

## KVYMCA POOL RULES

For the cleanliness we ask that you abide by the following Pool Rules during Open Swim and Pool Rental times.

- All food, drink and glass containers must not enter the pool area
- Street shoes must be taken off before entering pool area

Before entering the pool you must:

- Shower first
- Sign in. If swimmer's level is documented in swim log swimmer must put on a bracelet. Red=nonswimmer Yellow=Swimmer
- Long hair must be pulled back or put up in a cap
- Remove bandaids & gum

For your safety, DO NOT:

- Run on deck
- Push, dunk, or engage in horseplay
- Dive into shallow end
- Do flips, back dives or twisting
- Hang on lane ropes.

Other:

- Starting blocks for use of swim team & instruction only and are not to be used during Open swim or during Pool Rentals.
- Use of all equipment is at the discretion of lifeguard on duty.
- Any child under age ten or any non-swimmers must be accompanied & within arms reach of an adult in the water. \*Swimmers ages 7-9 may swim unaccompanied after they pass a swim test or are entered in the swimmers' log as being Minnow level or equivalent.\*
- Non-swimmers must stay in shallow end. Swim test required for deep end.
- Lifeguard has final say – please cooperate

# LAP SWIM ETIQUETTE

- Lap lanes are designated: Leisure, Slow, Medium, and Fast so you can match lanes to your speed.
- Three or more swimmers in a lane must circle swim, keeping to the right at all times.
- When entering a lane or beginning a swim, enter so as not to disrupt the continuous swim of others.
- If you change speeds (i.e., switch to a kicking set) a lane change may be necessary.
- Be aware of passing procedures. If someone seems about to pass you, or touches your toes, pull over when you get to a wall, and let them pass.
- If you are continually being passed, or passing others, a lane change may be in order.
- If you stop, squeeze into the (left) corner of the lane so that other swimmers have room for their turns.
- If you use pool equipment, please return the items to their proper storage area.