YMCA of Springfield, IL
Aquatic Safety Guidelines

Pool Guidelines:

- The lifeguard’s first priority is to ensure patron safety and to protect lives. The lifeguard has the authority to restrict any behavior deemed unsafe or inappropriate. Please respect the decisions made by the YMCA Lifeguard, the Lifeguard on duty has the final authority.
- Children under the age of 8 may swim unaccompanied by an adult (age 18 and older) only upon successful completion of the swim test. If completion of the swim test is not successful, an adult must accompany the child with both feet in the water touching the bottom in the designated zone. The lifeguard may require an adult remain within arms reach of a child.
- Only Coast Guard approved floatation devices will be permitted as long as they are used properly and there is not threat to the safety or comfort of others. Even with a floatation device the lifeguard may require the adult remain within arms reach of a child.
- Children who are not potty trained must wear appropriate swim diapers. Disposable or cloth diapers are not permitted.
- All swimmers under the age of 18, or anyone upon the request of the lifeguard, must pass a swim test to occupy deep water. Definition of deep water: when the water is above the arm pits while the person stands flatfooted on the bottom of the pool.

General Pool Rules:

1. No hanging or pulling on the lane lines or ropes.
2. Foul language and rough play are not permitted.
3. Approved swim wear must be worn in the water. No street clothes will be allowed.
4. Any person known or suspected of having a communicable disease, infection or open cuts and/or sores shall not use the pool.
5. Breath holding exercises or similar activities are not permitted.
6. Flips, spins, or jumping backwards off of the side of the pool is not permitted. Diving is permitted in designated areas only.
7. Bandages or gum are not permitted in the pool area.
8. Pool equipment such as the following: kickboards, pull buoys, flippers and instructional equipment including noodles, bubble belts, and water weights will only be issued to adults, instructional class participants, swim team, and MSC therapy participants. These items cannot be used as floatation devices. Coast Guard approved floatation devices are available upon request.
9. To avoid injury, patrons must WALK at ALL TIMES ON THE DECK.
10. Only branch approved water toys are permitted in the pool area.
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Lap Swim Rules:

1. Patrons must be at least 13 years of age to swim alone in the lap lanes. Children 12 and under may participate in lap swim with approval of the lifeguard on duty.
2. When SPY Swim Team Practice and other Youth Programming are scheduled the available lap lanes will be for adults only (age 16 and older).
3. Lap swim should be an orderly continuous swim. If space is available, water walking/water exercise will be permitted.
4. Diving or jumping from the starting blocks is not permitted unless you have been trained in competitive swimming, are being supervised by a YMCA coach or instructor, or have permission from the lifeguard. Never dive, jump or push off into an oncoming swimmer(s).
5. If others are waiting please limit your swim time.
6. If less than 3 swimmers are in a lane, please do one of the following:
   - Swim in a circle keeping to the right.
   - Share the lane by splitting the lane left and right.
7. When there are more than 2 swimmers, circle swimming is required and the following courtesies must be observed.
   - Slower swimmers must allow faster swimmers to pass.
   - Slower swimmers should wait at the wall until the faster swimmer passes and /or turns.
8. Only individuals who are employed or under contract with the YMCA may coach or teach in YMCA pools.

Deep Water Swim Ability – 3 Part Test
Only 1 test per swimmer per day

1. Continuous swim of 2 widths (Downtown) or 1 length (Kerasotes) using the front crawl stroke demonstrating face in and ability to lift head to breath.
2. Jumping in with a return to surface.
3. Immediately treading water for 1 minute.

Resistance Pool Guidelines:
- During non-open swim times the resistance area is for adults (16&over) to water walk.
- During open swim times the primary use is for youth and families. Fountains will be on and kids are allowed in the area during open swim. Adults wishing to carry their child in the resistance area can but only if the is wearing a Coast Guard approved floatation device.

Zero Depth Area:
- The water features will only be turned on during posted open swim times.

Downtown Small Pool:
- During open swim the small pool is intended for children under 8 and their adult chaperones. Swimmers can be restricted from the small pool if their height or manner of conduct in shallow water is determined to be dangerous by the lifeguard.