



POOL RULES

- SWIM ONLY WHEN A LIFEGUARD IS ON DUTY.
- Per Framingham Board of Health and state regulations, all swimmers must take a cleansing shower before entering the pool.
- No street shoes are allowed on the pool deck.
- All swimmers with hair shoulder-length or longer **MUST** have their hair tied back.
- You may not use the pool if you have an infectious disease, open wounds, or bleeding.
- Absolutely NO:
 - Running
 - Eating/Drinking
 - Horseplay/Throwing/Pushing People
 - Gum Chewing
 - Spitting
 - Glass bottles or containers
- Only YMCA-approved flotation devices may be used.
- Program equipment is for lessons only. Lap swimmers may use kickboards, pull buoys, and fins.
- Children 12 and under must be accompanied by an adult at all times while using YMCA facilities.
- Children ages 5 and under are required to have a parent in the water with them actively supervising within arm's length.
- Children ages 6 and over will be asked to complete a swim test and will be marked with a neck band identifying which areas of the pool they may access.
- Younger children are required to wear tight-fitting rubber pants or swim diapers.
- No bags or strollers allowed on the pool deck.
- Diving is only allowed in 9 feet of water. Forward dives only - no flips or twits allowed.
- Please be courteous to other swimmers.
- **THE LIFEGUARD ON DUTY HAS THE FINAL SAY IN ALL SAFETY MATTERS**

Additions for lap swimmers:

1. Always survey the speed of swimmers in each lane, and then enter the lane appropriate to your swimming ability. The speed at each lane is marked on the deck at the end of each lane.
2. Alert all other swimmers before entering the lane.
3. Swimmers must circle swim in a counter-clockwise direction when there are 3 or more people in the lane. When there are 2 swimmers in a lane, the 2 may agree to split the lane.
4. If the swimmer behind you taps your foot, please let the swimmer pass you at the end of the length.
5. When using kickboards or fins, please move to the appropriate speed lane.
6. Lap swimmers must be at least 16 years old.



**THANK YOU!
GRACIAS!**