

## POOL RULES

- Swimming without a lifeguard is prohibited.
- Swimmers must shower before entering the pool.
- Breath-holding activities are prohibited.
- Enter the water facing forward, feet first.
- Do not use the pool when you are sick.
- Persons with bandages, open cuts or wounds are not allowed in the pool.
- Running on the deck, locker rooms, showers, or hallways is not permitted.
- Horseplay of any kind and public displays of affection are prohibited.
- Hanging on the float lines, starting blocks, or lap lanes is prohibited.
- Children 6-14 must take and pass the Akron Area YMCA swim test before entering the deep end.
- Lifeguards may require any swimmer to pass a swim test before entering the deep end.
- YMCA appropriate swimming attire must be worn; this includes the use of swim diapers. Diapers cannot be changed on deck.
- Food and beverages are not permitted in the Aquatics Center.
- No glass containers on pool deck.
- Y Equipment is reserved for instructor and adult use only.
- Only U.S.Coast Guard approved PFDs permitted.
- Inflatable devices are prohibited.
- Use of dive masks and snorkels that cover an airway, by those younger than 18 years old, are prohibited.
- Monofins (including mermaid tails and similar swim equipment) are not permitted in the pool due to safety concerns.
- Diving and use of starting blocks are only permitted with a Y Coach or Y Instructor.
- Chairs and benches must remain against the wall at all times.
- The Lifeguard's Word is Final.

## AQUATIC CONDUCT

Safety Breaks may be called at :45 past the hour during open/family swim using a short whistle blast followed by a long blast. Affected swimmers must exit the pool and may not re-enter until another short-long whistle signals the break is over. We ask all individuals to act appropriately and follow our Member Code of Conduct at all times when they are using our facilities. Failure to follow this code, pool rules, supervision policies, or the lifeguard's directions for safety may result in removal from the pool area.

## SWIM TESTING POLICY

Swimmers 6-14 are considered "red band" swimmers unless they complete a swim test. The swim test is made up of the following tasks:

- Perform a feet-first jump into deep water and tread water for 30 secs, keeping the head above water.
- Transition to back float and hold for 20 seconds.
- Swim 1 full length of the pool on front with correct form and breathing techniques.
- Exit the pool without using a ladder

To pass and achieve a green band, swimmers must complete all tasks without stopping, touching the wall, or showing signs of struggle. Swim tests are only conducted when a testing lifeguard is available. Lifeguards may verify age, test or retest any swimmer at any time. Their decisions are final.

## BAND COLOR DEFINITIONS:

**WHITE** w/ red designs: All children ages 5 & younger

- Must be accompanied by an adult in the pool
- 1:2 adult to children ratio
- Second child must be in a coast guard approved lifejacket
- Adult must be within arm's reach actively supervising the child(ren) at all times

**RED:** Swimmers 6-14 who have not passed the swim test

- Children must stay in the designated shallow area of the pool in water that is no deeper than their armpits.
- Red swimmers must be accompanied by an adult to other areas of the pool in water that is no deeper than armpit level on the adult
- 1:2 adult to children ratio, adult must be within arm's reach actively supervising the child(ren))
- Red swimmers are not permitted in the deep end of the pool.

**GREEN:** Swimmers who pass the swim test

- May swim in any designated swim areas of the pool

## YOUTH SUPERVISION GUIDELINES

Parent supervision on the pool deck depends on child's age. Akron Area YMCA Guidelines:

Children ages 5 and under:

- Parent/Guardian must be in the water within arm's reach actively supervising child(ren)
- Adult must be in proper swim attire
- Adult to child(ren) ratio must not exceed 1:2
- Second child must be in a coast guard approved lifejacket

Children ages 6-10:

- Parent/Guardian must be actively supervising child(ren) in the water
- If adult must leave the pool deck, children must exit with adult

Children ages 11 and over:

- Child(ren) may swim without parent supervision as long as proper conduct permits