



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Natatorium Rules and Guidelines WALDO COUNTY YMCA

- Only swim when there is a Lifeguard on duty.
- Listen to and obey Lifeguards.
- Please remove street shoes before entering the pool area.
- Please take a shower before entering the water.
- Water, in plastic containers, is the only food or drink allowed in the natatorium. This includes no gum.
- Appropriate attire for swimming is a bathing suit. Patrons may wear a t-shirt over their bathing suit. We do not allow jeans or cut off shorts in the water.
 - *Children who are not toilet trained must wear a "swimmie" (available at the front desk for \$2/each)
- During open swim times:
 - ◆ Children 6 and under need to remain within an arms reach of an adult while swimming, and in the Natatorium.
 - ◆ Children between the ages of 7 and 10 must have an adult present in the natatorium.
 - ◆ Children between the ages of 10 and 12 must have an adult present in the building.
- Children may wear U.S. Coast Guard-approved lifejackets or foam-filled "bubble belts" in the shallow end, but must be accompanied by an adult. Inflatable flotation devices and floating infant seats are not permitted.
- Patrons may use our pool noodles in a respectful manner during Open Swim times.
- Swimmers need to enter the water facing forward only. Back dives, twists, flips, and handstands from the side are not permitted.

WALDO COUNTY YMCA

157 Lincolville Avenue, Belfast ME 04915

P 207 338 4598 F 207 338 2505 www.waldocountyymca.org



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- Feet first only jumping is permitted in the Therapy Pool
- There is no diving allowed in the Therapy Pool.
- Diving is permitted in the Lap Pool from the 9-foot depth end only.
- Swimmers may be asked to share lap swimming lanes when necessary.
- Starting blocks are for the swim team and swim lessons only.
(or with specific permission from the lifeguard on duty)
- Equipment available for open swims are clearly marked and located in the right side of the equipment room. All other equipment is reserved for teaching or fitness purposes.
- Running, rough play, climbing onto or pushing others into the water is not permitted.
- Loud, rude, or vulgar language will not be tolerated.
- Swimmers will be asked to remove themselves from the pool and Natatorium during an electrical storm. We also strongly recommend that patrons not shower during an electrical storm.
- A person could be refused admission if he or she:
 - ◆ shows evidence of skin disease, sore or inflamed eyes, colds, nasal or ear discharge, or communicable diseases (a person with such a condition may be admitted with a physician's written statement which indicates that the condition is not communicable)
 - ◆ has excessive sunburn, open blisters, cuts, or bandages
 - ◆ behaves in a manner that affects the safety and comfort of others
 - ◆ is suspected of being under the influence of drugs or alcohol.

Please ask the Lifeguards on duty if you have any questions about our rules and guidelines.

More questions about Aquatics? Or have a comment or feedback? E-mail our Aquatics Director at aquatics@waldocountnymca.org.

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