

Cumberland YMCA Pool Rules

We want to have an enjoyable environment for everyone who uses the YMCA Aquatic Facility. In order to create that, we have set up rules that need to be followed when using the pools at the Cumberland YMCA. Thank you!

- ◆ Obey the Lifeguard at all times. The lifeguards are responsible for enforcing all pool rules; discourteousness to the guards will not be tolerated and offenders will be asked to leave the pool area.
- ◆ Proper swimsuit attire is required. NO cutoffs, gym shorts, or t-shirts are permitted in the pool.
- ◆ No gum, eating, or drinking in the pool area.
- ◆ SHOWER BEFORE ENTERING THE POOL
- ◆ STREET SHOES ARE NOT PERMITTED ON THE POOL DECK. *Please remove your shoes or walk around through the hallway if you need to walk between the viewing area and the locker rooms or anyway else on the deck. Aquatics staff will ask you to remove your shoes if you are seen wearing them beyond the viewing area. This is for the health and safety of the swimmers. It keeps dirt off of the pool deck and therefore out of the pool as well.*
- ◆ Main Pool—Children under the age of 7 must be accompanied in the water by an adult. An adult must also accompany children of any age wearing a life vest in the water.
- ◆ Main Pool—Children under the age of 12 yrs. that are lap swimming must be supervised in the water.
- ◆ Warm Water Pool—used only by adults (must be over 16). Children under 16 must be supervised by an adult in the water.
- ◆ Warm Water Pool—Please refrain from jumping, splashing, diving, or throwing objects in this pool. These activities are permitted only in designated areas in the main pool.
- ◆ Sauna & Steam room—No one under 16 is permitted in the sauna or steam room.
- ◆ Floatation aids, other than U.S. Coast Guard approved life vests, are not permitted. This includes inflated tubes, water wings, etc.
- ◆ Non-swimmers should remain in the shallow end of the pool Main Pool.
- ◆ The starting blocks may be used only under the supervision of a YMCA swim team coach or instructor.
- ◆ Fins are for swim lessons and lap swimming only.
- ◆ Equipment that is in the Pool Equipment area next to the steam room is for class and instructional use only. There is equipment available on the pool deck for fitness use outside of class time. Use of this equipment is at the discretion of the lifeguard.
- ◆ Walk at all times when in the pool area.
- ◆ Remain in the viewing area when not swimming.
- ◆ Wear swim diaper and rubber pants if not toilet-trained or require personal protection. This is a requirement of the Health Department for the health and safety of all who enjoy the pool area.
- ◆ Do not play on the steps and refrain from sitting or standing on the black tile wall next to the steps.
- ◆ Refrain from running, pushing wrestling, flips, twists, diving in shallow water, jumping or diving over another person's head and other activities which might cause injury.
- ◆ Please be aware of using appropriate language and topics of discussion. We are a family facility and many many are offended by inappropriate language or topics