swimming. Lifeguards will regulate the lanes when the pool becomes busy.
- When resting on the wall - move to the outside corner to allow other swimmers to pass easily.
- When passing, please be aware of oncoming swimmers. Wait to pass if necessary, to avoid collisions. When ever possible, wait at corner of wall to allow faster swimmers to pass.
- **Leisure Swim Lane** - This lane is intended for those who wish to swim very slowly or perform rehab related exercise. Water walking and Water Fitness exercisers should also use this lane.

Swim Lesson Rules

In addition to the general pool rules, the following will apply to the swim lesson program:

- Parents are not allowed on deck during swim instruction. Instructors will escort children in and out of the pool area.
- Parents/guardians must remain in the lobby/viewing area during swim instruction.
- Please do not change children in the pool area or in the wet corridor.
- Please have your child use the bathroom BEFORE their lesson.
- Children must comply with all posted pool rules.
- ALL children (ages 3 and above) must wear a bathing cap.
- Children who are not toilet-trained MUST ONLY wear diapers approved for swimming. Diapers must fit snugly on legs and waist. Swimming diapers are available for purchase at our Members Service Desk
- Children who are experiencing diarrhea, having an infectious or communicable disease, or who is otherwise ill is prohibited from using the pool
- Children who have open blisters, cuts etc. are advised not to use the pool.
- Children should remove water shoes before entering the water.
- No Band-Aids or gum in the pool.

Family Swim Rules

In addition to the general pool rules, the following will apply to family swim:

- Inflatable flotation devices are not allowed. Swim bubbles and Coast Guard approved life vests will not be supplied, but you are welcome to bring your own. For your convenience, bubbles are sold at the Members Services Desk.
- Family swim is for youth and adult members. Members are welcome to bring one guest six times per year (guest fee applies).
- Children 8 and under **MUST** be accompanied in the water by an adult. Children 9-11 are allowed to swim while an adult watches from the lobby or viewing area. Children 12 and up may swim without an adult.
- Swim tests are required for deep-water swimming. **NON**-swimmers will be identified with wristbands and are restricted to the shallow end of the pool.
- A parent/guardian must be in the water with non-swimming children. A maximum ratio of 1 adult to 2 non-swimming children will be enforced.
- Children wearing bubbles are not allowed in the deep end unless accompanied by an adult.
- No balls or throwing of any objects.
- No jumping from the side of the pool in the shallow end.
- No diaper changing on the pool deck.
- Assist young children to the bathroom as to minimize accidents.
- Diapers are not permitted in the pool. Please use special swimming diapers only, which are available for purchase at our Members Service Desk. Diapers must fit snugly on legs and waist.

NOTICE

Bathing Caps are REQUIRED
of all swimmers ages 3 and above