

YMCA of Kingston and Ulster County
Youth and Adult Recreational Swim Policy – Revised 06/24/2008

Children under 6, regardless of their ability to swim with or without a flotation device should have a parent or responsible adult in the water with them within an arms reach if possible at all times. Wristbands should be worn. You can get a wrist band from the lifeguard. Wristbands help the lifeguard identify swimmers who could either need help or are too young if they go into deep water alone. If the parent or responsible adult is a non swimmer, both must remain in the shallow end of the pool. If the parent or responsible adult is an above average swimmer, than the adult may take the child to the deep end if the child is wearing an approved flotation device. **ASK THE LIFEGUARD IF YOU HAVE QUESTIONS.**

Children 6-9 years old who can not swim without a flotation device, should have a parent or responsible adult in the pool water with them. If the parent or responsible adult is a non-swimmer, both must remain in the shallow end of the pool. If the parent or responsible adult is an above average swimmer he or she may take the non swimming youth to the deep end if the non swimming youth is fitted with an approved flotation device. **ASK THE LIFEGUARD IF YOU HAVE QUESTIONS.** Non swimming adults and children should wear wristbands to help the lifeguard better identify them.

Youth ages 10-14 who can not swim must remain in the shallow end of the pool with wristbands on. The lifeguard is the only person who can make exception to this rule and allow the member to go with an acceptable flotation device into the deep end of the pool with an above average swimmer.

Adults and young adults 15 & over who can not swim must remain in the shallow end of the pool. Any exceptions to this rule must have lifeguard approval.

GROUP HOMES participating in open swim times that have non swimming clients with them MUST HAVE COUSELORS IN POOL WITH THEM.

A NON-SWIMMER is a person who can't pass the swimming test. To pass the swimming test the person must swim from the shallow end wall to the half way point of the pool and all the way back to the shallow end wall without stopping or touching the bottom of the pool. At no time can the person stop during the swimming test. If the person passes that part of the test the person must then tread water in the deep end for one minute. If the person can easily and competently complete these requirements they are considered a swimmer. Whether the person passes is entirely under the discretion of the lifeguard. This is for everyone's safety.

The rules stated above are to help make each member's stay here at the Y pool a safe and enjoyable one.

The Lifeguard makes all final decisions concerning the pool and the safety of the swimmers.

Thank you