



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The following information is intended to provide basic guidelines to help you and your family enjoy all that our aquatic center has to offer. The next two pages were generated from frequent questions and inquiries from our members and may not be all inclusive. The Y continually evaluates all policies to ensure the maximum enjoyable benefit to our members in a safe environment and may amend policies to reflect our commitment to provide the best service possible. We encourage you to contact the Aquatic Director for any specific questions or clarification.

Age Guidelines

Children must be at least 10 years old to use the YMCA's pools without a parent present in the building. A parent/guardian must be present at the pool and directly supervising his/her children ages 0 – 9. Nonswimmers must be within arm's reach of a parent or supervising guardian at all times and be in a coast guard approved life jacket.

Children

Parents are responsible for the conduct of their children. Children under ten years of age must be accompanied and supervised by a member (16 years or older) at all times. The pool management reserves the right to require parental supervision for any child ten years of age and older who repeatedly violates pool rules. Remember, lifeguards are on duty to prevent and respond to accidents. Lifeguards are not babysitters.

Swim Test

- Comfortably swim one length of the swimming pool (25 yards/length of multi-use or outdoor pool) without assistance.
- Pausing is allowed for the swimmer to rotate and breathe.
- Any stroke or combination of strokes are permissible, however, the swimmer must remain on top of the water (underwater swim not acceptable) and have some level of proficiency of the swim stroke.
- Tread water for 30 seconds.
- Deep water plunge. Swimmer must jump into deep end of the pool, surface and then swim to the side.

Lost and Found

The YMCA is not responsible for any lost or stolen articles. Please lock cars and leave valuables in a secure location. All lost and found clothing, towels, etc. will be retained one week. After one week, all unclaimed articles will be discarded or donated to Goodwill or other charitable agencies.

Adult Swim/ Pool Break

Lifeguards will call a ten-minute adult swim each hour. During adult swims, the pool will be reserved for adults 18 years and older, allowing parents a relaxing period in the pool while giving children a break from the constant activity and exhaustion that pool play may elicit. Infants must be in the parent's arms at all times. Every day at 2:15pm the lifeguards will call rest period to clear the entire outdoor pool for 10 minutes. This gives the lifeguards a break and able to jump in the water to cool off. NO ONE will be permitted in the pool during these 10 minutes.

Smoking

Use of tobacco or alcohol products is prohibited on YMCA property at all times.

Music

Boom boxes, radios, etc. may be restricted by pool management if the music is offensive to other patrons. If you wish to listen to your own music, we suggest headphones.

Pool Accidents

Please report all accidents to a member of the aquatic staff. We maintain a well-stocked First-Aid cabinet in the pool office with plenty of Band-Aids. The aquatic staff will be happy to assist you with any First Aid. Small children may have an accident in the pool at times. Please be aware that we maintain acceptable levels of disinfectant (chlorine) in all pools at all times. During an accident of personal nature, please notify the lifeguards. We will close the pool for cleaning. Once we have cleaned the pool area, we will spread granular chlorine to kill any additional contaminate.

Pool Furniture

While the pool has many of pieces of pool furniture, there may be times during peak usage where a chair may not be available. On special days, (particularly holidays like July 4), we suggest that you keep a beach chair in your car. If needed, it will be handy. We also ask that you be considerate of others and follow the one-person, one-chair rule. Please refrain from using chairs as towel hangers and bag holders.

Pool Toes

We will all get them; it's a fact of life! During the winter months, when we wear shoes, the soles of feet get soft. This is as much of a problem for the lifeguards as it is for the little ones. It takes time for tender feet to "toughen up" to the rough pool deck. During this time, we hand out a lot of Band-Aids. We have plenty in stock, so please check with aquatic staff or member services desk as needed. After several visits to the pool, feet will toughen, and the problem should subside. You may also want to limit the time at the pool during the first several visits. The worst case of pool toes is after the first full day of barefoot activity. If you decide to purchase pool shoes for your children, their feet will not have a period to toughen, and you may be putting off the inevitable.

Lifeguards

Qualified lifeguards will be on duty during pool hours. The lifeguards are responsible for enforcing pool rules and may remove any person from the pool for committing an unsafe act or for being involved in activities that may be dangerous. If a patron or guest is asked to leave the pool, his/her card may be withheld for a determined period of suspension. The YMCA Executive Director may revoke any membership for repeated offenses or acts that may directly endanger the lives or comfort of pool patrons. Local law enforcement officers will be called for any person who does not leave the pool when requested by a member of the management staff.

Inclement Weather

The aquatic staff has the authority to close the pool during inclement weather. All attempts are made to keep the pool open, and "wait out a storm," however, the pool management may delay opening, or close the pool for the day to ensure the safety of patrons and staff. Standard procedure is to wait thirty minutes after each lightning strike. The aquatic staff will also clear the pool during thunder under threatening skies.

Pool Guidelines

The lifeguards and staff of the Y will enforce the following rules. The Y reserves the right to suspend or expel any individual who violates the pool rules/policies. Rules and policies may change without notice to ensure the safety and comfort of all members.

- YMCA swimming pools are only to be used when a lifeguard is on duty.
- Please shower before entering the swimming pool.
- Persons with open cuts, sores or blisters are not permitted in the swimming pool.
- Children who are not potty-trained must wear a swim diaper or plastic pants (disposable diapers are not permitted).
- Please use appropriate changing facilities (on deck changing of any age is prohibited).
- A parent/guardian must be supervising his/her child (9 years and younger) at all times. Nonswimmers must be within arm's reach of a parent or supervising guardian at all times and be in a coast guard approved life jacket.
- Swimmers must wear appropriate swim wear (no jeans or cut-offs; swimsuits only). The Y asks all members to remember the family environment and choose the style of your swimsuit accordingly.
- Children wearing Coast Guard approved flotation devices and nonswimmers must be within arm's reach of a parent. Water wings (arm floaties or other objects that hold air) are not permitted.
- Glass or metal objects are not permitted in the pool area and any food consumed must be at least 10' from the edge of the swimming pool.
- Feet-first entries only. No diving. Flips, spins or back dives are not permitted from the side of the pool. Diving is permitted in swimming pools with a minimum of 9' of water.
- Running, horse playing, pushing, carrying people on shoulders or dunking is prohibited in the swimming pool or deck area.
- Hanging on lane lines and safety ropes is not permitted.
- Prolonged underwater swimming or breath holding (and hyperventilation) is not permitted.
- When the whistle blows, look to a lifeguard immediately!
- Any act deemed unsafe by the lifeguard or management will not be tolerated.

Please cooperate with the lifeguards in enforcement of the rules. Your assistance in reviewing the pool rules with your children will greatly enhance our ability to provide a safe and enjoyable pool atmosphere.

Diving Guidelines

- All users under 10 years of age must pass a Swim Test prior to use.
- One diver on diving board or steps at a time.
- Immediately exit the pool using the ladder to the left or right of the diving well.
- Only one swimmer is permitted in the diving well at a time.
- Inward/cutaway dives and any other dives deemed unsafe by the aquatics director are not permitted.
- Dive straight —diving to either side of the diving board is not permitted.
- Goggles, jewelry, toys or restrictive devices that could cause injury are not permitted.
- Please consider appropriate swim attire before using diving board.

For more information please contact our Aquatics Director, Dru Belli at (859) 219.9622 or at dbelli@ymcaofcentralky.org