

YWCA Central Carolinas Pool Rules

1. Patrons are only permitted to use the pool when it is officially guarded by the lifeguard(s) on duty.
2. A regulation swimsuit and full body shower are required before entering the swimming pool.
3. The following are prohibited in the swimming pool area: persons under the influence of alcohol or drugs, animals and pets, food and drinks, smoking, gum, glass containers, running, pushing, pulling, towel snapping and anything the lifeguard(s) deem a safety hazard.
4. The following are prohibited in the swimming pool: open wounds or rashes, cut-off jeans, diving, hanging on the lane dividers, dunking, rough play, riding on another swimmer's shoulders, and personal conduct that endangers the safety of one's self and others.
5. Children under the age of thirteen (13) must be accompanied by an adult.
6. Patrons unable to demonstrate to the lifeguard(s) their ability to swim are not permitted in the deep end of the swimming pool. The lifeguard(s) reserve the right to have a person pass a swimming test to determine their ability.
7. Anyone pretending to be drowning will be asked to leave the swimming pool area.
8. Equipment used for lap swimming, swimming lessons, and water fitness classes are not to be used for general recreational use unless permission is granted by the lifeguard(s) on duty.
9. Lanes are reserved for persons swimming laps. Unless you are swimming laps, please stay out of the lap lanes.
10. In the case of thunder and lightning in the area, the lifeguard(s) will clear the swimming pool and continue to monitor the weather. Thirty (30) minute time intervals will be established for each clap of thunder or bolt of lightning. Should either occur during the thirty minutes, the interval is restarted with each clap or bolt until the weather has cleared the area.
11. Adults should not swim alone.
12. Children should not use the swimming pool without adult supervision.
13. Only U.S. Coast Guard approved devices or solid flotation blocks are approved for use by the YWCA Central Carolinas.
14. All children who are not potty trained must wear swim diapers and plastic training pants. Regular diapers are not allowed in the swimming pool. Please use locker rooms for changing and dressing children.

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Central Carolinas

Sarah Belk Gambrell Fitness Center