



2016 Fergus Falls YMCA Aquatic Facility Rules

1. **Swimmer Safety:** Lifeguard must be on duty in order to be in the pool. Obey lifeguards at all times and report problems or emergencies to the lifeguards. Lifeguards are responsible for the safety of everyone within the pool enclosure. When a lifeguard blows his/her whistle or is speaking loudly, his/her instructions are to be obeyed. Their decisions are final.
2. **Showering:** Any person using a public pool must take a cleansing shower, using warm water and soap, and thoroughly rinse off all soap before entering the pool enclosure. A person leaving the pool to use the toilet must take a second cleansing shower before returning to the pool enclosure. A person who exercises, applies lotion, or uses a sauna or steam room must shower before using the pool.
3. **General Behavior:** In accordance with the YMCA core values, all swimmers must behave with caring, honesty, respect & responsibility. Horseplay & foul language is not allowed in the pool or locker rooms. Sitting on other's shoulders is not permitted. Sitting on or hanging from/under pool ladders, lane lines, safety lines, ramp, and chair lift is not allowed. No running on the pool deck. No dives, spins or flips from the edge. Appropriate swimming attire must be worn in the water at all times. Under garments are not permitted as appropriate swim wear. Spectators are not allowed on deck during swim lessons or aquatics events. Please remain in the pool observation room.
4. **Parental supervision:** Children 7 and under must be accompanied by an adult. It is the lifeguard's discretion if 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.
5. **Pool Cleanliness:** No glass containers, gum, or candy is allowed in the pool area. Street shoes are not permitted on the pool deck. Please remove all band-aids, jewelry, and loose articles before entering the pool. No person with or suspected of having a communicable disease which could be transmitted through the use of the pool shall use any public pool.
6. **Diapers:** Individuals who wear diapers must wear swimming designated diaper.
Regular diapers are not allowed because:
 - a. *When torn, diapers release a gel into the pool which plugs the pool filters.*
 - b. *Diapers absorb water and become extremely heavy impairing a person's mobility*
7. **Toys and Equipment:** No personal rafts or floatation toys are allowed. Noodles are not permitted in the deep end. YMCA issued goggles, kickboards, and water weights are for lap swim and YMCA program use only. An acceptable personal floatation device is anything that is coast guard approved. When using a personal floatation device, the person must stay where they can touch.

All Rules are subject to Lifeguard's discretion. The Lifeguard has final authority.