



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Safe Pools have Pool Rules

All members using the pool should exemplify the YMCA's 4 Core Values of caring, honesty, respect, and responsibility.

## Competition Pool

- **Follow ALL lifeguard directions.** They are responsible for the safety of all swimmers.
- **Showers are required before entering the pool.** This is Maine state law (and good idea!)
- **Keep it Fun!** Horseplay or other unsafe behavior is prohibited.
- **Flippers, barbells, kickboards, and pull buoys are for adult & instructional use only.**
- **Mindful of others.** Refrain from jumping, diving, and splashing.
- **Be Safe!** Refrain from running on pool deck, long breath holding, and climbing on pool structures.
- **Ask before.** When using diving blocks ask if there is a swim instructor or swim
- **Swimmers of all ages are welcome to swim laps.** Swimmers must be able to swim the full length of the pool continuously and without support.
- **Passing Procedures.** If someone seems to pass you, or touches your toes, pull over when you get to a wall and let them pass you.
- **Respect.** Don't hang on or lift the them. If you need to switch to another lane please go under.





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# Safe Pools have Pool Rules

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## Family Fun Pool

- Follow ALL lifeguard directions. They are responsible for the safety of all swimmers.
- Showers are required before entering the pool. This is Maine state law (and good idea!)
- Keep it Fun! Horseplay or other unsafe behavior is prohibited.
- Noodles and bubbles are available for everyone. Please respect our equipment. No slapping, biting into or spiting water out of the noodles. Do not rearrange bubbles.
- Flippers, barbells, kickboards, and pull buoys are for adult & instructional use only.
- Only YMCA bubbles and Coast Guard approved flotation devices are allowed. No inflatable devices, such as water wings, inner tubes, rafts, etc.
- Mindful of others. Refrain from jumping, diving, and splashing.
- Be Safe! Refrain from running on pool deck, long breath holding, and climbing on pool structures.
- Children under the age of 10 and/or wearing a flotation device must have a parent in the water and within arm's reach and cannot go into deep end.
- Children under the age of 10 must take the swim test. Swimmers 7-9 that have passed the swim test may swim unaccompanied.
- Swim Test: Swimmer must be able to swim from one set of stairs to the other and back in the family pool on belly without touching the bottom of the pool.
- Red band = Non-swimmer
- Yellow band = Deep end swimmer

