



YMCA ANTHONY BOWEN

POOL RULES

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

For the YMCA Anthony Bowen Aquatics Department, our number one priority is SAFETY! For this reason, we 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 participant to take a shower before entering the pool.*
2. **NO**
 - **DIVING**
 - **RUNNING**
 - **ROUGH PLAY (pushing / shoving)**
 - **GLASS**
 - **FOOD**
 - **ALCOHOL**
 - **SMOKING**
 - **GUM**
 - **HANGING ON LANE LINES**
3. *All participants are expected to adhere to the YMCA Code of Conduct. Foul language is prohibited.*
4. *No inflatables or large flotation devices.*
5. *Pool toys can be used at lifeguard's discretion.*
6. **No street shoes** allowed on the pool deck.
7. *Persons with open sores or skin diseases are not permitted in the pool. Any person who has or have had diarrhea in the past two days, please do not use the pool.*
8. *Bringing any animal, other than a registered service animal, onto the immediate premise or allowing any animal to enter the pool water is prohibited.*
9. *The Lifeguard has final authority to enforce all pool rules.*

HAVE FUN AND BE SAFE!



AQUATICS POOL GUIDELINES

FOR CHILDREN

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- 1. Children under the age of 13 must be accompanied and supervised by an adult of 18 years and over at all times.*
- 2. Children under the age of 6 must be accompanied by an adult who is in the water within arm's reach of a child wearing float vest or approved coast guard flotation device.*
- 3. All children 13 – 17 years of age may be at the pool unsupervised upon completion of a swim test.*
- 4. Any child, who cannot swim the length of the pool unassisted, must have an adult in the water with them within the arm reach regardless of the child's age.*
- 5. One adult can only accompany a maximum of 2 children under 6 years of age.*
- 6. Approved aquatics swim diaper (tightly fitting) must be worn by any child who is not yet toilet trained.*

SWIM TEST

- **SWIM 1 LENGTH** of the pool (25 YARDS) unassisted and without rest.
- **TREAD THE WATER** for 1 minute (60 seconds) in the deep end.

POOL INFO

- **POOL LENGTH** is 25 yards (22,80 meters).
- **POOL WIDTH** is 10 yards (9,14 meters).
- **POOL DEEP** is **3ft 6in** (1 meter) in the **SHALLOW END** and **5ft** (1,52 meters) in the **DEEP END**.

- **1 MILES** equals **35 LAPS**
- **1 LAP** is **2 LENGTHS** of the pool.

- **WATER TEMPERATURE** is between 81f – 83f (27c – 28c).

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 are 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.