

# YWCA OF GETTYSBURG & ADAMS COUNTY

## GENERAL POOL RULES

1. Obey the lifeguards. They have been trained to prevent injuries and accidents. They must enforce the rules.
2. Please do not engage in lengthy conversations with lifeguards who are on duty.
3. Please consult a physician before beginning any form of water exercise.
4. Anyone with the following conditions is prohibited from entering the pool:
  - a. Anyone appearing or known to be intoxicated.
  - b. Anyone with symptoms of diarrhea.
  - c. Anyone displaying evidence of skin disease, sores, inflamed eyes, or communicable disease must show a doctor's certification that the condition is not infectious or contagious by waterborne transmission.
5. Bandages must be removed before entering the pool.
6. Please shower before entering the pool and between pool and spa use.
7. Children under the age of 10 must always be accompanied by an adult who remains in the pool area. If the child cannot touch the bottom, cannot pass the swimming test, or is wearing a floatation device, an adult, age 18 or older, must be in the water and within arm's reach of the child at all times. The swimming test consists of swimming one length of the pool, half on the front and half on the back.
8. No diving in shallow water. Only forward diving is permitted and must be done in water that is 9 – 12 feet deep. The starting blocks are reserved for use during swim team practices and swimming lessons.
9. Take care when jumping from the sides of the pool. The gutter protrudes, and a short jump can lead to injury.
10. Keep the ladders and stairs clear. No sitting, standing, playing, jumping, or exercising is permitted.
11. Wear jewelry at your own risk.
12. The following are **PROHIBITED**:
  - a. Running, dunking, pushing, and rough play.
  - b. Standing or sitting on another person's back or shoulders.
  - c. Throwing another person in the water.
  - d. Disrespectful or inappropriate language or behavior.
  - e. Glass, gum, food, or smoking. Water in plastic or metal containers is permitted.
  - f. Participation in breath-holding contests.
  - g. The use of photographic devices to take pictures without consent.
13. Use good judgment in choosing your swimwear. Workout and street clothes are not permitted. Bathing suits are restricted to the pool area and locker rooms.
14. In the event of an emergency, please follow the lifeguard's directions and exit the pool as quickly and safely as possible.

## LAP SWIM RULES

1. Please display common courtesy.
2. Swimmers are expected to share lanes with other individuals. Refusal to do this may result in being asked to leave the pool area.
3. When joining a lane, make sure everyone in the lane is aware of your entry.
4. When two swimmers share a lane, the lane can be split, with each swimmer staying on one side of the lane.
5. Circle swimming prevails if more than two swimmers are in a lane. Please allow faster swimmers to pass.
6. If you need to stop, please do not stop in the middle of the lane. Stop at the end of the pool and move to the corner of the lane.

## EQUIPMENT USE

1. Equipment is to be used for its intended purpose only.
2. Starting blocks may only be used under the supervision of a certified swim coach or swimming instructor.
3. The YWCA fins may only be used by the swim team and swimming lessons.
4. Aquatic barbells are for adult use only.
5. The lifeguard may limit the use of equipment if the pool becomes crowded.

### **SWIMSUIT DRYER**

1. Our swimsuit dryer was installed as a convenience for swimmers and must be used properly to avoid damage or injury.
2. Please follow the directions posted above the dryer.
3. Only one swimsuit may be placed in the dryer at a time.
4. Do not insert T-shirts, shorts, underwear, or towels.
5. Anyone found to be using the swimsuit dryer inappropriately will be billed for any repair or replacement costs.

### **DIAPERS & BATHROOM USE**

1. Please encourage all swimmers to use the bathroom prior to entering the pool area.
2. Non-toilet trained individuals must wear a fresh swim diaper **AND** plastic or nylon pants with elastic around the legs and waist under a bathing suit while in the pool. Regular disposable diapers are not permitted in the pool. If a diaper is soiled while swimming, please change to a fresh diaper by using a changing station located in the locker room.
3. If your child requests to use the bathroom during their swim, please take them immediately.
4. Fecal and vomit accidents in the pool can cause a necessary shutdown of up to 24 hours.

### **FLOTATION DEVICES**

1. All flotation devices must bear the mark of US Coast Guard approval. Appropriate flotation devices include life jackets and "puddle jumpers." All non-approved devices must be removed from the pool. Inflatable flotation devices are not permitted.
2. Any child using a flotation device must be directly supervised by an adult who is in the water and remains within arm's reach of the child at all times.
3. Flotation devices may not be substituted for swimming ability. Anyone who cannot swim must remain in water where they can touch the bottom.

### **BREASTFEEDING**

1. Breastfeeding is permitted on the pool deck and in the swimming pool as long as the mother remains covered and does not expose herself.
2. Breastfeeding is not permitted in the spa.

### **SPA RULES**

1. Spa users must be at least 18 years old.
2. Maximum occupancy is ten people.
3. The spa is an "at your own risk" area with no designated lifeguard.
4. Please shower before entering the spa.
5. Pregnant women and people suffering from heart disease, diabetes, or high or low blood pressure should not use the spa without prior medical consultation. Anyone taking medications should consult with their physician before using the spa.
6. Do not use the spa immediately following vigorous exercise.
7. Time in the spa should be limited to 15 minutes before taking a break.
8. If you feel nauseous, lightheaded, or dizzy, please exit the spa immediately.
9. Do not submerge below the shoulders.
10. Inappropriate behavior or public displays of affection in the spa will not be tolerated.
11. In the event of an emergency, stop the spa jets by pushing the red button above the spa switches.

### **SERVICE ANIMALS**

1. Service dogs may remain on the pool deck while the owner is swimming.
2. Service dogs are not permitted to enter the swimming pool or spa. ADA guidelines do not override public health rules that prohibit dogs in swimming pools.