



# YMCA of Fredericton

## Pool Rules

**CARING** - We CARE about your safety and the safety of your children.

- Walk at all times on the pool deck (no running).
- Always enter the shallow water facing forward and feet first (exception is when using the stairs).
  - Flipping is not permitted.
  - Shallow water diving is prohibited as paralysis or death may occur. Diving in the deep water is only permitted against the East wall.
- When using the slide, ensure the bottom is clear and enter feet first. Hands are free of toys when on the slide.
- Keep off lap lanes, hand rails, and chair lift.
- Repetitive breath-holding, prolonged breath-holding and prolonged underwater swimming is not permitted.
- Photographs and videos are not permitted in order to protect the privacy of our patrons and staff.
- Snorkels and flippers are permitted during lap swims or under the supervision of an instructor. They are not permitted during family swims.
- Deck is clear of obstruction. Personal belongings and/or equipment must not obstruct the deck.
- Children 4 years and older accompanied by an opposite gender parent are to use the Universal change room.
- No street shoes allowed on the deck. For the safety of the patrons, the cleanliness of the deck and the quality of the water, street shoes are not allowed on the pool deck. Bare feet, flip flops and deck shoes are appropriate.
- Swim diapers are mandatory for children under 24 months; bathers who are incontinent must wear protective water resistant swimwear.
- Those with seizure disorders or other serious medical conditions should be accompanied by an individual knowledgeable of their condition and responsible for their direct supervision.
- Individuals under the influence of alcohol or drugs are not permitted to use the pool or facility.

**RESPECT** - Please show RESPECT for others and for our facility.

- Foul language, public displays of affection, and inappropriate behavior are not allowed.
- Rough play and unsafe actions are not permitted (no dunking, pushing, playing on backs or shoulders, excessive splashing, fighting, etc.).
- Chewing gum, eating, and drinking in the pool area are prohibited (exception is drinking water).
- No person shall bring a glass or porcelain container onto the deck or into the pool.
- No person shall pollute the water in the pool in any manner, and spitting, spouting of water and blowing the nose in the pool or on the deck are prohibited.
- No person having a communicable disease or open sores on his or her body shall enter the pool.
- No patron shall use the pools without the presence of a lifeguard on duty.
- **Lifeguards are the final authority of the pool. The lifeguard reserves the right to remove any person from the pool area if they act in an unsafe manner or create an unsafe or dangerous situation for themselves or others.**



## Whistle Guidelines

- One Long Whistle – Major Emergency
- Two Short Whistles – Minor Emergency
- Three Clear Whistles – Pool Clear

**ACCOUNTABILITY** – Be an ACCOUNTABLE member in our pool.

- [Admission standards](#) must be followed and will be enforced by Welcome Desk and Aquatics staff. This helps to ensure the safety of all bathers by minimizing risk. The YMCA Fredericton follows the Lifesaving Society of New Brunswick recommendations for admission standards.
- Lifeguard to bather ratios must be followed, and will be enforced by Aquatics staff. These ratios follow the recommendations of the Lifesaving Society of New Brunswick and help to ensure the safety of all bathers.
- Shower with warm water and soap before using the pool.
- Swimmers must not be in the Leisure Pool when the floor level is being changed. The uneven weight of swimmers can damage the floor mechanics and the moving floor may cause injury to swimmers.
- Appropriate swim attire is required for any persons entering the pool.
- Please ask a lifeguard before borrowing any pool equipment and put borrowed equipment away neatly.
  - Flutter boards are not to be sat or stood on in the water. Pushing flutter boards underwater can cause them to fly up unexpectedly and cause injury.
  - Toys (aside from balls) are not to be thrown as they can cause injury should they hit someone unexpectedly.
- No person shall engage in boisterous play in or about the pool (ie never scream or yell for unneeded help).
- Do not engage the lifeguard in unnecessary or excessive conversation.
- Ask a lifeguard if you do not understand a rule. Parents and guardians should supervise their children and assist with implementing pool rules and policies.

**INCLUSIVE** – Lane Swim etiquette to INCLUDE everyone.

- Lap lanes are for lane swimmers only. Open swim during lane swim is not allowed.
- Lane swimmers should circle swim with 3 or more swimmers. If a swimmer is entering a lane with 2 swimmers splitting the lane, the new swimmer must ask the other swimmers to circle swim. Lifeguards will monitor lanes to ensure patrons safety and balanced lane speeds.
- Lane swimmers must swim in lane appropriate to speed. Lane shall be marked by signs SLOW, MEDIUM, and FAST. Lifeguards shall monitor the lanes and move swimmers to lanes appropriate to their speed as necessary.
- Lane swimmers should allow swimmers needing to pass to pass at the wall.

The YMCA of Fredericton strives to maintain the highest standards in emergency training and safety. Lifeguards are responsible for enforcing safety rules and responding to emergencies. Pool rules and policies are in place and are enforced to ensure the safety of our patrons. We thank you for following the rules and cooperating with the lifeguards. We hope you have **FUN** at your swim!