



# Pool Rules & Policies

**Please be respectful to the lifeguards. They are here to make your YMCA experience safe and enjoyable. Obey all rules and regulations.**

1. Obey the Lifeguard at all times.
2. No diving, running, or rough play allowed.
3. Breath holding activities are prohibited except during supervised instruction.
4. Parents or Guardians are responsible for supervising their children.
5. All non-swimmers 8 years and younger must have a parent or guardian in the pool at arms length during recreation swim.
6. All children 11 & younger must be accompanied on deck by a responsible adult during recreation swim.
7. All non-swimmers are requested to wear a Personal Floatation Device during recreational swim times, which must be Coast Guard Approved PFD.
8. All swimmers must shower at the YMCA before entering pool.
9. Lifeguards are on duty to enforce rules and to respond in case of emergency.
10. Children 2 years and younger must wear swim diapers or liners at all times. Please use locker rooms to change your child's suit.
11. No glass bottles, gum, soap, food or razors allowed in pool area.
12. Proper swim attire must be worn. No cut-offs or tee shirts allowed.
13. Spitting, blowing of the nose or discharge of bodily waste in the pool prohibited.
14. Sitting or hanging on float lines is not allowed.
15. Children in kindergarten and older must use gender appropriate locker rooms.
16. Swimmers with long hair must wear a swim cap or hair tie.
17. If more than 2 swimmers per lane, everyone must circle swim.
18. Cell phones are prohibited in any program area.

**Pool toys other than diving rings or sticks are not allowed in the Montecito Family YMCA pool.**

**Recreation swim will consist of 2 lanes (subject to change).**

**Lifeguards will move lane lines at time of change.**

**Schedule subject to change**