

Jefferson City YMCA Pool Safety Rules

Thank you for swimming with us and for your cooperation!

1. The Lifeguard on duty will use their discretion to make the pool as safe as possible. Please comply with their instructions.
2. Please take a shower before swimming.
3. Patrons may swim only when a lifeguard is present.
4. Appropriate swimsuits are required. Please refrain from wearing street clothes, cutoffs, athletic shorts, biking tights, leotards or thongs.
5. Extended breath-holding and prolonged submersion is not permitted.
6. Horse play...No way! Have fun, but keep it safe! Wrestling in the water, dunking, running, sitting on shoulders, flips or back dives are not permitted.
7. Use appropriate behavior that is family friendly. Please keep language "G" rated.
8. Persons with open sores or cuts or evidence of disease will not be allowed in the pool/hot tub.
9. Enter the water **feet first** in the shallow end of the pool to avoid a head or neck injury.
10. The lifeguard must remain alert. Please don't distract them with long conversations.
11. Non-swimmers and swimmers 7 and under, must stay in the shallow end. Swimmers, ages 8 and up must pass a swim test to use the deep end of pool.
12. Life jackets and back packs must attach to the body. Inflatables (water wings, inner tubes, and rafts) are not allowed. Those with Lifejackets must remain in the shallow end. There are life jackets available.
13. Toys may be used at the discretion of the guard on duty. For usage in the deep end please see the lifeguard.
14. Pool equipment (Kickboards, Exercise Barbells, Water Belts) are for lap swimmers and water aerobics only.
15. Starting blocks are for instructional use only.
16. To maintain a safe and clean facility, we ask that food, drinks, and glass containers remain outside the pool area (plastic water bottles are acceptable). Gum and candy are choking hazards for swimmers, so please dispose of them prior to swimming.
17. All eyes must be focused on our youngest swimmers! An adult (16 years or older) must swim with children 7 years of age and under in the pool. An adult must remain with children 8- 12 years of age in the pool area.
18. Patrons must be 16 years of age to use the whirlpool. Cell phones are not allowed in or around the whirlpool.
19. Swimming pools and deck areas must be evacuated at the first sight or sound of thunder or lightning. If the weather clears, the pool will re-open after 30 minutes.
20. For our youngest swimmers, swim diapers for purchase at the front desk for \$1.00.
21. Water weights can contribute to a water emergency and are not permitted.