

## General Pool Safety

- A minimum of one lifeguard per pool space is required. If adequate staffing is not available, certain pools or pool areas and attractions may be closed.
- A lifeguard must be on duty at all times. Lifeguards are the sole authority of the pool and are responsible for the safety of everyone in the pool area(s).
- Swimmers are expected to shower before entering the water to help us keep our pools clean.
- Do not dive head-first into any water less than nine (9) feet deep.
- Please walk at all times.
- Toys are welcome; however, inflatable toys, hard rubber or plastic torpedoes, and hard plastic dive sticks are not permitted.
- All non-swimmers and those in street clothes must remain seated in the provided seating area.
- Please keep all ladders and pool exit doors clear of congestion.
- Please do not hang on safety lines or lap lane lines.
- The YMCA is a non-smoking and alcohol-free facility. Tobacco products and alcoholic beverages are not permitted on YMCA property, which includes entryways, parking lots, sports fields, the Outdoor Pool, and the Outdoor Recreation Center and Nature Trail.
- Food, beverages, and gum are not permitted in the pool area.
- Glass containers of any kind are prohibited in any pool area.

## Lap Swimming

- Lap swimming is for adults and teens 13 years and older.
- Swimmers between 6 and 12 years old having passed the swim test (green or pink wristband) may swim laps with a supervising parent as long as they are continuously swimming laps.
- Youth are not permitted to play in lap lanes.
- Lap swimming is continuous, with rest only permitted at the ends of the lanes. Swimmers may be asked to share lanes.
- Flippers, kickboards, pull buoys, and hand paddles are for lap swimming only.
- Starting blocks are for competitive swimming only, and are not for use during open or lap swimming.

## Swimming Pool Dress Code

- Flotation devices are not permitted. Children needing swimming aids may use a U.S. Coast Guard-approved lifejacket only. Families may bring their own U.S. Coast Guard-approved lifejacket to the pools. Swimsuits with flotation inserts must be U.S. Coast Guard-approved.
- Swimmers of any age wearing a flotation device will be issued a red wristband and must have an adult 18 years or older in the water within arm's reach and actively supervising the swimmer at all times.
- Swimmers wearing a flotation device may not use the diving board, water slides, or Vortex.
- Only regulation swimsuits are permitted in YMCA pools. Shorts, cut-offs, and T-shirts are not permitted. For those needing to wear a T-shirt, only white or light-colored shirts are permitted.
- When riding any water slide, no combs or foreign objects are allowed in pockets and no jewelry can be worn. No swimwear with exposed zippers, buckles, rivets, or metal ornamentation.
- Aqua shoes and water exercise shoes are permitted in the water; street shoes are not permitted.
- SCUBA equipment (e.g., masks, fins, snorkels, regulators, etc.) is not permitted except during YMCA-instructed classes. Adults wishing to use a mask or snorkel for lap swimming will be asked to demonstrate how to properly clear both mask and snorkel.
- When traveling between pools, shoes, and a cover-up are required.
- When using diapers (infant or adult), only swim diapers are permitted. Disposable diapers are not permitted.

### Questions?

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### COUNTRYSIDE YMCA | LEBANON

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FOR YOUTH DEVELOPMENT®  
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# SAFETY & SWIMMING AT ITS BEST

## Pool Policies & Rules COUNTRYSIDE YMCA | LEBANON

### RED WRIST BAND

0-5 YEARS OLD  
MUST HAVE ADULT  
SUPERVISION IN  
THE WATER



### YELLOW WRIST BAND

6-12 YEARS OLD  
MUST REMAIN IN  
SHALLOW WATER



### GREEN WRIST BAND

6-12 YEARS OLD  
MUST PASS SWIM TEST  
MUST BE 45" TALL  
MAY SWIM IN ALL AREAS  
EXCLUDING THE DROP WATER SLIDE



### PINK WRIST BAND

6-12 YEARS OLD  
MUST PASS SWIM TEST  
MUST BE 48" TALL  
MAY SWIM IN ALL AREAS



## POOL SUPERVISION, SWIM TEST, AND WRISTBANDS

Aquatic safety is a partnership between great parental supervision and preventative lifeguarding. Countryside YMCA uses a swim test and wristband system to identify the swimming ability and adult supervision requirements for children 0-12 years of age.

