

## Appendix A



FOR YOUTH DEVELOPMENT\*\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL RULES & GUIDELINES

## MERIDIAN RANCH

- Children 5 years of age or younger must be accompanied in the water, within arm's distance at all times by a parent/guardian 16 year of age or older,
- Children 10 years of age or younger must be accompanied by an adult/guardian 16 years of age or older, Parent/guardian must be on the pool deck or in the pool,
- Children 12 years of age or younger must take a swim test before using the pool,
- Shower before entering the pool,
- Coastguard approved flotation devices only. (No inflatable devices such as water wings, rafts, etc.) Non-swimmers must stay in designated shallow areas, Children with lifejackets or foam swim suits must have a parent/guardian within arm's reach regardless of age,
- No running on the pool deck or pool area,
- Fins and snorkels may only be used by lap swimmers, A mask or goggles may be used during open swim times,
- Horseplay, unnecessary roughness, foul language, public displays of affection, and inappropriate behavior are prohibited,
- Standing, sitting, or hanging on shoulders, throwing one another, and slapping the water with noodles is prohibited,
- Gum, glass containers, and food must be left outside the pool area,
- Sitting and hanging on the lane lines and safety ropes is prohibited, Swimmers must swim under, not over them,
- Equipment including kickboards, pull buoys, and paddles are only to be used during lap swim or swim lessons,
- Smoking and vaping is prohibited in the facility,
- Flips, dives, back dives, cartwheels, or jumping backwards off the side of the pool are prohibited,
- Use ladders and steps properly, No playing or loitering on the stairs, Only one swimmer at a time on the ladder,
- Swim diapers must be worn by all children who are not yet potty trained, Diaper changing is prohibited on the pool deck,
- No swimming in the water slide discharge area,
- Admission to the pool will be refused to people with infectious diseases, rashes, fevers, foot infections, open wounds, etc,
- Prolonged underwater swimming and breath holding is prohibited,
- Only YMCA staff may teach lessons, Pool may not be used for non-YMCA sanctioned lessons,
- 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 , including all of the pool deck and showers, must close for 30 minutes, Blood borne pathogen contamination or fecal contamination will necessitate pool closing as well,
- Lifeguards have final discretion and the authority to enforce any rules printed or verbal, The lifeguard reserves the right to remove any person from the pool area if they act in an unsafe manner or are creating an unsafe/dangerous situation for themselves or others,

### Slide Rules

- Must be 52" tall (for outdoor slide) / Red Neckband or wristband for indoor slide
- A line will form on pool deck, not on stairway, All swimmers must wait at the bottom of the slide until the lifeguard allows them to go up the stairway, Only one rider at a time,
- No tubes, mats, lifejackets, goggles, or masks permitted in flume,
- Enter slide in sitting position, Slide must be ridden feet first either sitting or lying down on back,
- No running, standing, kneeling, rotating, tumbling, or stopping in flume
- Exit splash down pool area immediately.

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# POOL RULES & GUIDELINES (CONT.)

## MERIDIAN RANCH

### Lap Swim Etiquette

- Be prepared to share lanes
- Try to swim with people who have the same ability. Please respect other people's efforts,
- 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.
- 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.
- With two or more swimmers in a lane, swim a circle pattern. (Keep to the right)
- 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 and allow the person to pass.
- 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. Do not occupy the lane for socializing; exit after your workout.
- Note: While lifeguards are not responsible for enforcing lap swim etiquette, they may be of assistance explaining and clarifying the rules.
- Daily swim tests will take place during Safety Break at 10 minutes to each hour in an end lane of the lap pool.

### Lazy River Rules

- Must be a green band to enter alone. Children with red or yellow bands must be accompanied by an adult within arm's reach at a ratio of 1 adult per child.
- Inner Tubes will be brought out during the first 15 min of every hour. One rider per tube.
- Inner Tubes must be around the chest with head above the water/tube, or riders may lay on top of the tube on their stomach with their head between the handles.
- No standing, crawling, walking on lazy river wall.
- Swimmer must swim with the current when tubes are in the water.
- No horseplay on tubes (forming chains, pushing, rocking, hitting, standing on, etc.)
- Swimming under tubes is not permitted

### Swim Test Policy

Children 12 years of age and younger will be swim tested by the guard on duty and will be required to wear the appropriate neckband for the duration of their visit. Swimming capabilities and test level of all swimmers is at the discretion of the Lifeguard on duty. At any time, a Lifeguard may retest or revoke permission of any swimmer for safety concerns or policy violation.

**GREEN Band Test**—Swimmers must be able to jump in the deep end, tread water for 60 seconds, swim halfway down the lap lane using a horizontal swim stroke without stopping or having assistance, roll over to their back and back-float for 30 seconds, and swim the remainder of the lap on their back. Green Band Swimmers are permitted to swim in the Green, Yellow, and Red Zones.

**YELLOW Band Test**—Swimmers must be at least 52 inches or taller. Yellow band swimmers are permitted to swim in the Yellow and Red Zones only.

**RED Band Test**—All swimmers 12 and younger who do not successfully complete the Green or Yellow Band Tests will be issued a Red Neckband. Red Neckband swimmers are permitted to swim in the Red Zone only.

**RED NECKBAND SWIMMERS MUST** have at least one parent **IN THE WATER** at all times at a ratio of one adult to every two children.

**RED WRISTBAND SWIMMERS MUST** have at least one parent **IN THE WATER WITHIN ARM'S REACH** at all times at a ratio of one adult to every two children.

**CARING: Share a lane if needed.**  
**RESPECT: Listen to the lifeguard.**  
**RESPONSIBILITY: Pick up after yourself.**  
**HONESTY: Be truthful about your swimming ability.**