



GENERAL POOL RULES:

1. Children 9 and under must be accompanied and supervised at the pool by a parent or caretaker 16 years or older **at all times**. Children 5 and under must have a member 16+ in the pool within arm's reach.
2. All swimmers must shower before swimming.
3. Non-Swimmers are not permitted in the Competition Lap Pool.
4. Swim tests are required for children 12 and under that swim in the Competition Lap Pool.
5. One member 16 + can be responsible for no more than 3 non-swimmers.
6. Walk at all times. Running, skipping, and jumping are not permitted on the pool deck.
7. Only U.S. Coast Guard approved lifejackets are permitted in the Leisure Pool.
8. Inflatable toys such as rafts, inner tubes, arm floats, or any other personal flotation devices are not permitted.
9. Toys are permitted at the discretion of the lifeguard. Pool noodles brought in by patrons are permitted.
10. Only adults are permitted to use face masks that cover the nose.
11. Horseplay, pushing, excessive dunking or splashing, hanging on the lap lanes or safety rope, riding on others shoulders or backs, and tossing other swimmers is prohibited.
12. Ladders and ramp are for entering and exiting only. Sitting, jumping, and playing are not permitted on and around ladders and ramp.
13. An extended period of breath holding and prolonged swimming underwater is prohibited.
14. No Diving, flips, spins, or backward jumps from the side of the pool deck.
15. Kick Boards, pull-buoys, and fins are for use by swim team participants, swim instructors, and lap swimmers only. Kick Boards may be used for child instruction by an adult 16 years or older at the discretion of the lifeguard.
16. Glass containers, food, and gum are not permitted on the pool deck. Plastic water bottles are permitted.
17. Swim suits are required; cutoffs, gym shorts, sports bras, or suits that are or become revealing when wet are prohibited. All swimmers must change in the locker rooms or family changing rooms.
18. Persons with an infectious disease or with open blisters or inflamed eyes will not be admitted. A person with such a condition may be admitted with a physician's written statement that the condition is not communicable.
19. Loud, rude, or vulgar language and or disruptive behavior will not be tolerated under any circumstances.
20. Lifeguards are required to be "rescue ready" and are not permitted to have long conversations with swimmers while on duty. Please do not stand in front of, beside or in a position that would disrupt their view of the pools.
21. No major public displays of affection are permitted.



22. The YMCA reserves the authority to close the pool or sections of the pool due to maintenance or staff limitations. The YMCA staff will close the pool when severe weather or pool maintenance requires it. Any time thunder is heard or lightning is seen, the pool area, including all of the pool deck, must close for 30 minutes.
23. For the safety of all swimmers, the lifeguard may enforce other rules as deemed necessary.

The YMCA staff reserves the right to change or limit activities to protect patrons of the Tiffin Community YMCA. For your safety & the safety of others please obey all verbal instructions from YMCA staff. Those individuals violating these rules & jeopardizing the safety of themselves and or others are subject to removal from the pool and or building, as well as suspension or loss of membership.

Thank you for your cooperation, have a fun & safe swim!



LEISURE POOL RULES:

1. Children 5 and under must be accompanied and supervised by a parent or caretaker 16 years or older **in** the pool with them at **all times**. Child to Adult ratios are 3:1 while wearing flotation device, 1:1 without a flotation device.
2. Coast Guard approved flotation devices are permitted under the supervision of accompanying member. Children must be **within arm's reach** of their caretaker at all times while wearing a personal flotation device. Lifeguards may request to check lifejackets for USCG approved stamp.
3. Children that can stand independently and water is not deeper than chest level may be supervised from the pool deck.
4. Jumping is allowed from the deck if it does not bother other swimmers. Swimmers must land on their feet. Flips, spins, backward jumps, and diving are not permitted.
5. Toys are permitted at the discretion of the lifeguard. Kick boards are not toys and to be used for swim lessons or lap swimming purposes only. Personal pool noodles are allowed.
6. Only adults are permitted to use face masks that cover the nose.
7. Per Ohio State Code, only swim diapers are permitted in the pool. Regular disposable or cloth diapers are prohibited. Swimming attire must be worn over swim diapers. Changing of diapers on the pool deck or in the pool area is strictly prohibited.

LAP SWIM ETIQUETTE:

1. Sharing of lap lanes is expected. Circle swimming is common (keep to the right). To split lanes, communicate with the other swimmer to prevent injuries.
2. Try to swim with people who have the same ability. Please respect other people's efforts.
3. Be cautious and courteous. Do not start directly in front of or behind someone approaching the wall for a turn. Give them room and drop behind.
4. Let others know you are entering the lane. If necessary, get a swimmer's attention by waving a kickboard underwater. Those already in the lane always have the right of way.
5. To pass another swimmer: Touch the person on the foot once only during the lap. If you are touched on the foot, move quickly off to the side of the lane when you reach the wall & allow the person to pass.
6. If you are resting or waiting at the end of the lane, move out of the way to allow other swimmers full use of the wall when turning.
7. Exercise equipment in the lap lanes may be limited by staff to allow for more than two lap swimmers per lane.
8. Please exit the lanes after your workout is complete. Please do not occupy lap lanes for socializing.
9. While lifeguards are not solely responsible for enforcing lap swim etiquette, they may be of assistance explaining and clarifying the rules.