

Gettysburg YWCA Pool Policies

General Pool Rules

We welcome all members and guests to our pool. For everyone's safety and enjoyment, we ask that you abide by the following rules. Members, non-members, or guests who repeatedly break these rules are subject to possible membership loss or appropriate corrective measures.

- The lifeguard is the sole authority in the pool. All persons must obey the instructions of the lifeguard or his/her supervisor. Please do not argue with the lifeguard about these rules; they did not make them, nor can they change them, however, they are required to enforce them. If you are not satisfied with the way a guard is handling something, ask to see a manager.
- Please do not engage actively guarding staff (on duty watching the pool) in extended conversation.
- Persons with the following conditions will be prohibited from entering the pool (the YWCA reserves the right to refuse entry to any person at their discretion): Any person appearing to be or known to be intoxicated. Any person with symptoms of diarrhea. Any person showing evidence of skin disease, sores, inflamed eyes, or communicable disease, shall be refused use of the pools unless a physician certifies that the individual's condition is not infectious or contagious by waterborne transmission.
- Please shower before entering the pool and between pool and spa use. Users' good hygiene is essential to keeping our pool and spa clean and operational.
- Children under the age of 10 must always be accompanied by an adult . The adult must remain in the pool area with the child.
- No diving in shallow water. Forward diving is permitted only in water depth of 9 feet or greater.
- Jump in only from the ends of the pool; the ends are nearest to the locker rooms and the starting blocks.
- Do not hang or lay on the lane lines.
- Running, rough play, dunking, splashing, and pushing is prohibited. Standing or sitting on the back or shoulders is not permitted.
- Disrespectful or inappropriate language or behavior is prohibited.
- Glass, gum, food, and smoking are not permitted.
- Water in plastic or metal containers is permitted in all pool areas.
- Keep clear of pool ladders. They are to be used for entering and exiting the pool only.
- Swimmers are not permitted to participate in breath holding activities.
- Use of photographic devices to take pictures without consent is prohibited.
- Strollers are not permitted on deck; wheelchairs and other assistive devices are permitted.
- Wear jewelry at your own risk.
- Electrical appliances and electronics are prohibited within 5 feet of the water (battery operated waterproof devices are permitted).
- Please consult a physician before beginning any form of water exercise.
- In an emergency, please follow lifeguard's directions as quickly and safely as possible.

Attire

- Use good judgment in choosing your swim wear as to not offend other swimmers. Street clothes are not permitted.
- Persons in bathing suits are restricted to the pool and locker room areas.
- Please remove shoes before entering the pool area to keep dirt, debris, and other matter at a minimum.

Diapers

- Non-toilet trained individuals must wear a fresh swim diaper and/or snug fitting plastic pants under the bathing suit while in the pool. Disposable diapers are not allowed in the pool. If your child soils their diaper during the course of swim, they must be taken immediately to the bathroom to be changed. Do not wait until swim is over to change your child's diaper, and do not change diapers on the pool deck.
- Please encourage all swimmers to make an attempt to use the toilet prior to entering the pool area. If your child requests to use the toilet during their swim, take them immediately, do not ask them to wait until swim is over. Accidents in the pool will cause a shutdown of up to 24 hours and must be prevented if possible.

Use of Equipment

- Equipment is to be used for its intended use only.
- Starting blocks are to be used only under the supervision of a certified swim coach or a certified swim instructor.
- Flippers are allowed for lap swimmers, swim team, and lessons only.
- Masks and snorkels may be used by adults or children (under adult supervision only).
- Aquatic barbells are for adult use only.
- Use of equipment and supplies may be limited by lifeguards if the pool becomes crowded.
- No playing on or around ladders, stairs, and lift chairs. They are for entering and exiting only.

Lap Swim Rules

- Please observe common courtesy.
- When joining a lane, make sure everyone in the lane is aware prior to entry.
- Swimmers are expected to share the lane with other individuals. In the event a swimmer refuses to share a lane; they will be asked to leave the pool area.
- When 2 swimmers are in a lane, the lane can be shared/split.
- Circle swimming prevails if more than 2 swimmers are in a lane.
- When stopping, please occupy a corner of the lap lane.
- When circle swimming, allow faster swimmers to pass.
- Stop at the corner to allow faster swimmers to make the turn to go ahead of you.
- Do not stop in the middle of the lane.

Flotation Devices

- Any and all flotation devices must bear the mark of Coast Guard Approval. Appropriate flotation devices include: lifejackets and “puddle jumpers”.
- If a participant is found to be using a non-approved device they will be required to remove it from the pool. The YWCA provides a variety of approved flotation devices for use by any of our swimmers during their visit to our pool at no cost.
- Flotation devices may not be substituted for swimming ability in deep water.
- Inflatable flotation devices of any kind are not permitted.

Spa Rules

- Spa users must be at least 18 years old.
- Maximum occupancy is 10 persons.
- The spa is an “at your own risk” area, as there is no lifeguard on duty.
- Please shower before entering the Spa. Users’ good hygiene is essential to keeping our spa clean and operational.
- Pregnant women, persons suffering from heart disease, diabetes, or high or low blood pressure should not enter the spa without prior medical consultation and permission from the doctor. Persons taking medications should consult their physician and obtain permission prior to using the spa.
- Do not use the spa immediately following vigorous exercise.
- Check the temperature before using, the maximum safe temperature is 104 degrees Fahrenheit.
- Observe a reasonable time limit to avoid nausea, dizziness, and fainting.
- Enter and exit the spa slowly.
- Do not submerge beyond the shoulders in the spa.
- Inappropriate behavior or public displays of affection in the spa area will not be tolerated.
- In case of emergency, a red emergency stop button is located above the spa on/off switch panel.