



Quincy Branch YMCA

Aquatic Rules & Policies

GENERAL

- The Lifeguard is always in charge of the pool.
- All first-time swimmers, please see the lifeguard before entering either of the pools.
- All persons are required to take a cleansing shower before entering either pools and/or the whirlpool.
- No child UNDER seven (7) years of age will be allowed in a pool without an adult being in the water with him/her during recreational swim, special events, or other like activities.
- No diving in the shallow end.
- Profanity and improper behavior will not be tolerated at the South Shore YMCA.
- No food or drink allowed in the pool areas.
- Appropriate swim wear is required.
- Please remove all bandages and gum before entering a pool.
- No persons under the influence of intoxicating drugs will be allowed in a pool.
- Do not hang on the safety ropes or lane lines.
- No running, dunking, spitting, pushing, or excessive horseplay.

- All persons with questionable swimming ability must first swim one length of the pool under the lifeguard's supervision before swimming in the deep end.
- Any person with a communicable disease will not be allowed in the pool or whirlpool.
- Lap Swim is available to all members and guests 13 years of age or older.*

* Children ages 7-12 may swim in the Youth Lap Lane between the hours of 2:30 pm - 8:00 pm M-F and from 4:30 pm - 8:30 pm on Saturdays and 7:00 - 10:00 am Sundays. Lap swimming will be *strictly* enforced. Parents of children must be either on the deck directly supervising their child, or in the same lane swimming with them. Children that are not supervised by an adult will be asked to leave the pool. Children may only swim in the lane designated for youth.

F A M I L Y S W I M

- Activities that endanger the safety of ones self or others will be restricted by the lifeguard.
- YMCA equipment may be used at the lifeguard's discretion.
- Mask's, fins and snorkels may not be used during Open or Family Swim or other like activities.
- Children under the age of 7 must be accompanied in the pool by a parent.
- Any child using a flotation device, *MUST* be accompanied and supervised by a parent. The child must remain within arms reach of the parent at all times. (MAX ratio 3:1) Water Wings are not allowed in the pool.
- Members with questionable swimming ability who wish to be in the deep end, must first take a deep end test. This involves swimming one length of the pool comfortably without stopping or appearing fatigued.
- Starting blocks are for the use of swim team members during swim

team practice only.

- Diving is *only* permitted in water more than *5 feet deep*.
- Family Swim is for full privileged members and guests of the YMCA.
- For the health & safety of our members it is necessary for children who are not fully toilet trained to wear swimming diapers.

Open Swim Procedures

During times when the whole/part of the pool is designated as Open Swim. It will be open to members and guests of the YMCA who wish to swim or exercise. All family rules and lap swim rules apply to Open Swim in corresponding areas.

L A P S W I M M I N G P O L I C Y

Lap Swim Procedures for the Lap Pool

Please be respectful of others. Lap swim lanes are intended for those who wish to swim using any stroke that will not impede another swimmer.

Split lane swimming is appropriate when there are two people in a lane.

Swim Counter-Clockwise when there are three or more people in a lane.

When there are few swimmers in the pool, any lane may be used.

When the pool is busy, it is important to use the lane most similar to your type of swimming. Lifeguards will regulate the lanes when the pool becomes busy.

- **Rehab/Leisure Lane** - This lane is intended for those who wish to swim slowly or perform rehab related exercise. Water walking and Water Fitness exercisers should also use this lane.
- **Lap Lane** - This lane is intended for those who wish to swim consistently at a moderate pace stopping infrequently.
- **High Speed Training Lane** - This lane is intended for those who wish to swim at a high rate of speed.

- **Youth Lap Lane** - Adults may swim in this lane. Children ages 7-12 may swim in the Youth Lap Lane between the hours of 2:30 pm - 8:00 pm M-F and from 4:30 pm - 8:30 pm on Saturdays and 7:00 - 10:00 am Sundays. Lap swimming will be *strictly* enforced. Parents of children must be either on the deck directly supervising their child or in the same lane swimming with them. Children that are not supervised by an adult will be asked to leave the pool. Children may only swim in the youth designated lane.
 - **Lap Swim Procedures when only part of the pool is available for Lap Swimming** - These lanes are intended for those age 7 and up who wish to swim or exercise without impeding other swimmers. Parents of children must be either on the deck directly supervising their child or in the same lane swimming with them. Children that are not supervised by an adult will be asked to leave the pool. Children may only swim in the youth designated lane.
- *****For the safety of yourself and others:** We request that upon entering a lane that is occupied, you make sure the other swimmer(s) are aware that you will be sharing a lane with them.

W H I R L P O O L

In addition to General Rules:

- Elderly persons, pregnant women, persons suffering from heart disease, diabetes, high or low blood pressure should not use the whirlpool.
- For health and safety reasons, members and guests must be a minimum of 16 years old to enter the whirlpool.
- There is a **maximum time limit of 10 minutes** in the whirlpool.