

Cumberland Cape Atlantic YMCA-- POOL RULES

THOSE IN THE POOL AREA ARE SUBJECT TO AUTHORITY OF THE LIFEGUARD ON DUTY.

No one may swim in the pool unless there is a lifeguard on duty. **NO SWIMMING ALONE**

1. All persons must **shower** before entering the water (NJ State Law)
2. Children under 8 years must be supervised by an adult(over 18 years) IN the water within arm's length (2 children per 1 adult). **Children 9 and under MUST be accompanied by an adult in the facility.**
3. Youth under 18 years must pass the deep end swim test and wear a wristband to swim in the deep end--past the lifeline. Parents/guardians may not take non-swimmers past the lifeline. Lifeguards have the authority to retest any swimmer who appears to not be able to satisfactorily complete the test. See below for details.
4. A bathing suit must be worn – **no cutoffs, shorts, cotton T-shirts, or belts**. All children in diapers must use swim diapers or plastic pants with snug fitting elastic waist and leg bands, no disposables or paper diapers. Do not wash out soiled diapers in the bathing water.
5. Children should be encouraged to use the rest rooms before entering the water. Immediately report any "accidents" you observe in the bathing waters to a lifeguard.
6. Shoulder length hair and longer must be tied back or wear a swim cap.
7. Any person showing evidence of skin disease, sore or inflamed eyes, cold, nasal, or ear discharge or any communicable disease shall be DENIED admission. Any person with excessive sunburn, open blisters, cuts, or bandages shall be DENIED admission, in the pools or whirlpools.
8. Do not enter the water if you are experiencing or recovering from diarrhea or have had any signs or symptoms of a gastrointestinal (stomach) disease in the past seven (7) days.
9. Glass containers shall be prohibited in pool area or locker rooms.
10. No food, gum, or drink is permitted in the pool area or locker rooms.
11. Street shoes may not be worn on the pool decks. Deck only shoes are permitted.
12. Running is not permitted on the pool deck or locker rooms.
13. No diving in the Pool or off of the starting blocks. Jumping is permitted in the deep end only.
14. Persons suspected or being under the influence of drugs or alcohol are prohibited from entering the water.
15. Conduct which endangers the safety and comfort of others shall be prohibited, including foul language, horseplay, or excessive displays of intimacy, etc.
16. No animals, except for service dogs, shall be allowed in the swimming pool, hot tub, or spa area, dressing rooms, or other parts of the building.
17. Whirlpools/pool areas closed during electrical storms.
18. Noodles may be used following appropriate procedures in the shallow end. Other equipment is for adult lap swimming. NO inflatables are allowed in the pools. All equipment for handling children should be Coast Guard Approved.
19. No extended underwater breath-hold swimming or hyperventilating before underwater swimming.

EMERGENCIES

1 Long whistle blast -- signals an emergency – leave pool immediately.

1 Short whistle blast – signals lifeguard needs attention of a particular swimmer.

EQUIPMENT USAGE

Kickboards – used for lap swimming by intermediate or higher level youth swimmers under parental supervision. (Adults may use in lap lanes.)

Instructional equipment is reserved for instructional programs.

Deep end test- Swim one length of the pool in a horizontal position with consistent movement and confident stroke then tread water with ears above for one minute.

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AND THOSE NOT OBEYING WILL BE EJECTED FROM THE POOL AREA.**