



## Fergus Falls YMCA Aquatic Facility Rules

- The pool is only open when a lifeguard is on duty. The lifeguard has absolute authority and their decision is final. The ratio of lifeguard to patrons is 1:25. During Water Fitness classes, the ratio is 1:35.
- A guardian must accompany children 7 and under in the pool. It is the lifeguard's decision whether or not the adult needs to be in the water or can provide support from the side. All children 13 years and younger will be swim tested.
- All swimmers must behave in accordance with the YMCA Core Values. Horseplay & foul language is not allowed in the pool or locker rooms. Sitting on shoulders, throwing others, sitting on or hanging from/under pool ladders, lane lines, safety lines, stairs, and chair lift is not allowed.
- No running on the pool deck.
- There is no diving of any kind outside of structured swim lessons. Dives, spins, and flips from the edge are strictly prohibited.
- All swimmers are required by law to shower before entering the pool.
- Appropriate swim attire must be worn in the pool. No under garments, cutoffs, shorts, etc.
- The Pool Observation room is available for viewing Aquatic Events. No spectators on deck.
- Street shoes are not allowed on deck or in the pool.
- No glass, gum, candy, or food is allowed on the pool deck or in the locker rooms.
- Persons with a contagious disease, open sores, infectious conditions, abrasions, or diarrhea within the last two weeks are prohibited from using the pool.
- Children must use the restroom before entering the pool. Individuals who are incontinent or are not potty-trained must wear a swim diaper.
- No personal rafts or floatation toys are allowed. Noodles are only permitted in the shallow end.
- YMCA issued goggles, kickboards, and water weights are for lap swim and YMCA program use only. Personal floatation devices/life vests must be U.S. Coast Guard approved and stay in the shallow end.

### Health Advisory

Consult a health care professional before participating in aquatic exercise. If you experience faintness, dizziness, pain or shortness of breath at any time while in the pool, you should stop exercising, exit the pool immediately and notify the lifeguard.