



Pool Rules:

- All patrons must follow the standards of acceptable behavior at all times while on the pool deck, in the whirlpools and when in the pool
- All patrons must follow the directive of the lifeguard on duty to ensure a safe swimming environment for all
- All participants must shower before entering the pool and/or whirlpools
- Swim caps must be worn by all swimmers
- During lap swim all swimmers must circle swim
- Lifeguards, in their sole direction, will determine appropriate lanes for all swimmers
- Street shoes are not permitted on the pool deck
- Stationary swimming is permitted during adult lap swim at the lifeguards' discretion
- Foul and abusive language is not permitted
- Proper swimming attire must be worn; cut-off shorts are not permitted
- Standing is not permitted at any time in the designated lap swim lanes
- Running is prohibited in the pool area
- Glass is not permitted on the pool deck
- Food and drink are not permitted in the pool area
- When the whistle blows, stop swimming, look for the lifeguard and listen for instructions
- Urinating, discharge, expectorating and blowing the nose are not permitted in the pool
- Those with open sores will not be permitted in the pool or the whirlpools and must obtain medical clearance prior to utilizing the pool or the whirlpools
- Cell phone/tablet usage is not permitted in the pool or whirlpools
- Flotation devices not provided by 92Y are not permitted in the pool. This includes, but is not limited to, water wings, float suits, rafts and rings
- Kickboards and pull buoys may be used for lap swim only
- Fins, masks and snorkels are not permitted. All other training equipment is at the lifeguards' discretion
- Backstroke and butterfly are at the lifeguards' discretion.
- Jumping and diving are only permitted under the supervision of the swim instructor or coach
- Any contact (including tapping the feet) between swimmers will not be tolerated. Pass at wall
- Splashing/rough-housing will not be permitted
- All swimmers under the age of 18 must be able to swim at least one unassisted length of the pool or be accompanied in the water by an adult.
- Use of the pool and the whirlpools without a lifeguard present on deck is strictly prohibited
- In the event of an alarm necessitating evacuation of the pool, please exit the pool and listen for directions from the lifeguard and/or aquatics staff
- Family swim is Saturday/Sunday 1-3 pm.
- Prolonged or repetitive breath holding can be deadly. No intentional hyperventilation or competitive underwater breath holding.

Questions: Please contact Jeffrey Bonaccorso Senior Aquatic Director at jboanccorso@92y.org