

# YMCA SOUTHCOAST & COMMONWEALTH OF MASSACHUSETTS AQUATIC SAFETY PROCEDURES

- Pool will only be open when a certified lifeguard is on duty.
- All persons using the swimming pool must take a cleansing shower before entering the pool.
- Any person having an infectious, communicable disease or open wound is prohibited from using a public pool.
- Appropriate, clean swimwear is required.
- Contamination of any surfaces with bodily fluids in the pool area or locker rooms is strictly prohibited.
- Infants and incontinent individuals must wear rubber pants or swim diapers.
- Long hair must be braided, worn in pony tail(s) or restrained under a swim cap.
- No glass containers, food or street shoes permitted in pool area.
- Personal floatation equipment/toys/objects may not be used without permission from the aquatic staff or under special supervision by a YMCA employee. Use of USCG approved floatation devices encouraged.
- Please walk in pool area - only clean, appropriate indoor footwear allowed on deck.
- Diving permitted ONLY in marked areas. Jumping ONLY permitted during supervised swim programs.
- No extended breath-holding. Swimmers must surface to breathe at a distance of every 3 body lengths.
- All children will be tested and marked according to swim ability. **Aquatic staff reserve the right to deep water test any adult and/or deny any adult with a child, entry into deep water.**
  - Children 0 - 5 years of age **MUST** be accompanied by a parent or guardian (over 18) **IN THE WATER** and stay within an arm's reach **AT ALL TIMES**.
  - Children 6-7 years & 48" tall are eligible for shallow water test; if child passes, adult does not have to accompany child in water, but **MUST REMAIN IN POOL AREA IN CLOSE PROXIMITY TO THE CHILD**.
  - Children 8 + years & 48" tall are eligible for deep water test; if child passes, adult does not have to accompany child in water, but **MUST REMAIN IN POOL AREA TO SUPERVISE** if the child is 8-9 years.
  - If a child is 10-11 years and passes either test, adult **MUST REMAIN IN THE BUILDING**, but is not required on pool deck.
  - Any child of 6+ years that doesn't meet the 48" height requirement or is unable to pass the shallow water test (regardless of their age), will be considered a non-swimmer and a parent will be required **IN THE WATER** with them within arm's reach **AT ALL TIMES**.
  - See lifeguard on duty for test requirements.
- A parent may not be responsible for more than 4 children in the pool at one time. Of the maximum of 4 children, NO MORE THAN 2 can be non-swimmers (0-5 years or unable to pass shallow/deep water tests).
- Rough-housing and horseplay are not acceptable pool behaviors.
- Breaking rules will result either in 1 warning and then suspension OR immediate suspension from the pool area depending upon the severity of the action/inaction.
- The lifeguard is the final authority on all actions and discipline within the pool area to ensure and maintain a safe environment.

**OPEN SWIM** – For individuals/families of all ages to enjoy unstructured activities in the pool.

**PARENT/TOT** – For families with children 0-5 years of age to enjoy unstructured activities in the pool.

**SPECIAL NEEDS** – For individuals having special physical/cognitive needs requiring a quieter environment.

**LAP SWIM** - For individuals swimming lengths/laps for exercise – must be 10+ years and deep water test qualified.

## WATER EXERCISE CLASS DESCRIPTIONS

- **AQUAPUMP** - Moderate to high impact/intensity water workout; not recommended for beginner exercisers.
- **AQUACISE** - Low to moderate impact/intensity water workout; can be modified for all levels of exercisers.
- **BURN BABY BURN** - Moderate to high impact/intensity water workout; not recommended for beginner exercisers.
- **STRETCH & FLEX** - Low impact/intensity water workout; recommended for beginner/rehab exercisers.

**Gleason Family YMCA – A Division of YMCA Southcoast**

**33 Charge Pond Road | Wareham MA 02571 | 508.295.9622 | ymcasouthcoast.org**