# POCL RULES



## **SWIMMING POOL**

- 1. Shower before entering the pool
- 2. Proper swimming attire must be worn at all times
- 3. No socks in pool
- 4. Swimming without a lifeguard is prohibited
- 5. Breath-holding activities are not permitted
- 6. Children who are weak swimmers must have a parent within arm's length
- 7. Enter the water facing forward
- 8. Persons with bandages, open cuts, and wounds are not allowed in the pool
- 9. Swim diapers are required for non potty-trained children
- 10. No floaties permitted for any age
- 11. The lifeguard's word is final!

## YMCA PROPERTY

- You must be covered in the building.
  Clothing and shoes are required.
- 2. Building entry not permitted when wet
- 3. Alcohol, smoking or vaping are not permitted on YMCA property
- 4. Outside music is not permitted
- 5. Foul language is not permitted
- 6. Public displays of affection (PDA) not permitted
- 7. Same day re-entry allowed with receipt
- :8. No refunds

#### POOL DECK

- 1. Entry fee required for everyone including non-swimmers
- 2. Keep all chairs in their proper locations
- 3. Running on the deck, in the locker room, showers or in the building is not permitted
- 4. Horseplay, of any kind, will not be tolerated
- 5. YMCA equipment is reserved for instructor use only
- 6. Ice chests and outside food/drinks are not permitted
- 7. Only sealed bottled water allowed
- 8. No refillable bottles
- 9. Dispose of all trash in trashcans

#### **SUPERVISON**

- 1. Children under 12 years of age must be accompanied by a guardian
- 2. Anyone 13-17 years of age must have an adult sign the pool pass to gain access to the pool

