



# YMCA OF HONOLULU

## POOL RULES

**These pool rules have been established for your safety and the safety of others. Lifeguards are trained to act and respond to land and water emergencies and to enforce pool rules to ensure member safety.**

**Failure to follow pool rules and directives or being disrespectful to the lifeguard on duty will result in being asked to leave the facility.**

- 1 whistle - Stop and listen to the Lifeguard(s).**
- 2 whistles - Exit pool for break or facility closure.**
- 3 whistles - Exit pool immediately using the closest point.**

**To keep swimmers safe and to protect pool filters:**

- Diving and/or jumping is allowed in designated areas only.
- A cleansing shower must be taken before entering and re-entering the swimming pool.
- Swimmers must wear clean swimming attire that covers private parts.
- No street clothes, such as denim/cotton/mesh/workout shirts or shorts, are allowed in the pool.
- Long hair must be tied back or in a swim cap.
- Youth who are not potty-trained must wear a swim diaper.
- In the event of an accidental fecal/vomit incident, the pool will be closed immediately and will remain closed until proper sanitation protocols are complete.
- YMCA equipment may be used at the discretion of the lifeguard (kickboards, pull buoys, etc.).

**\*All youth ages 12 and under must take a Safety Swim Test (SST): Swim the width of the swim area to a designated point and back without assistance or stopping. The swimmer will then tread water for one minute without assistance and exit the pool. Based on swim test results, the following bands must be worn and designations followed:**

- **GREEN BAND:** Passed SST: Permitted in the deep area of the pool. Accompanying adult (age 18 years old & older) must be present on deck for supervision.
- **RED BAND:** Did not pass SST: Restricted to shallow area and must be accompanied in the pool by an adult at all times. Must remain in a lifejacket AND/OR be within arm's reach of an adult. Adults can supervise no more than 2 youth in the pool at a time.

**\*At the discretion of the Lifeguard, a person of any age may also be requested to take a swim test and may be restricted to the shallow area.**

**The following are PROHIBITED in the pool area:**

- Running, horseplay, profane language, spitting, blowing of nose, or spouting of water from your mouth.
- Hyperventilation or prolonged breath holding.
- Swimming with an infection, open sores/wounds, excessive sunburn, non-healed abrasions, or bandages.
- Persons suffering from any illness (fever/vomiting) within the last 24 hours.
- Hanging on or sitting on the lane lines.
- Flipping and/or spinning into the pool.
- Pets, glass containers, chewing gum, eating & drinking beverages while in the pool (water is allowed).
- Pool floats (Aqua belts & Coast Guard approved lifejackets are allowed).