



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SAFETY FIRST POOL RULES

SMALL POOL RULES

1. Children under first grade must be accompanied in the water by an adult at all times. Keep children within arm's reach.
2. Shower before entering pool or whirlpool.
3. Proper swimming attire must be worn at all times.
4. Running on the deck, horseplay, tossing children into the air, standing or sitting on shoulders, questionable public displays of affection or abusive language are not permitted.
5. Food, pop, gum or candy are not permitted in the Aquatics Center. Water / sports drinks in plastic bottles are allowed.
6. Shallow water—NO DIVING! Enter water facing forward.
7. Floatation devices for assistance are permitted.
8. People with infectious conditions, bandages, open cuts or wounds are not allowed in the pool.
9. Disposable diapers and feminine napkins are not permitted in the pool or whirlpool.
10. You must be 18 years old and out of high school to use the Men's Locker Room, Women's Locker Room, and Whirlpool. Children are not allowed in these areas.

11. Lifeguard's word is final.





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SAFE POOLS HAVE RULES

LARGE POOL RULES

1. **Swimming without a lifeguard present is prohibited.**
2. **Shower before entering pool or whirlpool.**
3. **Proper swimming attire must be worn at all times.**
4. **Running on the deck, horseplay, questionable public displays of affection or abusive language are not permitted.**
5. **Food, pop, gum or candy are not permitted in the Aquatics Center. Water / sports drinks in plastic bottles are allowed.**
6. **Enter water facing forward. Diving permitted from the 9 ft. area only. Starting blocks are only to be used with a Y Coach or instructor.**
7. **Hanging on the float lines, starting blocks or lap lanes is not permitted.**
8. **Non-swimmers must remain in shallow water. Children must pass a skill test before entering deep end. Children under first grade must be accompanied in the water by an adult at all times.**
9. **Any child requiring floatation devices must be accompanied in the water by an adult. No inflatable devices allowed in large pool.**
10. **People with infectious conditions, bandages, open cuts or wounds are not allowed in the pool.**
11. **Disposable diapers and feminine napkins are not permitted in the pool or whirlpool.**
12. **You must be 18 years old and out of high school to use the Men's Locker Room, Women's Locker Room, and Whirlpool. Children are not allowed in these areas.**

13. Lifeguard's word is final.





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WHIRLPOOL SAFETY

- 1. You must be 18 years old and out of high school to use this area. Children are not permitted to be in whirlpool or in the whirlpool area.**
- 2. Whirlpool not recommended for pregnant women, elderly people or people having poor health, high blood pressure, heart or circulatory disease, using prescription medication or under the influence of alcohol or drugs. Also not recommended after intense physical activity.**
- 3. Total submersion, jumping, diving or vigorous activity are not permitted.**
- 4. Allow body to cool down before entering other pools.**
- 5. Excessive exposure to high temperatures can be harmful to health. Limit your time to under 10 minutes. Drink plenty of fluids to rehydrate.**
- 6. Shower before entering.**
- 7. Proper swimming attire must be worn.**
- 8. Public displays of affection or abusive language are not permitted.**
- 9. Food, pop, gum or candy are not permitted in the Aquatics Center.**
- 10. Water / sports drinks in plastic bottles are allowed.**
- 11. Do not add any fragrance or other additives into the water.**
- 12. People with infectious conditions, bandages, open cuts or wounds are not allowed in the whirlpool.**
- 13. Feminine napkins are not permitted in the whirlpool.**
- 14. Water temperature will not exceed 104° F.**
- 15. Area closed during swim meets.**

16. Lifeguard's word is final.





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STEAM/SAUNA SAFETY GUIDELINES

- 1. Must be 18 years old and out of High School to use this area.**
- 2. Not recommended for elderly people or people having poor health, high blood pressure, heart or circulatory disease, using prescription medication or under the influence of alcohol or drugs. Consult physician before entering.**
- 3. Excessive exposure to high temperatures can be harmful to health. Limit your time to under 10 minutes. Drink plenty of fluids to rehydrate.**
- 4. Tampering with thermostat in any way will not be tolerated.**
- 5. No use of tobacco products or spitting.**
- 6. No use of eucalyptus or other additives.**
- 7. Exit immediately if uncomfortable, dizzy or sleepy.**





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STEAM/SAUNA SAFETY GUIDELINES

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- 2. Not recommended for pregnant women, elderly people or people with poor health, high blood pressure, heart or circulatory disease, using prescription medication or under the influence of alcohol or drugs. Consult physician before entering.**
- 3. Excessive exposure to high temperatures can be harmful to health. Limit your time to under 10 minutes. Drink plenty of fluids to rehydrate.**
- 4. Tampering with thermostat in any way will not be tolerated.**
- 5. No use of tobacco products or spitting.**
- 6. No use of eucalyptus or other additives.**
- 7. Exit immediately if uncomfortable, dizzy or sleepy.**

