

# KEEP OUR POOL SAFE!

- Swimming is not permitted when a lifeguard is not on duty.
- Lifeguard's decision is final; Lifeguards are responsible for
- Enforcing safety rules and keeping the pool area safe.
- No food, drink, gum or beverages other than water are allowed on deck. Glass containers are prohibited.
- Personal conduct within the pool facility must be such that the safety of self and others is not jeopardized. No running or boisterous or rough play. Supervised water sports is prohibited.
- Bathing suits are required and all apparel worn in the pool must be clean. Only clean shoes are allowed on pool deck.
- All children who are not toilet trained must wear a swim diaper.
- Only Coast Guard approved flotation devices may be used.
- Hair shoulder length or longer must be tied up or in a swim cap.
- Spitting, spouting water, nose blowing or otherwise introducing contaminants into the pool is strictly prohibited.
- Admission to the pool shall be refused to all persons having any contagious disease.
- Swimming lessons, Unauthorized groups and/or coaching is prohibited unless conducted by authorized NSYMCA staff.
- Parents and Members not in swim attire must stay away from the edge of the pool at all times.
- Diving in water less than 9 feet deep is not permitted.
- Diving blocks are for NSYMCA swim team & swim lesson use only.

All pool rules must be followed, a complete list is posted in the pool area. The NSYMCA reserves the right to alter this list or limit activities to protect its members and guests. For your safety and the safety of others, please obey all verbal instructions from the NSYMCA staff.