



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA SILVER SPRING Pool Rules

For The YMCA Aquatic Department, Our number one priority is safety! For this reason, we have implemented the following rules. We kindly ask that you follow these policies and procedures to ensure a fun & safe time for all of our participants. Thank you!

1. The Health Department requires all participants to take a shower before entering the pool.
2. **NO:**
 - a. Running
 - b. Diving in shallow water
 - c. Rough play (pushing/shoving)
 - d. Glass
 - e. Alcohol
 - f. Smoking
 - g. Gum
 - h. Hanging on lane lines
3. Use of diving blocks requires pool manager's permission.
4. No inflatables or large flotation devices.
5. Pool toys can be used at lifeguard's discretion.
6. All participants are expected to adhere to the YMCA Code of Conduct. Foul language is prohibited.
7. The lifeguard has final authority to enforce all pool rules.

Aquatics Rules related to children

1. Swim diapers and tight rubber shorts are required for children who are not yet toilet trained.
2. Children five years of age and under must be supervised by an adult who is in the water with them.
3. Children between the ages of six and nine years of age must be supervised by an adult who is either in the water with them or on the pool deck.
4. All children 12 years of age and under must have an adult with them when in the YMCA facility.
5. All children 13-17 years of age may be at the pool unsupervised upon completion of a swim test.
6. Any child, who cannot pass a swim test, must have an adult in the water with them regardless of the child's age.
7. 1 parent/guardian must be in the water for every non-swimmer.
8. Only US Coast Guard approved flotation devices are permitted. Adults must be in the water within arm's reach of the child wearing the flotation device.

YMCA Silver Spring

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APPROVED SWIM ATTIRE



**2 piece
Tankini**



**Swim/Surf
Shirt**



**2 piece
Bathing Suit**



**1 piece
Bathing Suit**



Swim Trunk



**Swim/Surf
Shirt**



**Plastic Pant
or Rubber Diaper**



**Long Swim
Briefs**



**Short Swim
Briefs**



Religious Swimwear

No undergarments may be worn

LAP SWIMMING ETIQUETTE

Swimmers should swim counter-clockwise near the lane markers.
Circle swimming is the default rule for all lap lanes.

Two Swimmers per Lane:

1. Select a lane appropriate to your speed — slow, medium, or fast.
2. Stay to one side of the black line.



Three or more Swimmers per Lane:

1. Select a lane appropriate to your speed.
2. Swim to the right of the black line, in a circular pattern.
3. Be sure to communicate with others in the lane to begin circular swim.
4. Turn at the center of the wall to avoid collisions.
5. Move to another lane if you are too slow or too fast for the lane you're in.



To Pass a Slower Swimmer:

1. Pass at the end of each lap, after tapping the foot of the swimmer in front. The swimmer being passed should wait on the right side of the lane.
2. If the left side of the lane is clear, pass swimmer on the left. Be sure there are at least five yards of clear water to the wall, before passing.