



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SAFE POOLS HAVE RULES

Local Emergency Number: 911

- **Swimming without a lifeguard present is prohibited**
- **Breath-holding activities are not permitted in Y pools**
- **Shower before you enter the pool**
- **Diving only where permitted (9 feet)**
- **Running on the deck, in the locker rooms, showers or hallways is not permitted**
- **Horseplay of any kind will not be tolerated**
- **No glass permitted in the pool area**
- **No food/drink other than water permitted in the pool area**
- **YMCA equipment and starting blocks are to be used with a Y coach or instructor only**
- **Children ages 11 and under must be within arms reach of an actively engaged adult unless they pass the swim test**
- **Proper swim attire must be worn at all times**
- **Swim diapers are to be used (available for purchase at the Welcome Center)**
- **Hanging on the float lines, starting blocks or lap lanes is not permitted**
- **Enter the water facing forward at all times**
- **Persons with bandages, open cuts and wounds, or contagious diseases are not allowed in the pool**
- **US Coast Guard approved flotation devices only**
- **Lifeguards have final say on all issues in the pool area**

The YMCA OF NATRONA COUNTY reserves the right to alter this list or limit activities to protect members and guests. For your safety and the safety of others please obey all verbal instructions from YMCA staff.