



MEMBER POLICIES

POOL & DIVING BOARD RULES

POOL RULES

- Members must check in at the front desk before entering pool areas.
- Children 6 years and under need a parent in the water with them at all times in either pool.
- Children 7-10 years old need a parent on the pool deck at all times.
- Children 11 to 13 years old must have a parent check them in at the front desk and **MUST** remain on the YMCA grounds.
- If the child is a **NON-SWIMMER** regardless of the age, the parent/guardian **MUST** be in the water with the child at all times.
- If a child needs a PFD (Personal flotation device) in order to swim the parent/guardian **MUST** be in the water no matter the age.
- **NO** shoes or strollers are allowed on the pool decks.
- **NO** inflatable toys or flotation devices are allowed (ex. "Swimmies", inner tubes, beach balls etc.)
- **ONLY** swim suits are permitted to be worn in the pool and must be full coverage for both men and women. **NO** street clothes are to be worn in the pools.
- Everyone **MUST** shower before entering either pool. This is a CT STATE LAW.
- Persons with open cuts or wounds are not permitted to enter the pools.
- You must be 18 years or older to use the saunas.
- **NO** spitting or nose blowing in the pool.
- **NO** rough play (Fighting, throwing people, chicken fighting etc.)
- YMCA approved swim diapers **MUST** be worn for children who are not, or recently potty trained.
- Cell phones are prohibited on deck unless in case of emergency.
- Taking pictures or video are prohibited during open swim and/or swim lessons.
- Diving only allowed in the deep end of Olympic Pool.
- If more than 2 people occupying a lap lane, swimmers must circle swim. **NO ONE MAY REFUSE TO CIRCLE SWIM.**



MEMBER POLICIES

POOL & DIVING BOARD RULES

POOL RULES

- Pool equipment: Will be managed at the lifeguards discretion adhering to the following:
- Noodles, barbells or kickboards may be used by adults (18 and over as part of recreational swim in either pool as long as it is being used properly.)
- Kickboards may be utilized by lap swimmers only.
- Everyone must follow the pool schedule. **NO EXCEPTIONS.**
- No glass containers or food on the pool decks.
- Food is allowed in areas outside the pool deck or in the lounge.
- Smoking or vaping is prohibited on all of the YMCA of Greenwich property.
- Outdoor access doors on the Olympic pool deck are for Emergency use only.
- **THE LIFEGUARDS WILL ENFORCE ALL POOL RULES** and adhere to making decisions regarding safety.
- **THE YMCA reserves the right to change or alter any of its policies, procedures or schedules as needed and at the discretion of the facility.**

DIVING BOARD RULES

- Only one meter boards are for member use.
- Only one person on the board at a time. The next person must wait on the pool deck.
- One bounce per person on the diving board.
- Wait for the person in front of you to swim to the wall before you jump.
- You may only jump straight off the board. **NO TWISTING, FLIPS, OR BACK DIVES.** (Unless supervised by a diving coach and on the dive team)
- Starting blocks are for the use of the swim team and swim lessons only.
- When a lane line is set up under the diving boards, the boards are closed.
- Three meter diving boards are for use by dive team only under supervision of a diving coach.



MEMBER POLICIES

LAP SWIMMING ETIQUETTE

With an increase in pool usage during member lap, it is our team's responsibility to facilitate circle swimming when necessary and ensure that all members are following the proper lap swimming etiquette.

- 3 or more swimmers in one lane must circle swim.
- Swim in a counterclockwise direction, staying on the right side of the lane.
- Try to swim with others of the same pace.
- Be aware of other swimmers in the lane.
- No diving into the lanes.
- Pass only when the middle of the lane is clear.
- Avoid congregating at the end walls; move to the right of the lane to allow active swimmers full use of the wall when turning.
- No hanging on the lane lines.
- Leave a sufficient amount of space between each swimmer so that there is room to circle swim.



MEMBER POLICIES

PARENT ON POOL DECK POLICY

In general, the following applies regardless of the activity:

- No strollers on pool deck
- No shoes (bare feet/ flip-flops only)
- No food/glass bottles of any kind on deck
- Must sit in designated seating area

SWIM LESSONS

- Only one meter boards are for member use.
- Only one person on the board at a time. The next person must wait on the pool deck.
- One bounce per person on the diving board.
- Wait for the person in front of you to swim to the wall before you jump.
- You may only jump straight off the board. **NO TWISTING, FLIPS, OR BACK DIVES.** (Unless supervised by a diving coach and on the dive team)
- Starting blocks are for the use of the swim team and swim lessons only.
- When a lane line is set up under the diving boards, the boards are closed.
- Three meter diving boards are for use by dive team only under supervision of a diving coach.

SWIM, WATER POLO & DIVING TEAM PRACTICES

- All participants must check in at the front desk prior to going to practice at the pool.
- Parents must remain on the locker room side of the pool if staying to watch practice.
- Parents are **NOT** to be on the "swimmer side" of the pool deck.
- Outdoor access doors at the Olympic pool are for Emergency use only and may not be used as a point of access.