



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WATER SAFETY INFO



## Proper Swimwear!

Make sure young children and new swimmers always wear proper water safety devices. The YMCA does not permit flotation devices not approved by the U.S. Coast Guard. Any child wearing a flotation device, regardless of age, must be within one arm's length of a parent. In addition, children not yet potty trained must wear a swim diaper and tight-fitting pants.

## SWIM TEST & COLORED WRIST BANDS

All children under the age of 16 may be asked to pass a swim test. The swim test consists of swimming one length of the pool unassisted & treading water for 1 minute.

**Red** = did not pass swim test & cannot stand in water, or did not attempt test

**Yellow** = child did not pass swim test; must stay in area where they can stand

**Green** = child passed swim test and can go to any area of the pool

## ADULT SWIM

Adult swim is a designated time for individuals under the age of 16 to get out of the water to take a break. During this time parents are encouraged to take their children to the bathroom and get a drink of water.

Children must exit all pools, including the wading pool, for the full break.

During the week days adult swim begins at 3:45pm and ends at 8:00pm. On the weekends adult swim is between 12:45pm and 8:00pm.



## STAY HYDRATED

Ensure that kids drink plenty of water to stay hydrated.

# POOL RULES

## Do's

1. Patrons must take a soap shower before entering the pool.
2. Patrons are encouraged to apply sunscreen at least 30 minutes prior to entering the water.
3. Children wearing flotation devices must wear those approved by the U.S. Coast Guard.
4. If a child is not potty-trained they must wear a swim diaper and tight-fitting pants.
5. Prior to sharing a lane, patrons must inform other patrons in the lane before they begin swimming.
6. All children under the age of 16 must exit all pools, including the wading pool, during designated "adult swim" periods.
7. Lifeguards reserve the right to remove any device or stop any behavior they feel is unsafe or disruptive.
8. Patrons are only permitted to stay in the whirlpool for 10 minutes.

## Age Limitations

All children under the age of 16 may be asked to pass a swim test.

- Children 5 and younger: Must be in the water with a parent/guardian, within one arm's length.
- Children ages 6-12: May be in the water without a parent. However, a parent must remain in the facility.
- Children 13 and above: Do not need to have a parent on site.

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## Pool Temperatures

The following temperatures are what we strive to keep the each pools at.

A Pool: 87-88°

B Pool: 83-84°

O Pool: 80-82°

### **Recommended pool temperatures for specific activities:**

Competitive/lap swimming: 78°-82°F  
(American Red Cross)

Water Aerobics/Swim lessons: 83°-86°F  
(USA Swimming)

Arthritis Aquatics: 83°-86°F  
(Arthritis Foundation)