

All Pool Rules

General Rules

1. Family Appropriate Swim Wear Required.
2. Always **walk** on the pool deck.
3. Personal Floaties must be approved by the U.S. Coast Guard.
4. No Food, Gum or beverages allowed in the pool area, water is allowed.
5. No diving in the shallow end of the Pool.
6. No sitting or standing on others shoulders.
7. No rough-housing
8. Language and Behavior needs to be respectful towards lifeguards and Y members.
9. Children under the age of 12 **MUST** be accompanied and Supervised by an adult (18 and older) in the water.
10. To use the Deep end you will need to ask a lifeguard to take the Deep end test. A Life jacket will be provided if the swim test is not passed at the Lifeguards discretion.
11. Follow all Lifeguard directives, including rules not specifically stated in this handbook.

Play Feature Rules

1. Can't stand in the water feature buckets.
2. Can't stand or sit on the blue bridge water feature.
3. Kids are permitted to climb on the orange water bug.

Little Slide Rules

1. Parents cannot go down the slide. They are allowed to stand next to it and hold the child's hand.
2. 1 child down the slide at a time.
3. No climbing up the slide, you must use the stairs.
4. Feet must go first while sitting on your bottom.

Basketball Rules

1. No dunking
2. No shooting from outside of the pool
3. Must shoot from inside the water
4. Basketball hoops need to be at a minimum to high height

Vortex Rules

1. No standing or sitting on the wall.
2. Must use the stairs to the side to enter into the vortex.
3. No walking on the wall (Lifeguards permitted)

Hot Tub Rules

1. Please spend no more than 15 minutes in Hot Tub, Steam Room or Sauna at any time.

2. Please consult your physician before using a hot tub, Sauna or Steam Room if you have any of the following conditions: Heart Disease, High Blood Pressure, Diabetes, Pregnancy, Are over the age of 65 or are using Prescription Medications.
3. Please do not use Hot Tub, Steam Room, Sauna or Swimming Pools If you have a communicable Disease Transmittable by water, or are under the Influence of Intoxicating Liquor or Drugs.
4. Please enter and exit the Hot tub using the stairs only or by the deck.

Cargo Net Rules

1. If you cannot swim, please wear a Life Jacket.
2. Start on the Blue Pad.
3. Only one person on the net at a time.
4. If you fall off, please swim directly to the side of the pool or to the other blue pad so you are out of the way.
5. Do not put Feet or Legs through the Cargo Net. Hands Only!
6. No hanging upside down from the Cargo Net.
7. No sliding or running on the blue pads.

Rock Wall Rules

1. Must pass the Deep water swim test.
2. Only two Climbers on at a time.
3. Two Climbers permitted if there is one wall between them.
4. Only one swimmer at a time in the Drop Zone.
5. No Diving and No Backflips. Feet first entries only.
6. Floatation devices are not permitted.
7. Maximum weight 250lbs.

Diving Board Rules/Lap Pool Rules

1. No gainers
2. You must pass a swim test before being allowed to dive.
3. No running dives.
4. No Cartwheel, Handstands or Hanging off the Diving Board.
5. Divers must swim directly to the nearest ladder and leave the Diving Area.
6. Make sure the person in front of you is out of the way before you dive.
7. Only one bounce of the board.
8. No one is permitted to "catch" a person going off the board.
9. Lap swim equipment is to be used in the lanes of the lap pool, which is specifically reserved for the lap swim equipment. The capacity of the open swim portion of the lap pool or how the lap swim equipment is used does not matter.

Blue Waterslide Rules

1. All riders must be at least 48" tall.
2. The maximum rider weight is 300 pounds.

3. All riders must ride feet first while lying on their back with arms crossed across their chest. Do not go down the slide head first. Do not sit up while riding the slide.
4. Riders must enter the slide in a sitting position and wait for instructions from the lifeguard stationed at the slide starter tub.
5. Do not propel yourself into the slide.
6. Only one rider at a time. Absolutely no trains or chains of riders are permitted.
7. No running, standing, kneeling, rotating, tumbling, or stopping in the flume. Arms and hands must remain inside the flume at all times. Riders should remain in proper riding positions until forward movement is terminated. At no time should the rider attempt to stand up while on the slide or prior to coming to a complete stop in the splash out area.
8. No tubes, mats, or life jackets are permitted on the waterslide.
9. No combs or foreign objects are allowed in the pockets and no jewelry can be worn while riding the slide. No cutoff jeans or swim wear with exposed zippers, buckles, rivets or metal ornamentation; only approved swim suits allowed.
10. The line should form next to the lifeguard on the main platform and wait for go-ahead from the lifeguard.
11. Riders must be in good health. Elderly persons, those suffering from heart disease, high blood pressure, epilepsy, or persons using prescription medication should consult their physician before using the slide. Individuals with medical conditions including, but not limited to, pregnancy, heart, or back problems should not ride.
12. Do not use this slide while under the influence of alcohol or drugs.
13. Leave the plunge pool promptly after entering.

Yellow Waterslide Rules

1. Must Pass Deep Water swim test.
2. The maximum rider weight is 300 pounds.
3. All riders must ride feet first while lying on their back with arms crossed across their chest. Do not go down the slide head first. Do not sit up while riding the slide.
4. Riders must enter the slide in a sitting position and wait for instructions from the lifeguard stationed at the slide starter tub.
5. Do not propel yourself into the slide.
6. Only one rider at a time. Absolutely no trains or chains of riders are permitted.
7. No running, standing, kneeling, rotating, tumbling, or stopping in the flume. Arms and hands must remain inside the flume at all times. Riders should remain in proper riding positions until forward movement is terminated. At no time should the rider attempt to stand up while on the slide or prior to coming to a complete stop in the splash out area.
8. No tubes, mats, or life jackets are permitted on the waterslide.
9. No combs or foreign objects are allowed in the pockets and no jewelry can be worn while riding the slide. No cutoff jeans or swim wear with exposed zippers, buckles, rivets or metal ornamentation; only approved swim suits allowed.
10. The line should form next to the lifeguard on the main platform and wait for go-ahead from the lifeguard.

- 11.** Riders must be in good health. Elderly persons, those suffering from heart disease, high blood pressure, epilepsy, or persons using prescription medication should consult their physician before using the slide. Individuals with medical conditions including, but not limited to, pregnancy, heart, or back problems should not ride.
- 12.** Do not use this slide while under the influence of alcohol or drugs.
- 13.** Leave the plunge pool promptly after entering.

Open Swim Rules

1. During open swim hours, swimmers are not allowed to use exercise equipment.
2. Kids can't sit or stand on people's shoulders
3. Kids are not permitted to sit or stand on the walls in the water.
4. Guests are not permitted to climb through the railing.
5. If you want to dive in the lap pool, make sure you are past the 5ft mark and out of the splash zone of the diving board, rock wall and yellow slide. Any other areas will be a feet first entry.
6. Staff and members are not allowed to sit in the handicap chairs, unless used properly.
7. Starting blocks are for lap swim only and not for open swim use.
8. Guests are not permitted to hang on the lane lines.