



RULES AND GUIDELINES

Aquatics

General Rules

For your safety and the safety of others, we ask for you to follow the guidelines below:

- Lifeguards and aquatic staff have authority over the pool area.
- Please respect the requests of the YMCA staff on safety issues.
- A swim suit must be worn. No cotton shirts or cut-offs allowed.
- Shower required prior to entering the pool area.
- No running on the deck and in the locker rooms.
- Non-swimmers are prohibited from the deep end of the pool
- No outside personal flotation devices (PFDs) allowed. PFD's available if needed.
- Diving is permitted only in the deep end of the large pool, into the 9+ foot depth
- No food, beverages or gum allowed the pool area.
 - Only closed, shatterproof water bottles are permitted.
- Individuals with infectious medical conditions are prohibited from swimming.
- Inform the YMCA staff of anything that may be a safety issue.
- All YMCA pool toys/equipment must remain in the pool area and put away after use.
- Kickboards and pull buoys are provided only to lap swimmers and YMCA programs.
- Appropriate language should be used at all times; vulgar/offensive language isn't tolerated.
- Inflatable flotation devices are not permitted in the pools, except when provided by the YMCA at special occasions.
- Swim test is required for children 16 years of age and under to access the deep end of the pool. This is required at every visit.
- Young children who are not toilet trained must wear a swim diaper (also known as a Little Swimmer). You may purchase one at the Service Desk (available at Eau Claire Branch only).
- No prolonged breath holding activities as this may result in "Shallow Water Blackout."
- Starting blocks are for swim team and swim lesson use.
- Only YMCA staff may teach any aquatic instruction. Pool may not be used for non-YMCA sanctioned instruction.
- No street shoes are allowed on any part of the pool deck.
- No mermaid suits or mono fins allowed.
- Do not hang onto the lane lines or ropes.

Proper Swim Attire

- Bathing suits are required.
- Non-cotton, clothing is allowed as approved by aquatic staff with a proper swim suit underneath.
- Cut-offs are not permitted.
- Young children who are not toilet trained must wear a swim diaper (also known as a Little Swimmer). You may purchase one at the Service Desk (Eau Claire Branch)

Swim Test Policy

Jump into deep water; swim 25 yards in a horizontal position while maintaining a strong stroke, without the use of goggles, fins or other equipment. The swimmer must occasionally put face in the water then breathe to the front or to the side. Upon completion, the lifeguard will provide you with a colored wrist band. This test is given at each visit to the pool for swimmer's safety.

Small Pool Rules (Eau Claire Branch)

- Enter or jump feet-first into the water, no diving or head-first entries.
- Share facility toys.
- Running, aggressive or rough horseplay are prohibited.
- Play inside of the pool. Please no running or playing on the pool deck.

Diving Board Rules (Eau Claire Branch)

- One person at a time on the diving board.
- Wait until the previous diver has cleared the landing area before diving.
- Do not dive off the side of the diving board.
- No swimming or playing in the diving area when the diving board is being used.
- One bounce allowed, please no running dives.
- Any flips, dives or jumps must be forward-facing and out and away from the diving board.
- Do not dive under the influence of drugs or alcohol.
- Diving fulcrum is not to be adjusted.
- No hanging from the diving board.
- Aquatic staff may restrict certain dives based on safety concerns.

Lap Swim Etiquette

When we work together, lap swimming can be a wonderful experience for all levels of need and fitness and enhance the aquatic experience for all patrons. Be welcoming when a swimmer decides to join your lane.

- It is courteous to wave or temporarily stop a nearby swimmer to notify them of your presence in a lane.
- **Lane designation:** lanes are designated as slow, medium, or fast. Choose a lane compatible with your speed, then notify the others in the lane you are joining them.
- **Lane splitting:** Two swimmers within one lane. One swimmer swims on the right side of the lane, and the other swimmer swims on the left side of the lane.
- **Circle swimming:** Two or more swimmers within one lane, by swimming in a counter clockwise fashion on the right side of the lane following the swimmer in front.

- **Passing:** Pass on the left. Tap the foot of the person in front of you before passing. If you are being overtaken at the turn, stop and wait until the other swimmer has pushed off the wall.

Staff Certifications

All YMCA Lifeguards are certified professional rescuers in Lifeguarding, CPR/AED, and First Aid.