

PRESCOTT YMCA POOL RULES

- No running or horseplay allowed.
- Children under the age of 10 must be accompanied by an adult (18+). See swim test procedure for proper locations of guardian.
- All swimmers must take a cleansing shower before entering the pool.
- Flotation devices prohibited unless US Coast Guard approved.
- Toys and instructional aids available during parent/ child swim and lessons.
- No water guns, volleyballs/ basketballs/ tennis balls/ footballs (other non water sport balls), flotation devices, or noise making toys allowed within the aquatics facility.
- Mothers may nurse their babies on the pool deck or on a bench but not in the water.
- For the safety of yourself and others: No running, pushing, chokeholds, dunking, throwing others, horseplay, spitting, gymnastics on rails, playing in the handicap ramp, climbing or swimming under the bulkhead, swimming with open sores, dangling jewelry.
- Hair past shoulder length must be tied back or in a bathing cap.
- Diving is permitted in the diving well only and in the designated area.
- No gum chewing, eating, drinking, glass container in the pool area and locker rooms. Food may be consumed on pool patio.
- Clean family friendly or full coverage swimwear intended for in-water activities must be worn. Street clothes, cut-offs, jeans or t-shirts over underwear not permitted. Light colored t-shirts may be worn over swimwear. Infants and toddlers (under 3) require the use of tight-fitting plastic pants or swim diapers under their suit. No disposable diapers allowed.
- For health reasons, do not borrow from lost and found including suits, goggles, towels, etc.
- Spitting, urinating, spouting water, blowing one's nose, or depositing foreign materials in the pool is prohibited.
- No one under the influence of drugs or alcohol is permitted in the YMCA.
- No animals allowed in the pool area except for trained service animals.
- Mermaid tails are permitted during the school year but are not allowed during summer use. If children use a mermaid tail and are green bands, they cannot pass the yellow band rope in the lap pool and yellow and red bands must remain in the activity pool. If a lifeguard feels a child is not a competent swimmer they may require a parent to be in the water with them at all time or tell the child to take the tail off.
- Observe all safety regulations. Anyone refusing to obey the pool rules is subject to removal from the premises.

SLIDE

- Must be a yellow or green band to go down unaccompanied.
- Parents/ Guardian (18+) may accompany red bands down the slide and are NOT permitted to catch children.
- Clear the splash down area immediately and keep the splash down area clear.
- Face up, feet first. No spinning or flipping in the slide. Keep hands inside the slide.
- One person at a time except when a parent is accompanying a red band down the slide.
- Do not wear lifejackets or use any floatation devices down the slide.

Diving Board

- Capable swimmers only allowed on the board or in the well (green band).
- One person on the board at a time. One bounce on the board. Do not jump off board until the person in front of you is on the side.
- Dives Allowed: front dives, front flips, forward twists, forward jumps.
- Dives not Allowed: back flips, reverse dives (gainers), inward dives, backward jumps, cartwheels, handstands.
- No running on the diving board.
- No lifejackets off the diving board unless under the direct supervision of a swim instructor.

Additional Summer Rules:

Due to larger bather loads in the summer defined as Memorial Day through the first day of school, the Prescott YMCA will enforce additional rules as outlined below:

- No pool noodles, flotation devices not approved by the US coast guard, or mermaid tails.
- No additional bathers during summer camp swim times (10:30a-12pm) except lap swimmers.

**This list is not all pool rules and lifeguards are still responsible for knowing and understanding all pool rules written on signs throughout the aquatics area. At any time if a lifeguard deems an action or behavior unsafe the lifeguard is responsible to put a stop to an unsafe behavior.*

Swim Test Procedure:

Red Band- Non-swimmer unable to pass the swim test or under 48 inches tall.

Yellow Band- At least 48 inches tall and unable to pass the swim test.

Green Band- Can jump into deep water (above head), tread water for 30 seconds, swim 25 yards continuously on front.

Children 0-5: must be accompanied by an adult in the water if a yellow or red band. If a green band then they must be on the pool deck.

Children 6-9: must be accompanied by an adult on the pool deck (unless a red band then parent must be in the water).

Children 10-12 must be accompanied by an adult within the YMCA facility.

Children 13-17 may be unaccompanied within the YMCA.

18+ may accompany children under 10 to the YMCA.

Red Bands- Must be accompanied by an adult and may be in the activity pool or in the lap pool to the yellow band rope (no deeper than 3.5ft of water).

Yellow Bands- Can be in the activity pool or the lap pool where the yellow band rope is placed at the backstroke flags and no deeper than 3.5 feet. Yellow bands may use the slide unaccompanied by an adult.

Green Bands- May use the diving board and slide unaccompanied, they have access to all open rec zones when swimming.