

# SAFE POOLS HAVE RULES

**SOMETHING  
FOR EVERYONE**

## ACTIVITY POOL

- Warm water pool for recreational swimming, water walkers, etc.
- Vortex or current area for resistance walking
- Zero depth entry splash area with spray features
- Lily pad crossing for stronger swimmers
- Water slide for those at least 48" tall

## LAP POOL

- 25 yard, 4-lane pool
- Conditional lap swimming for swimmers 16+ years of age
- Cooler temperatures for better lap swimming and exercise class conditions



## WHIRLPOOL/ HOT TUB

- Must be 18 or older to use this space
- Temperatures average 103 degrees to promote relaxation.
- Please limit use to no more than 10-minutes.



**SAFETY TIPS**



Obey all posted rules and lifeguards on duty at all times.



Only US Coast Guard approved personal floatation devices allowed.



No running in the pool area. Walk for the safety of you and others.

## SWIM TESTING

We will require a daily swim test for all youth under the age of 16 who are wanting to use the instructional area, lily pad crossing, and the current channel. YMCA lifeguards may test the competency of any swimmer. The swim test consists of treading water for 30 seconds and swimming front crawl, preferably with their face in the water, for 25 yards.

## AQUATIC CENTER RULES

[statelineymca.org/aquatics](http://statelineymca.org/aquatics)

- Please do not enter the pool if you have a communicable disease or open cut.
- Do not bring food, drink, gum, or tobacco into the pool or pool area.
- Please shower before entering the pool and after use of toilet facilities. Do not wear lotions or oils in any of the pools.
- Running and/or rough play in the pool area is not permitted.
- Animals are not permitted in the pool area.
- Diaper changing on the pool deck is prohibited.
- No glass or shatterable items in the pool area.
- Non-toilet trained children are required to wear swim diapers.
- Diving, back flips, spins, and running jumps are NOT permitted when entering the pool.
- Only coast guard approved personal floatation devices are permitted in the pool; we do not allow inflatables of any kind. Children who require the assistance of a floatation device must have an adult with them in the water and within arms reach at all times.
- Children under the age of 7 must be accompanied by an adult (18+ years of age) who is within arm's reach at all times. Children ages 7-12 require a parent/adult to be either in the pool or on the pool deck at all times; ages 13 and above require no parent/adult.
- Appropriate swim attire must be worn in the pool. Street clothes are not permitted in the pool, and shoes are not allowed on the pool deck.
- Breath holding activities or prolonged underwater swimming is not permitted.
- Swimmers should not stand on the spray jets in the splash area or climb on any of the spray features.
- The lifeguards have the ability to enforce any and all pool rules, as they are there to keep everyone safe. Lifeguards should be obeyed at all times.

## WHIRLPOOL RULES

- Elderly persons and persons suffering from heart disease, diabetes, or high or low blood pressure should not enter the whirlpool.
- Persons under the influence of alcohol or drugs may not use the whirlpool.
- Pregnant women should consult their physician regarding whirlpool usage.
- Lengthy exposure may be hazardous to your health and may result in nausea, dizziness, or fainting. Please limit usage time to no more than 10-minutes.
- Diving, jumping, playing, and exercise in the whirlpool is prohibited.
- Please refrain from submerging to the bottom of the whirlpool, as hair can become tangled in the drain.
- Please wait at least 5-minutes after exercising before entering.

## SLIDE RULES

- Persons under the influence of alcohol or drugs may not use the slide.
- Follow all instructions of the attendant and lifeguard(s).
- No standing, kneeling, rotating, or stopping in the flume.
- Arms and hands must remain inside the flume at all times.
- Once finished, please leave the plunge area immediately.
- Double riding is not permitted, no matter the age; single riders only.
- Weight limit: 350lbs
- For safety reasons, pregnant women and persons with heart conditions or back trouble should not ride the slide.

## LILY PAD WALK RULES

- One person at a time.
- Must be tall enough to reach the safety net on your own. No jumping or lifting.
- Do not swim between or under the pads.
- Please leave the Pad Walk area if you happen to fall off.
- Obey the lifeguard at all times.
- Only swimmers who have passed the swim test are permitted to use the lily pads.

