

# SAFE POOLS HAVE RULES

## CUMBERLAND YMCA



### Cleanliness & Hygiene

Please help us provide a clean, safe place to swim by adhering to these guidelines:

- \* Showers are required before entering the pool which is a Maryland State Hygiene law.
- \* Remove all Band-Aids and bandages before entering the pool.
- \* Patrons with open sores, oozing, bleeding, etc. will be denied access.
- \* Wear appropriate swim attire which includes: bathing suits or swim shirts made of neoprene or nylon/polyester blends. **NO jean cutoffs; gym shorts; cotton shirts, tank tops or sport bras; or street clothes. (See signs for further details.)**
- \* Food, drink and gum is not permitted in the pool area. Water is permitted in plastic containers.
- \* Snug fitted specialized swim diapers, such as Little Swimmers, are preferred. A disposable diaper, covered by a snug fitted plastic pant under the bathing suit is allowed.

It is our goal to provide a safe environment for you and your family. We test our water chemistry every two hours per our local health department regulations. We must maintain proper levels. We use bromine and chlorine in our pools. For more information, contact our Aquatics Director.

### Warm Water Pool

Children under 18 years of age are not permitted in this pool without a parent/guardian in the water. Maximum pool occupancy is 20 people. The warm pool may close due to high participation in swim lessons or arthritis classes. The lifeguard may ask you to wait or use the main pool.

### Main Pool

Children, 6 years of age and under, must be accompanied and supervised by a parent/guardian in the water. Children, 7 years old, must be accompanied and supervised by a parent/guardian in the water unless the child is participating in a program or on a Y Team. A parent/guardian must be present immediately after the program, activity or team event ends. Children, 7-12 years old, who pass our swim test (see below) may use the main pool provided they follow pool rules and a parent/guardian remains in the facility. Children, 7-12 years old, who have **NOT** passed the swim test, may use the shallow end of the pool with a life jacket or be accompanied and supervised by a parent/guardian in the water.

To use the lap lanes, children, 12 years or younger, must be accompanied by a parent/guardian unless the child is on the Y Swim Team.

### Swim Testing & Life Jackets

Patrons of any age may be swim tested at the discretion of the aquatics staff. Those who have passed the swim test are permitted in the deep end. Only Coast Guard marked floatation aids are permitted.

To pass the swim test you must: Enter the water on your own. Swim 50 yards on top of the water without stopping, touching the bottom or grabbing the wall or lane line for aid. Tread water in the deep end for 1 minute without stopping. Float on your back for 30 seconds. Exit the water without assistance.

### Sauna and Steam Room

Children under the age of 18 are not permitted in the sauna and steam room. For your safety and potential dehydration issues, limit your use to 30 minutes. Do not attempt to reset or tamper with any sauna or steam room controls (light switches, rocks, "reset" buttons, etc) as you may cause a system malfunction. Our lifeguards have been trained in appropriate operation procedures and will assist in resolving any concerns.

### For Your Safety

- \* The entire pool area (both pools, steam room, sauna and family locker room) closes during electrical storms. The area will close for 30 minutes after the last sound of thunder or sighting of lightning.
- \* Planned pool closures will be posted throughout the facility, on our website, and our Facebook page.
- \* Only swim if a Lifeguard is present.
- \* Breath-holding activities are not permitted.
- \* No running in the pool area.
- \* Horseplay and inappropriate behavior (hanging on float lines or lap lanes) can be harmful and subject to discipline.
- \* Twists, flips, and back dives are not permitted.
- \* Starting blocks are only to be used with a Y coach or Y instructor.
- \* Pool equipment -- buoys, flippers, and kickboards -- are only to be used with a Y coach or Y instructor.

# Top Ten Pool Rules



Our goal is to provide a safe, hygienic environment for you and your family. We test our water chemistry every two hours to maintain proper levels per our local health department regulations. You can assist by abiding by our top ten pool rules:



- \* Showers are required before entering either pool.
- \* Do not use the pool if you have a cold, rash, fever, foot infection, open wound or bandage.
- \* Wear proper swim attire. **NO** street/beach clothes, cutoffs, jean shorts, cotton t-shirts, bras, tank tops or gym shorts.
- \* Must be 18 and older to be in the warm pool, sauna and steam room.
- \* Y Pool equipment (kickboards, noodles, flippers) is for class and swim lesson use only.
- \* Only USCG approved lifejackets/ floaties (provided by the Y) are acceptable for swimmers. No inflatables permitted.
- \* No running, horseplay, hanging on the lane lines/ropes, flipping from sides, pushing, profanity or inappropriate language is permitted.
- \* Twists, flips and back dives are not permitted.
- \* Maximum occupancy of the warm water pool is 20 people.
- \* Food, drink and gum is prohibited in the pool area. Water is permitted in plastic containers.