

Lakota Family YMCA Indoor/Outdoor Pool Rules & Regulations

Indoor Pool Rules:

- NO Eating permitted on the Indoor pool deck.
- NO GLASS ANYWHERE ON THE POOL DECK.
- NO Running, Skipping, or Speed Walking.
- NO Diving in the shallow end of the pool. Dive only in specified areas.
- NO throwing, pushing, excessive splashing, dunking, hanging on other swimmers or riding on other's shoulders. HORSEPLAY WILL NOT BE TOLERATED!
- NO WATER WINGS in any of the Lakota YMCA Pools.
- NO water guns.
- No flips, back dives, back jumps, or twist from the side of the pool.
- Inner Tubes and rafts are permitted in the indoor pool deep end, however; the Directors, Managers, and Staff may ask you to remove these items if they deem them as a safety hazard.
- Starting blocks are for swim team & instructional purposes by a swim coach or instructor only.
- NO hanging or sitting on lane lines or safety ropes. Please swim under them.
- Lap lanes are for continuous swim only. Lap swimmers MUST circle swim.
- Swim suits must be worn while swimming. NO CUT-OFFS!
- Children under the age of 9 must be accompanied by an adult. Children under the age of 6 must be accompanied in the water by an adult. Parents must be in the water with any and ALL NON-SWIMMERS.
- Pool Equipment is for instructional and lap swimming use only. Please see lifeguard before using any of the equipment.
- Infants/Children who are not potty trained must wear a swim diaper and a swim suit over their swim diaper. No one will be permitted to swim in a swim diaper alone. ALL SWIM DIAPERS MUST BE COVERED BY A SWIM SUIT.
- Infants in baby seats and strollers are not to be left unattended in the pool area.
- Lap swimming is permitted during swim lessons and aquatic programs in the competition pool. Baby pool will be open at all times.
- No hard footballs, baseballs, or tennis balls in the pool.
- Absolutely **NO** alcoholic beverages or smoking allowed on YMCA Property.

Basketball Rules: INDOOR & OUTDOOR

- No Hanging on Rim or grabbing on the net.
- No dunking, hitting or horseplay at any time.
- Ball MUST stay in the water at all times.
- No dribbling or playing with the ball on pool deck.
- Return ball to lifeguard when finished playing.

Outdoor Pool Rules:

- Outdoor Pool WILL close during inclement weather.
- Hours may change without prior notice.
- NO GLASS ANYWHERE ON THE POOL DECK.
- NO Running, Skipping, or Speed Walking.
- **NO DIVING ANYWHERE IN THE OUTDOOR POOL.**
- NO throwing, pushing, excessive splashing, dunking, hanging on other swimmers, and riding on other's shoulders. HORSEPLAY WILL NOT BE TOLERATED!
- NO WATER WINGS in any of the Lakota YMCA Pools.
- NO water guns.
- No flips, back dives, back jumps, or twist from the side of the pool.
- Floats and rafts are permitted in the competition area of the pool, however; the Directors, Managers, and Staff may ask you to remove these items if they deem them as a safety hazard.
- Starting blocks are for swim team & instructional purposes by a swim coach or instructor only.
- NO hanging or sitting on lane lines or safety ropes. Please swim under them.
- Swim suits must be worn while swimming. NO CUT-OFFS!
- Children under the age of 9 must be accompanied by an adult. Children under the age of 6 must be accompanied in the water by an adult. Parents must be in the water with any and ALL NON-SWIMMERS.
- Infants/Children who are not potty trained must wear a swim diaper and a swim suit over their swim diaper. No one will be permitted to swim in a swim diaper alone. ALL SWIM DIAPERS MUST BE COVERED BY A SWIM SUIT.
- Infants in baby seats and strollers are not to be left unattended in the pool area.
- No hard footballs, baseballs, or tennis balls in the pool.
- Earphones MUST be used while listening to any personal music devices. NO boom box.
- During adults swim, anyone under the age of 18 years must exit the pool. Anyone 1-12 months may stay with a parent in the zero depth entry, and anyone with a disability may stay in with supervision.
- Absolutely **NO** alcoholic beverages or smoking allowed on YMCA Property.

SLIDE RULES:

- Must be 42 inches tall to ride.
- Must lie down on back with feet facing forward.
- NO FLOATS OR VEST permitted on the slide.
- NO goggles.
- NO zippers or buttons on clothing.
- One person at a time, parents MAY NOT hold their children.
- Swimmer may not go down the slide until instructed to do so.
- No one may catch a person going down the slide. A person may enter the catch pool to assist a swimmer after they have exited the slide.
- Wait until the previous swimmer has reached the ladder before allowing the next person to go.

Members, guests, and Employees of the Lakota Family YMCA are bound by these rules, and any additional rules dictated by federal, state, and local government laws affecting this organization. Failure to comply with any or all rules may result in temporary or permanent dismissal from the Lakota Family YMCA.

Rules are subject to change without notice. Updates will be provided as soon as possible. Please see Aquatics Director for any questions. Directors, Managers, and Lifeguards have sole authority over pool rules and regulations