



RON ROSNER YMCA POOL RULES

For the safety and welfare of our patrons please review the following rules which apply to all swimmers.

1. NO RUNNING
2. No chewing gum while in the water or on pool deck
3. No eating on pool deck.
4. Only swimmers that have successfully completed the swim test can swim in the deep end.
5. Please shower before entering the pool.
6. Flippers, kickboards and handle paddles are for adult use only
7. Diving is permitted only in the deep end (9ft)
8. Diving blocks can only be used during swim team practice under the supervision of the swim team coaches.
9. Swimmers must be dry and wearing shoes before they exit from the glass pool doors.
10. Please be aware that during the evening lap swimming is limited to only a few lanes. Swimmers maybe sharing lanes, please use the correct swim etiquette.

Swim Test Requirements

All Swimmers 15 years or younger must take a swim test if they wish to swim in the deep end or wish to swim in the pool with parental supervision from the pool deck.

- Swim 25 yards freestyle (face in the water, no doggy paddling) without stopping or grabbing the lane line
- Before reaching the wall the child must tread water for 1 minute
- Perform a front and back float
- If the child does not submerge their face in the water when they swim they must jump into the pool and fully submerge.

ALL SWIM TESTS WILL BE PERFORMED IN THE 9FT END OF THE POOL

What happens if a child fails the swim test?

If the child fails the swim test they must remain in the shallow end with a parent.

If a child 13yrs and older fails the swim test they may remain in the shallow end of the pool without an adult.

What happens is a child successfully completes a swim test?

They will be given a green band and may swim anywhere in the pool (providing rules are followed). If the child is under the age of 13yrs then a parent must still be present on the pool deck.

Children aged 13yrs and older that pass the swim test do not require adult supervision.