

Northwood YMCA Pool Rules

- Shower before swimming and after applying any sunscreen
- No diving in the shallow end
- No running on the pool deck
- No climbing on top of others
- No Horseplay (throwing children)
- No hanging or playing on the pole by the stairs
- Lifeguard must approve every toy that goes into the pool
- No holding breath contests
- No chewing gum in pool
- Do not hang on to the rope or lane lines
- No jumping off the blue part of pool rim, must jump from gutter step
- When jumping off side of pool, No flips, spins, or jumping off backwards
- Children must be able to pass the swim test and be at least 9 years old or older to be left at the pool unattended
- Any child that cannot pass the swim test **MUST** wear a coastguard approved lifejacket and be accompanied by an adult (over the age of 18) **IN** the pool within arm's reach
- Non-swimmers are not permitted in the deep end
- Keep food and drinks at least 15 feet away from pool
- No glass (containers or otherwise) permitted on the pool deck
- No smoking at the YMCA
- No profanity or improper behavior at the YMCA
- Safety Break (10 minutes every hour): Children under the age of 18 must be out of pool – Adult Swim only
- No animals permitted on pool deck
- No large flotation devices
- YMCA pool toys and equipment are for program use only
- Kick boards and pull-buoys are for lap swimmers only
- Stay off of racing blocks
- The lifeguard is in charge

Caring: Share a lane if needed.

Honesty: Be truthful about your swimming ability.

Respect: Listen to the lifeguard.

Responsibility: Shower before using the pool and pick up after yourself.

THANK YOU!