



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA SILVER SPRING Pool Rules

For The YMCA Aquatic Department, Our number one priority is safety! For this reason, we have implemented the following rules. We kindly ask that you follow these policies and procedures to ensure a fun & safe time for all of our participants. Thank you!

1. The Health Department requires all participants to take a shower before entering the pool.
2. **NO:**
 - a. Running
 - b. Diving in shallow water
 - c. Rough play (pushing/shoving)
 - d. Glass
 - e. Alcohol
 - f. Smoking
 - g. Gum
 - h. Hanging on lane lines
3. Use of diving blocks requires pool manager's permission.
4. No inflatables or large flotation devices.
5. Pool toys can be used at lifeguard's discretion.
6. All participants are expected to adhere to the YMCA Code of Conduct. Foul language is prohibited.
7. The lifeguard has final authority to enforce all pool rules.

Aquatics Rules related to children

1. Swim diapers and tight rubber shorts are required for children who are not yet toilet trained.
2. Children five years of age and under must be supervised by an adult who is in the water with them.
3. Children between the ages of six and nine years of age must be supervised by an adult who is either in the water with them or on the pool deck.
4. All children 12 years of age and under must have an adult with them when in the YMCA facility.
5. All children 13-17 years of age may be at the pool unsupervised upon completion of a swim test.
6. Any child, who cannot pass a swim test, must have an adult in the water with them regardless of the child's age.
7. 1 parent/guardian must be in the water for every non-swimmer.
8. Only US Coast Guard approved flotation devices are permitted. Adults must be in the water within arm's reach of the child wearing the flotation device.

YMCA Silver Spring

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