

Wristband Rules

Red:

- Ages 0-4, ages 5-12 years unless they can pass the swim test or taller than 46" at the armpit level
- Must remain in shallow water
- Must have an adult (14 years or older) in the water within arm's reach and be actively involved in the supervision of the child
- Adults with multiple children age 0-7 must stay together in the water within arm's reach of the children
- Swimmer declined to take the swim test
- Swimmer did not pass test or does not meet height requirement to take swim test

Yellow

- Ages 5-12 years and able to pass the slide swim test or taller than 46" at the armpit level
- Must have adult supervision (age 14+) in water actively involved in supervision of child
- Swimmer may take the swim test up to two (2) times per day
- May go on slide

Green

- Ages 7-12 years and able to pass the open swim test or 46" at the armpit level
- Open swim
- May go on slide

Spa Rules

- Please take a cleansing shower, including your hair, before entering the spa
- A certified lifeguard must be on duty and on deck prior to entering the spa area
- Please do not engage lifeguards in conversation, unless it is an emergency situation. Always respect and adhere to the lifeguard's instructions
- Please limit your stay in the spa to no more than 15 minutes in any one session
- Walk. Refrain from running on the pool deck
- For your safety, dunking, pushing, diving, submerging, extended breath holding, rough play, or inappropriate language is prohibited

- Spitting, spouting of water, blowing the nose, and similar behavior in the spa is prohibited
- Please refrain from bringing gum, food, and beverages onto the pool deck. Water must be in a closed top plastic container.
- If you have seizure, heart, or circulatory problems please use the spa with a buddy
- Anyone with exposed, open wounds, open blisters, or cuts should refrain from using the spa
- If you have had a communicable disease or have been ill with vomiting or diarrhea within the past two weeks, please refrain from entering the water
- Appropriate swim attire must be worn. Street clothes and cut-offs do not qualify as swim attire. Polyester, nylon, or spandex shirts are acceptable
- Children age 6 and under may not use the spa. Children ages 7-13 may use the spa with a parent or guardian
- For your safety, do not use the spa immediately after intense physical activity or sauna use
- Please do not sit on the stairs. Doing so blocks the spa's primary entrance and exit.
- Please safeguard your belongings. The YMCA is not responsible for lost or stolen items
- Alcohol, drugs, and tobacco products are prohibited on YMCA grounds
- Maximum spa occupancy is 10 persons.

For Your Safety

Full face snorkeling masks are NOT permitted in our pool

Breath-holding activities and prolonged underwater lap swimming are not allowed

Pool Rules and Regulations

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- A certified lifeguard must be on duty and on deck prior to entering the spa area
- Please do not engage lifeguards in conversation, unless it is an emergency situation. Always respect and adhere to the lifeguard's instructions
- Please limit your stay in the spa to no more than 15 minutes in any one session
- Walk. Refrain from running on the pool deck
- For your safety, dunking, pushing, diving, submerging, extended breath holding, rough play, or inappropriate language is prohibited
- Spitting, spouting of water, blowing the nose, and similar behavior in the spa is prohibited

- Please refrain from bringing gum, food, and beverages onto the pool deck. Water must be in a closed top plastic container.
- If you have seizure, heart, or circulatory problems please use the spa with a buddy
- Anyone with exposed, open wounds, open blisters, or cuts should refrain from using the spa
- If you have had a communicable disease or have been ill with vomiting or diarrhea within the past two weeks, please refrain from entering the water
- Appropriate swim attire must be worn. Street clothes and cut-offs do not qualify as swim attire. Polyester, nylon, or spandex shirts are acceptable
- Swimmers under the age of seven, or who need a floatation device, must be within arms reach of an adult at all times
- Children under the age of 12 or 46 inches at the armpits, must take a swim test prior to swimming
- Swimmers in diapers must wear a protective covering, in addition to the swim diaper. Changing of diaper must occur in locker room or restroom
- Please safeguard your belongings. The YMCA is not responsible for lost or stolen items
- Alcohol, drugs, and tobacco products are prohibited on YMCA grounds
- Anyone under the influence of alcohol or drugs is prohibited from using the pool
- Maximum pool capacity 100

Water Slide Rules and Regulations

Rider Requirements

- Riders must be at least 5 years old and at least 44 inches tall to use the slide
- Riders who are less than 54 inches in height must pass a swim test. The swim test requires that the rider can front crawl for 25 yards (the full length of the pool).
- The maximum weight limit for the slide is 280 pounds.

Water Slide Rules

- For your safety, only one rider is allowed at a time
- Only feet-first entry is allowed on the slide. Please refrain from diving or entering the slide head-first
- Please wait until the splash down area is cleared before starting your decent down the slide. Slider shall promptly leave the splash pool area
- For your safety, life jackets, metal accessories, and loose clothing are not allowed on the slide
- Due to health risks, use of the slide is not recommended for pregnant women

- Please do not engage in running, standing, kneeling, tumbling, horseplay, or stopping in the slide flume (tube)
- Alcohol, drugs, and tobacco products are prohibited from the YMCA grounds
- Always respect and adhere to the lifeguard's instructions
- Failure to comply with these rules or lifeguard instructions may result in the loss of slide use privileges.

Attention Members:

According to the Washington State Department of Health, everyone must take a cleansing shower, including hair, before using the pool or spa.

Health Information

Please keep your children home for:

- Band-Aids and open wounds (bleeding or oozing fluids)
- Green mucus or yellow discharge from the nose
- Had a fever, vomited or had diarrhea in the last 48 hours
- Headache, earache, sore throat, listlessness, or loss of appetite
- Had shots/immunizations that day
- Sinus or ear infection

Six "P-L-E-A-S" for Protection Against Recreational Water Illness (RWIs)

PLEASE don't swim when you have diarrhea... especially important for kids in diapers

PLEASE don't swallow the pool water

PLEASE practice good hygiene

PLEASE take your kids on bathroom breaks often

PLEASE change diapers in the bathroom and not poolside

PLEASE wash your child thoroughly (especially rear end) with soap and water before swimming