

YMCA OF GREATER OKLAHOMA CITY

MITCH PARK YMCA



POOL RULES

1. Shower before entering the pool; Proper swim attire required in the pool area
2. A swim test will be administered by the lifeguard for all children under the age of 13. If a child cannot pass the swim test, they will be required to wear a coast guard approved life jacket at all times, no exceptions.
3. A parent or guardian 16 years of age or older must accompany children under the age of 8 that are unable to pass the swim test. (1 adult to every 2 children). **This person must be in the water with the child and within arms reach at all times.**
4. Food, drink and gum are not permitted in the pool area.
5. Band-aids, bandages, or open wounds are prohibited.
6. NO Inflatable floatation devices. The YMCA provides life jackets for your use.
7. Hanging on lane dividers or Climbing/Sitting on walls is strictly prohibited.
8. Always walk in the pool area – don't run.
9. Horseplay or wrestling in the pool is prohibited.
10. No hanging on walls, poles, or other people in the vortex.
11. No Noodles during Family Rec Time.
12. Swim fins, leg buoys and hand paddles are for lap swimmers use only
13. We do not loan goggles.
14. Always listen to the lifeguard's whistle and obey the commands.
 - a. 1 short blast: to get swimmer's attention.
 - b. 2 short blasts: to get another guard's attention.
 - c. 1 long blast: Clear pool; Activating Emergency Action Plan
15. Parents must be seated in the bleachers during swim lessons

SLIDE RULES

1. Must be 48" to go down slide, no exceptions.
2. Lay back, Feet first, ankles crossed.
3. NO life jackets, goggles, or metal objects on slide
4. One rider at a time

THE LIFEGUARD IS ULTIMATELY RESPONSIBLE FOR YOUR SAFETY AND THE CLEANLINESS OF THE POOL.

LIFEGUARDS WILL EMPLOY MORE STRINGENT POLICIES, AT THEIR DISCRETION, DEPENDING ON THE SITUATION.