YMCA OF FLORIDA'S FIRST COAST

SWIMMING POOL

USAGE GUIDELINES

NO DIVING

MAXIMUM DEPTH: FEET

BATHING LOAD:	PERSONS

POOL HOURS: ____ AM - ___ PM

- No food or beverages in the pool or on pool wet deck.
- No glass or animals in the fenced pool area, or 50 feet from unfenced pool.
- All swimmers must shower before entering pool.
- Do not swallow the pool water.
- All swimmers ages 15 years and younger must be swim tested and follow YMCA swim test policy.
- No breath-holding or underwater lap swimming.
- Only Coast Guard-approved PFDs and/or lifejackets are permitted.
- No inflatable devices of any kind. Play equipment must meet the lifeguard's approval. The lifeguard has the right to discontinue usage of any play equipment.
- No horseplay, running, playing on ladders, throwing objects/swimmers or riding on shoulders.
- Enter the pool feet first from the wet step or use ladders or stairs.
- No hanging on or swimming across occupied lap lanes.
- > Swimmers must wear appropriate swim attire. Mermaid monofins are prohibited.
- As a courtesy to others, do not use the pool when sick.
- Anyone experiencing incontinence must wear approved swim diapers. Diapers must be changed in the locker area.
- Two rescue-ready lifeguards are required for the pool to open.
- Pool will close when the air temperature is less than 40 degrees.
- > Pool will close for 30 minutes after thunder and/or lightning occur.

As a reminder, the lifeguard is always in charge. It is the primary responsibility of the lifeguard to scan the pool area, deal with emergency situations and enforce rules for your safety. Please support the guards by supervising the children in your party.

FAILURE TO FOLLOW THESE RULES MAY RESULT IN SERIOUS INJURY OR DEATH.