

WALLINGFORD YMCA POOL RULES

- ▷ A lifeguard must be on duty for the pool to be open to the public.
- ▷ A soap shower is expected before entering the pool.
- ▷ Any persons who have or suspect they have a communicable disease shall not use the pool.
- ▷ Children not toilet trained must wear swim diapers.
- ▷ Spitting and nose blowing in the water is prohibited. Improper behavior and or language is prohibited.
- ▷ Long hair must be tied up or capped.
- ▷ Bathing suits must be worn: no cut offs or t-shirts (unless special permission is given.)
- ▷ No food or gum chewing allowed. Beverages in plastic containers allowed only under coaches' supervision.
- ▷ Those 14 years old or older may use the Adult lap lanes but must be swimming laps to remain in them. Lap lanes are strictly for lap swimmers. Only lap swimmers may use the Y's kickboards, pull buoys and fins.
- ▷ Children under 12 must have an adult or guardian on deck during Open Swims.
- ▷ Children under 8 must have a parent or designated adult in the water with them during Open Swims.
- ▷ No flotation devices except bubbles and Coast Guard approved life jackets are allowed. No "swimmies" or armbands.
- ▷ Sitting or hanging on lane lines and safety ropes is prohibited.
- ▷ Swimmers must be able to pass the swim test - 25 yards without a floatation device - in order to swim in the deep end (past the yellow safety line).
- ▷ Jumping in only in the deep end. No back dives or jumps, no flips allowed. Diving only allowed off the end wall between the diving blocks.
- ▷ Diving blocks may not be used during Open Swims.
- ▷ The use of noodles and toys is at the discretion of the life guard on duty. Misuse of toys will result in their use being denied.
- ▷ No repetitive breath holding allowed.
- ▷ A 1:25 lifeguard to swimmers ratio is strongly enforced. The ratio may be lessened if warranted.
- ▷ Three blows of the whistle means to clear the pool immediately.
- ▷ **STORM POLICY:** At the first sight or sound of thunder and lightning, the lifeguards are to clear the pool immediately for 15 minutes. If the guards do not hear or see anything storm related, swimmers will be allowed back in the pool at the end of the 15 minutes. There must not be any storm signs for 15 continuous minutes for swimming to be resumed.

Rules updated on 8/22/07