



# Waldo County YMCA

★ We build strong kids, strong families, strong communities. ★

## NATATORIUM GUIDELINES

- Swimming will occur only when there is a Lifeguard is on duty.
- **All patrons must obey Lifeguard(s) on duty.**
- Please remove street shoes before entering the pool area.
- **All patrons must take a shower before entering the water.**
- Water, in plastic containers, is the only food or drink allowed in the natatorium. **No GUM allowed!!!**
- **The appropriate attire for swimming is a bathing suit. No cut-off shorts will be allowed. Patrons may wear a t-shirt over their bathing suit, as long as the t-shirt is not tattered or torn.**
- \*Babies and children, under the age of 3 **-OR-** who are not toilet trained must wear a diaper **-AND-** plastic outer pant **-OR-** a “swimmie” (available at the front desk for \$2/each) while in the water.
- **During open swim times:**
  - Children **under the age of six** must be accompanied in the pool by an adult **within arm’s reach\***.
  - Children **between the ages of six 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.
- **Noodles - only 1 noodle per person during Open Swim times; do not BITE the noodles; do not STAND on noodles; do not use them as SWORDS!**
- Flotation devices are NOT allowed in the deep end during Open Swim times.
- **Swimmers must enter the water facing forward only. Back dives, twists, flips, and handstands from the side are not permitted.**
- Jumping is permitted in the Therapy Pool from the 7½-foot depth end only.
- **There is no diving allowed in the Therapy Pool.**
- Please use stairs or ladders to exit Therapy Pool – do NOT use the handrails.
- **Diving is permitted in the Lap Pool from the 9-foot depth end only.**
- Multiple swimmers in lap swimming lanes when necessary.
- **Starting blocks are for the swim team and swim lessons only.**
- Equipment available for open swims are clearly marked and located in the right side of the equipment room. All other equipment is strictly 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.
- **Swimming shall be prohibited during an electrical storm.**
- A person should 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, or
  - is suspected of being under the influence of drugs or alcohol.