

## **PRESCOTT YMCA POOL RULES**

- 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), 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 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.
- Lifeguard must be obeyed at all times.

### **SLIDE**

- Must be a yellow or green band to go down unaccompanied.
- Parents/ Guardian (18+) may accompany red bands down the slide.
- Clear the splash down area immediately.
- Always 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.

### **Diving Board**

- Capable swimmers only allowed on the board/ in the well (green band).
- One person on the board at a time. Once 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.