

BANGOR YMCA AQUATICS CENTER ETIQUETTE

GENERAL RULES

1. Only Coast Guard approved PFDs are permitted.
2. Walk at all times in the pool area. No walking in the gutter or on the benches.
3. All jumping must be done from the gutter facing the pool. Diving is permitted only at depths 9 feet or greater. Twists, flips, and partner jumps are not permitted.
4. No rough play.
5. Food, gum, or beverages (other than water) are prohibited in the pool area. Glass containers are prohibited.
6. Prolonged underwater breath-holding is prohibited in this facility. This practice can lead to Shallow Water Blackout.
7. All personal training, coaching, and swim instruction must be scheduled through the YMCA. Outside instruction is prohibited.
8. Patrons with open cuts, blisters, inflamed eyes, contagious skin rashes, or any communicable disease are not permitted in the pool. Anyone who has or had diarrhea in the past two days should refrain from using the pool.
9. Spitting, nose-blowing, urinating, and depositing foreign matter into the pool is prohibited.
10. The pool may be closed as necessary for the health, welfare, and safety of the patrons. The pool will be cleared during thunderstorms and will remain closed for 30 minutes after the last thunder is heard.
11. Animals are not permitted anywhere in the pools.
12. **The lifeguards have final say. Please respect their decisions.**

SWIM ATTIRE

- All patrons must shower before entering the pool.
- Swim suits, or swim-specific attire required. No denim. T-shirts must be snug fitting.
- Street shoes are not permitted on the deck.
- Any patron who is not toilet-trained, or was recently toilet-trained, must wear a swim diaper.
- Hair longer than earlobe length must be tied back or in a swim cap.
- All swim attire should be YMCA appropriate and family friendly.

LAP SWIM

- Swimmers must be 14 years of age or older.
- Kickboards, fins, pull buoys, and paddles may be used during this time.
- 3 or more swimmers in a lane must circle swim (counter clockwise).
- No more than 5 swimmers are allowed per lane.
- Hanging on and crossing over the lane lines is prohibited.
- Kickboards must remain on the surface of the water at all times.
- Starting blocks are for swim team/lessons only.

ADULT OPEN

- Patrons must be 18 or older for lap or recreational swimming during this time.
- All equipment may be used during this time.

FAMILY SWIM

- Children under 9 who do not pass the swim test must be accompanied in the water at all times by a parent or guardian over 16 years of age.
- Children under 9 years of age who pass a swim test must have a parent or guardian on the pool deck at all times.
- Pool toys, balls, and noodles may be used during this time.

SWIM TESTS

The lifeguard on duty reserves the right to swim test any child. The swim test is a non-stop demonstration of the following:

- 10 yards of front crawl
- 10 yards of back crawl
- 30 seconds of treading water

If a patron does not pass the swim test, he/she must remain in the shallow end of the pool.

If the patron cannot stand flat-footed (chin above water) in the shallow end, he/she must wear a Coast Guard approved PFD.

