

POOL RULES

- Swimming without a lifeguard is prohibited.
- Breath-holding activities are not permitted in Y pools.
- Keep all chairs in their proper locations and against the wall at all times.
- Shower before you enter the pool.
- As a courtesy to others, do not use pool when sick.
- Proper swimming attire must be worn at all times; this includes the use of swim diapers.
- Running on the deck, locker rooms, showers or hallways is not permitted.
- Food, pop, gum and candy are not permitted in the Aquatics Center. No glass containers on the pool deck.
- Horseplay of any kind will not be tolerated.
- Y Equipment is reserved for instructor use only.
- Children must pass a swim test before they are permitted in the deep end.
- Only U.S. Coast Guard approved PFDs are permitted.
- No inflatable devices of any kind are permitted.
- Diving only where permitted.
- Hanging on the float lines, starting blocks or lap lanes is not permitted.
- Starting blocks are only to be used with a Y Coach.
- Enter the water facing forward, feet first.
- Persons with bandages, open cuts and wounds are not allowed in the pool.
- The lifeguard's word is final.

SWIM TESTING POLICY

All swimmers ages 6-12 are considered "red band" swimmers unless they complete a swim test. The swim test is made up of the following tasks:

- Swim 1 length with good form without stopping
- Roll to back float and hold for 20 sec
- Jump in and tread water for 30 sec

To achieve a yellow band, swimmers must complete the swim portion and one other portion successfully. To achieve a green band, swimmers must complete all three portions proficiently.

Band Color Definitions

RED – All children 5 and under and those who do not take/cannot pass the swim test

- Children must stay in the recreation (zero-depth side) area of the pool
- Red swimmers may be accompanied by an adult to other areas of the pool in water that is no deeper than armpit level on the adult (1 adult to 2 children ratio, adult must be within arm's reach actively supervising the child)
- Red swimmers wishing to swim in water deeper than armpit level must wear a lifejacket unless specifically working on swimming skills with an adult

YELLOW – Children ages 6-12 who can accomplish part of the swim test

- Yellow swimmers are permitted in the shallow end of the pool in water that is armpit deep or less
- Yellow swimmers wishing to swim in water deeper than armpit level in the shallow end of the pool must wear a lifejacket
- Yellow swimmers are not permitted in the deep end of the pool

GREEN – Children ages 6-12 who can pass the whole swim test at a proficient level

- May swim anywhere in the pool

YOUTH SUPERVISION GUIDELINES

The level of parent supervision on the pool deck depends on your child's age. Below are the guidelines set by the Akron Area YMCA.

Children ages 5 and under:

- Parent/Guardian must be in the water within arm's reach actively supervising child(ren)
- Adult must be in proper swim attire
- Adult to child ratio must not exceed 1:2
- Children are allowed in therapy pool during adult swim only with parent in water.

Children ages 6-10:

- Parent/Guardian must be on pool deck actively supervising child(ren) in the water
- If adult must leave the pool deck, children must exit water until adult returns

Children ages 11 and over:

- Child may swim without parent supervision as long as conduct does not warrant otherwise

Failure to comply with youth supervision guidelines may result in dismissal from the pool area. Lifeguards reserve the right to verify any child's birthdate with the front desk.