



Pool Rules

The Marion YMCA would like to welcome you to the pool and we ask that you make yourself aware and follow our rules for your safety and the safety of others.

Thank you,

Marion YMCA Aquatic Staff

Lap/Rec Pool

1. The lifeguard on duty has final authority on all rules and safety regulations for the entire pool area.
2. Anyone under the age of 16 is required to take the swim test to be in the deep end.
 - a. Those who pass the swim test will be given a bracelet each time they check in by the Welcome Center Staff.
 - b. Children under 10 who do not pass the swim test must be within arm's reach of adult.
3. No running, pushing, shoving, or rough play allowed in the pool or on the pool deck.
4. No diving is allowed in the shallow end of the pool and in other areas marked "NO DIVING".
5. Intentional hyperventilation or extended breath holding activities are dangerous and prohibited.
6. Persons having a contagious disease or open wounds are prohibited from using the pool.
7. Do not swim if you are ill with diarrhea or have had diarrhea within the past two weeks.
8. Diaper changing on deck is prohibited.
9. No food or beverages allowed in the pool area.
 - a. Water must be in a plastic container.
10. No glass items in the pool area.
11. Proper swimming attire required in the pool.
 - a. See Swim Attire description below for more information.
12. Shower using warm water and soap before entering the pool or after use of toilet facilities.
13. Children in diapers must wear a reusable plastic pant with snug elasticized legs and waistband.
14. Spitting, spouting water from mouth or blowing the nose in the pool is prohibited. This includes spitting or blowing water through water noodles.



15. Only U.S. Coast Guard approved lifejackets and wearable foam flotation devices are allowed.
 - a. Users must remain within arm's reach of an adult who is accompanying the user in the pool.
16. No inflatable items of any kind are allowed in the pool. This includes water wings and rings.
17. Enter the water facing forwards when jumping/diving into water (no flips or twists).
18. No playing on the steps or ladders, they are for entering and exiting the pool only.
19. Lap lanes are for lap swim and water walking only.
20. Flotation devices are not permitted in the deep end of the pool.

21. Masks and snorkels are not permitted for open swim.
22. Do not hang on lane lines.
23. No hanging or climbing on the nets.
24. Starting blocks are only for organized swim team practices/meets while being supervised by a coach.
25. Pool features are not to be climbed/sat on.
26. The pool, spa, and splash pad will close if lighting is within 10 miles and will remain closed for 30 minutes following the last lightning strike.

Splash Pad Rules

1. No running, pushing, shoving, or rough play allowed on the splash pad or pool deck.
2. Children must be accompanied by a parent/guardian while using the splash pad.
3. Drinking, spitting, or spouting water from the mouth is prohibited. This includes spitting or spouting water from a pool noodle.
4. No hanging or climbing on the nets.
5. Splash pad features are not to be climbed/sat on.

Spa Rules

1. Maximum number of persons is 9.
2. Patrons must be at least 18 years old to be in the spa.
3. Pregnant women and individuals with heart disease, high blood pressure or other health problems should not use spa without prior consultation with a health care provider.
4. Persons having a contagious disease or open wound are prohibited from using the spa.
5. Do not swim if you are ill with diarrhea or have had diarrhea within the past two weeks.
6. Spa should not be used either immediately following exercise or while under the influence of alcohol, narcotics, or other drugs.



7. Persons shall not use whirlpool longer than 10 minutes.
 8. No one shall dive or jump into the spa.
 9. Proper swim attire required in the spa.
10. Please no walking/running on outside ledge of spa.

Swim Attire

- Wear family appropriate and clean swim attire only. No underwear, cut-offs, or dirty/sweaty attire allowed.
- Clothing may be worn over a swimsuit if it is clean and family appropriate.
- Clothing must be rinsed off thoroughly in the shower before entering the water.
- Children in diapers must wear reusable plastic pants with elasticized legs and waistband, or swim diaper with swimsuit.
- Underwear is not appropriate swim wear. People wearing underwear into the pool area will be asked to leave the pool area.

Equipment Usage

- **Open Swim** can use the following in the shallow end:
 - Lifejackets
 - Balls
 - Noodles (2 per person)
 - Dive rings
- **Lap Swim** can use the following:
 - Kickboards
 - Fins
 - Blue water belts
- **Water Walking** can use the following in any location:
 - Blue water belts
 - Noodles (2 per person)
- **Swim Lessons or Water Aerobics**
 - Any equipment