

## GENERAL AQUATIC CENTER POLICIES

The following policies outline the Y's expectations for members and guests in all areas of our 20th Ave Aquatic Center. Please review the following before visiting our facilities.

### FACILITY RULES

- Only U.S. Coast guard approved floatation devices are permitted for use in our aquatics facilities. Life jackets and a limited number of puddle jumpers are available for use.
- Diving is permitted ONLY in the deep end at a 9 ft depth (20th Ave only).
- Kickboards, pull buoys, flippers, and other exercise equipment are only permitted in lap swimming areas or during YMCA programming.
- No outside swim equipment is allowed in the pool without lifeguard approval.
- Food, drink, gum, and/or tobacco products are prohibited.
- Glass containers and objects are prohibited.
- Strollers are not allowed on the pool deck (strollers may be parked in pool hallway at 20th Ave only).

### CONDUCT & SAFETY

- A lifeguard must be present before patrons enter the water.
- No running, pushing, unnecessary roughness, or "horseplay."
- Grabbing railings, ropes, and climbing on walls/features is prohibited unless in designated areas or in water safety measures.

### HEALTH & HYGIENE

- Showers (with soap) are required before admittance to the aquatic center.
- All bandages must be removed before entering the water.
- Persons with open sores or rashes are not permitted in the water.
- Diaper changing on the pool deck is prohibited.

### ATTIRE

- Proper swimsuits are required (no cotton) and must be worn at all times. Other clothing alternatives are subject to approval by aquatics staff.
- Please embrace the family-friendly atmosphere of the Y when choosing your swimming garments.
- Street shoes are prohibited.

## WHIRLPOOL, SAUNA, & STEAM ROOM POLICIES

**Please review the following before visiting our facilities. General Aquatic Center Policies also apply to the whirlpool, sauna, & steam room.**

- Users must be 14 years of age or older to use these areas.
- No running, pushing, unnecessary roughness, or “horseplay.”
- Do not submerge your entire head in the whirlpool.
- Exercising is prohibited in these areas.
- All bandages must be removed before entering the water.
- Persons with open sores or rashes are not permitted in the water.
- Do not conduct personal hygiene activities in this area.
- Do not remain in the whirlpool longer than 8 minutes. Lengthy exposure may be hazardous to your health and may result in nausea, dizziness, or fainting.

## CONSULT A PHYSICIAN BEFORE USING THE WHIRLPOOL, SAUNA, OR STEAM ROOM IF:

- You are pregnant.
- You suffer from heart disease, diabetes, or high/low blood pressure.
- If you have any other health concerns regarding your heart, blood pressure, or light headedness.
- You are taking medications and or any other substances with unknown side effects.

## LAP POOL POLICIES

**Please review the following before visiting our facilities. General Aquatic Center Policies also apply to the lap pool.**

- **Any swimmer interested in using the lap pool should review our lap lane etiquette guidelines (see the next page.)**
- **ANY SWIMMER UNDER THE AGE OF 16 must pass a swim test to be allowed entrance in the lap pool unless they are accompanied by an adult in the water, or they are engaged in a YMCA Swim Program.**

### **YMCA Swim Test**

- Starting in the shallow end, swim ½ length of the lap pool using a proficient front crawl or breaststroke, and rhythmic breathing.
- Stop swimming in front of the lifeguard chair and tread water for 30 seconds.
- Return to the shallow end, swim ½ length of the lap pool using a proficient front crawl or breaststroke, and rhythmic breathing.
- Touching the bottom or sides of the pool during the test is **NOT** allowed- the swimmer must be able to support themselves unaided in the water.
- The “doggy paddle” does not meet the safety standard and therefore may not be used during the test.

### **After the Test**

- A swim band will be placed on the swimmer’s wrist once the test is passed.
- Your band must be worn while you are using the lap lanes.
- If you do not have your band, you will be asked to re-take the test.
- If a swimmer cannot pass the test and they are with an adult (18+) in the water, they may stay where the adult can touch the bottom of the pool with their head above water.

# GENERAL LAP GUIDELINES

## GENERAL LAP SWIM ETIQUETTE

- If there is more than one swimmer in a lane the first person to enter the lane can choose the method of sharing the lane, unless the lane is designated for circle swim.
- Enter and exit only at the end of the lane.
- Passing slower swimmers should be done at the end of the lane.
- Swimmers resting at the end of a lane should stay to the side to allow other swimmers to pass.
- Be aware of where other swimmers in your lane are.
- Any swimmer desiring to join a lane should get the attention of swimmers currently in the lane to ensure they are aware of their presence before entering the water.

- During designated lap swim times, adult lap swimming is the primary use of the lanes.
- *Youth may swim in the lap lanes if:*
  - they have passed the swim test
  - they are not interfering with lap swimmers in other lanes
  - other adults are not waiting to swim laps

## CIRCLE SWIM ETIQUETTE

- Follow all general Lap Swim guidelines above.
- Swim in a counter-clockwise fashion.
- Swim to the right of the center line on the bottom.
- Do not swim two abreast.
- Faster swimmers should go first, slower swimmers follow.

**1 Length = 25 Yards • 1 Mile = 72 Lengths**

**1 OR 2 SWIMMERS: SIDE BY SIDE SWIM**



**3 OR MORE SWIMMERS: CIRCLE SWIM**



- Deep-water exercisers may use the lanes to exercise if space is available.

- During scheduled hours, water exercise classes will use all lanes. *Lifeguards will clear the lanes and move the lane lines 5 minutes prior to the start time of the class.*

**Swimmers should always respect each other and YMCA staff.**