



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Boothbay Region YMCA Pool Rules & Guidelines

For Pool Cleanliness:

- Food, drink and glass containers are not permitted in the pool area
- Street shoes (shoes that have been worn outdoors) must be removed before entering the pool area
- No chewing gum

Before entering the pools:

- Please shower before using the pools & sauna
- All hair longer than shoulder length must be pulled back or be under a swim cap
- If under the age of 18, please check in with the lifeguard on duty

For Your Safety:

- Diving is permitted in designated areas only (Emery Pool). Water needs to be at least 9' deep.
- Only US Coastguard Approved Lifejackets and Puddle Jumpers are allowed. Patrons utilizing lifejackets must remain within arm's length of an adult 18 years or older.
- Breath holding activities are strictly prohibited. Lack of oxygen in the bloodstream/muscles can lead to lightheadedness and/or passing out.

Do Not:

- Run on the pool deck
- Push, dunk, or engage in horseplay
- Do flips, back dives or twisting jumps
- Hang on the pool lane lines

Swim Test:

- All swimmers under the age of 18 wishing to use the deep end of the pools must take a swim test

BOOTHBAY REGION YMCA

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