### Red Bracelet

- Children 5 years old and younger automatically receive a red wristband.
- Children 5 years old and younger may not take the swim test.

Children with red wristbands must:

- Remain in shallow water (armpit deep).
- Have an adult 18 years or older in the water within arm's reach and actively supervising the child at all times.
- Children found in the water without adult supervision within arm's reach will be reunited with their responsible adult one time per day. If a child is reunited for a second time in the same day, the family will be asked to leave the pool.
- Adults with multiple children 5 years old and younger must stay together in the shallow water within arm's reach of the children.
- Aquatic staff will perform periodic "Family Checks" to verify in-water adult supervision.
- Swimmers with a red wristband may enter deep water if accompanied by an adult 18 years or older in the water within arm's reach.

### Yellow Bracelet

- Children between the ages of 6 and 9 must have an adult 18 years or older providing supervision at any pool.

Children between 6 and 12 years old will receive a yellow wristband when:

- The swimmer declines to take the swim test
- The swimmer did not pass the swim test
- The swimmer does not meet the height requirements to take the swim test
- Swimmers with a yellow wristband must remain in shallow water (armpit deep).
- Swimmers with a yellow wristband may enter deep water if accompanied by an adult 18 years or older in the water within arm's reach.

### Green Bracelet

- Children between the ages of 6 and 9 must have an adult 18 years or older providing supervision at any pool.

- Upon passing the swim test, children between 6 and 12 years old AND 45 inches tall will receive a swim test sticker for their membership card and a green wristband.
- Swim test stickers are provided to Countryside YMCA members only. Swim test stickers expire annually on the Friday before Memorial Day.
- Each visit to a pool, a swimmer must present their membership card with a valid swim test sticker to the lifeguard for membership verification to receive a green wristband.
- If a swimmer does not bring their membership card with a valid swim test sticker to the pool, he/she must retake the swim test that day to receive a green wristband.

Aquatic staff reserves the right to remove green wristbands and stickers for:

- Observed swimming skills below the swim test standards
- Failing to meet age and height requirements

Swimmers with a green wristband may use these areas when they are open:

- Deep water
- Vortex (Family Aquatic Center)
- Indoor Water Slide (Family Aquatic Center)
- Diving board (Outdoor Pool and Competition Pool)

### Pink Bracelet

- Children between the ages of 6 and 9 must have an adult 18 years or older providing supervision at any pool.
- Upon passing the swim test, children between 6 and 12 years old AND 48 inches tall will receive a swim test sticker for their membership card and a pink wristband.
- Swim test stickers are provided to Countryside YMCA members only. Swim test stickers expire annually on the Friday before Memorial Day.
- Each visit to a pool, a swimmer must present their membership card with a valid swim test sticker to the lifeguard for membership verification to receive a pink wristband.
- If a swimmer does not bring their membership card with a valid swim test sticker to the pool, he/she must retake the swim test that day to receive a pink wristband.

Aquatic staff reserves the right to remove pink wristbands and stickers for:

- Observed swimming skills below the swim test standards
- Failing to meet age and height requirements

Swimmers with a pink wristband may use these areas when they are open:

- Deep water
- Vortex (Family Aquatic Center)
- Indoor Water Slide (Family Aquatic Center)
- Diving board (Outdoor Pool and Competition Pool)
- Outdoor Drop Water Slide (Outdoor Pool)

### The Swim Test

- Swimmers ages 6 to 12 years old, minimum 45 inches tall (green wristband) or 48 inches tall (pink wristband).
  - Swim 25 yards total (combination of swimming on front and back plus treading water) Swimmer may or may not put face in the water, rotary breathing is not required.
  - Swimmer does not stop or rest by touching the wall or bottom of pool.
1. Jump into deep water and surface.
  2. Swim ½ the length of the 25-yard pool on his/her front using an over-the-water arm recovery at all times. The feet should be at/toward the surface of the water at all times.
  3. Stop and tread water for 15 seconds. Swimmer must maintain a vertical body position keeping the the head above water.
  4. The swimmer will roll onto his/her back and continue swimming an additional ½ length of the 25-yard pool swimming on his/her back. While swimming on his/her back, the feet should be at/toward the surface of the water at all times.

