



SAFE POOLS HAVE RULES

Tri-Community Family Branch YMCA Pool Rules

All members using the pool should exemplify the YMCA's 4 Core Values of Caring, Honesty, Respect, and Responsibility.

- **Follow all lifeguard directions.** They are responsible for the safety of all swimmers.
- **Showers are required before entering the pool.** This is Massachusetts State Law (and a good idea!)
- **Help us keep it clean!** Please pick up any trash after yourself. Long hair needs to be in a swim cap or pulled back. Bare feet, water shoes, and/or sneakers/ sandals that are for indoor use only are allowed (no street shoes allowed.)
- **Keep it fun.** Horseplay or other unsafe behavior is prohibited. Hanging on lane lines is not permitted.
- **Noodles and life jackets are available for everyone.** Please respect our equipment. No slapping, biting into, or spitting water out of the noodles. Put life jackets back in proper location.
- **Flippers, barbells, kick boards, and pull buoys are for adult and instructional use only.** Balls/ Toys for swim lessons only. Mermaid tails/ monofins are prohibited.
- **Only YMCA life jackets and Coast Guard approved flotation devices are allowed.** No inflatable devices such as water wings, inner tubes, rafts etc. Life jackets are available for use and are located on the pool deck.
- **Proper swim attire must be worn.** Street clothes are not allowed for health and safety reasons.
- **Open wounds, rashes or sores are not allowed.**
- **No diving in the shallow end of the pool.**
- **Jumping forward is allowed;** no twists, spins, flips or backwards jumps are permitted.
- **Starting blocks may only be used by swim team** during practice with coaches supervision.
- **Glass (tempered) masks and snorkels are prohibited.**
- **Food, gum, or glass are not allowed** on the pool deck.
- **Prolonged submersion and breath holding activities are prohibited.**

Lap Swim

- **Swimmers of all ages are welcome to swim laps.** Swimmers MUST be able to swim the full length of the pool continuously and without support.
- **Adult water walking, exercising, and floating are permitted during Leisure Swim.**
- **Lap swimmers must share lanes** if there is not an open lane. Circle swimming is required when 3+ swimmers are sharing a lane. To swim circles effectively, watch the center line on the bottom of each lane and stay to the right.
- **Acknowledge and respect your fellow swimmers when you are sharing a lane.**

Open/Family Swim

- **For recreational and rehabilitation use.**
- **Noodles are available to use!** The lifeguards reserve the right to minimize use depending on number of patrons.
- **Children under the age of 6 and/or wearing a flotation device** must have a parent in the water within arm's reach in the shallow end.
- **Children wearing a flotation device** must stay in the shallow end of the pool.
- **Children under 4 ft tall are required to wear a life jacket.**
- **Children ages 6-12** must have a parent present on pool deck.
- **Deep end swim tests** may be conducted per the lifeguard's discretion.

Deep End Swim Test

Conducted by lifeguard or swim instructor

- 25 yd swim- shallow end to deep end- swimmer must have face in the water and arms out of water.
- Jump in 10 ft of water
- Underwater swim from wall to flags
- Float on back for 10 seconds