



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **YMCA OF NWLA POOL RULES**

1. The lifeguards have the authority to enforce any pool rules, written or unwritten.
2. Please walk on the deck. No running.
3. Please shower before entering the pool.
4. Appropriate swim attire must be worn at all times.
5. Food, drink, alcohol, and tobacco products are not allowed in the pool area.
6. Anyone with open wounds should refrain from using the pool.
7. No diving or headfirst entries into the pool unless under the supervision of a coach/instructor.
8. Children of diaper age must wear a swim diaper. Diaper changing on the pool deck is prohibited.
9. Inflatable devices such as rafts and tubes of any kind are not allowed in the pool.
10. Climbing on water features is not allowed.
11. Swim tests will be performed at the lifeguards' discretion.
12. Age requirements
  - a. Children age 7 and under must have an adult in the pool area.
  - b. Children 8-9 years of age must have an adult in the building.
  - c. Children 10 years or older may swim independently.
13. Lap Lanes
  - a. Lap lanes are for lap swimmers, water exercise, or YMCA swim classes only.
  - b. Swimmers may not hang, sit, or lie upon the lane lines.
  - c. If all lanes are occupied, lap swimmers must share lanes.
  - d. Recreational swimming is not allowed in the lap lanes.
14. Equipment kept on deck for lap swimmers may only be used by lap swimmers. Children may not use this equipment unless actively engaged in a swim lesson.