



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## REIDSVILLE YMCA POOL RULES

- Please shower before entering the pool.
- No inflatables of any kind are allowed in the pool. (water wings, rafts, inner tubes, etc.)
- Children under the age of 5 must be accompanied by parent or guardian\* within arms reach (in the water) at all times. (This includes if your child would like to swim before or after swim lessons DURING OPEN SWIM TIMES.)
- Children 12 and under must have a parent or guardian\* on the pool deck at all times.
- Parent or guardian\* must stay on the pool deck during swim lessons. Permission from instructor may be given to leave deck, but parent must stay in the YMCA building.
- Children 12 and under must pass a swim test with the lifeguard before swimming in the deep end of the pool and must wear a swim band at all times.
- Red and Yellow bands, and kids in lifejackets may enter middle section of water only if in arms reach of parent/guardian\*
- Only U.S. Coast Guard Approved Lifejackets are allowed in the pool.
- Bubble Belts are for YMCA Instructor Lead Swim Lessons only.
- No Horseplay of any kind.
- No Running on pool deck.
- Diving is only allowed in 9 feet or deeper. Front/Back flips into water is not allowed.
- Children without a green swim band are not allowed in the deep section or in lap lanes under any circumstances, even with parent.
- Diving Blocks are for Swim Team and Swim Lesson use or allowed with permission from lifeguard.
- Proper Swim Attire must be worn (swimsuit or swim trunks). No see through T-Shirts, pants, capris, or denim. Swimming in underwear is not allowed.
- No glassware of any kind or food/beverage will be allowed in the pool area.
- No public displays of affection.
- Pool noodles, water weights and exercise belts are for adults 18+ only.
- No Diapers in the Pool. Children who are not yet potty-trained should use an elastic swim diaper whenever in the pool.
- The Lifeguard(s) on duty has total discretion as to whether toys, balls, and other items will be allowed in the open swim area.
- For safety reasons, please refrain from talking to Lifeguard(s) except for clarification of rules or for other safety reasons. Please make all lengthy inquiries to the Aquatics Director.
- Admission to the pool will be refused to all persons with open wounds, contagious diseases, or infectious conditions.
- Lifeguard(s) on duty have total discretion in determining which actions are deemed safe and unsafe in the pool.
- No foul language.
- No extended breath holding or prolonged underwater swimming.
- No gum while swimming.
- Kickboards, Pull Bouys, and Fins may only be used in the lap lanes, by lap swimmers.
- No hanging, pulling, or swimming on top of lane ropes or safety lines.
- No climbing on the pool devices or tampering with jets.
- The lifeguard(s) and YMCA directors have the right to ask members and guests to leave the pool without a refund of pool pass fee.

\*Guardian is defined as a responsible party aged 18 or older. Babysitters or siblings under the age of 18 are not considered acceptable guardians.