

Cary Family YMCA Aquatic Facility Guidelines

Aquatics Facility Courtesy

- Each Adult Member and Middle School Member who has completed Middle School Orientation (MSO) must scan their ID Membership Card individually at the Aquatics Welcome Center before entering the facility.
- Members 18 years old and older may bring 1 family as their guest. The member must be in attendance throughout the guest's entire stay and all guest fees apply.
- Lockers with keys are available for use to members 9th grade & older. Please exchange your membership card for a locker key. Lost key replacement fee is \$5.00
- Kindergarten age children and younger may use the opposite sex locker room with adult supervision.

Pool Safety Guidelines

- Members in rising 8th grade & younger must be supervised and accompanied by their parent/guardian while on the property unless they have completed MSO.**
- Members must follow the Aquatic Staff's Instructions at all times. Safe and courteous conduct is expected at all times. Please see a Leadership staff member with questions.
- Diving is permitted only from the deep end wall (9 feet).
- Prolonged underwater swimming / breath holding activity is dangerous and forbidden.
- Glass / stoneware and breakable objects of any kind are not permitted in the pool area.
- Alcohol and all tobacco products are not permitted anywhere on the YMCA property.
- Pets are not permitted in the pool area.
- All swimmers must shower before entering the water and after using the restroom.
- All swimmers 30 months & younger and all swimmers who wear diapers in the pool are required to wear securely fitting plastic pants over their swim diapers or "Swimmies".
- Any person with open sores, blisters or cuts should see a lifeguard before swimming.
- All band-aids must be removed and discarded prior to swimming.
- An 8 foot safety clearance around the pool's edge is required at all times.
- Eating is permitted only in the designated picnic areas.

Inclement Weather

- The pools are closed for 30 minutes anytime lightning is seen or thunder is heard. The 30-minute closing period begins again each time lightning or thunder occurs.
- The Cary Family YMCA Aquatics Staff reserves the right to close the pool for safety precautions during a National Weather Service issued weather watch or warning.

Toddler Pool, Sprayground and Waterslide

- The Toddler Pool is designed for children kindergarten aged and younger. Parental supervision is required at all times.
- The Sprayground is designed for the family. Parental supervision is required at all times for children rising 2nd grade and younger. (No Lifeguard at the Sprayground.)
- Use of the Waterslide requires the swimmer to have earned a yellow or black/white swim band or be at least 48 inches tall to have a red swim band.

Flotation Devices for All Pools

- Only U.S Coast Guard Approved Personal Flotation Devices and approved Instructional Flotation Devices are permitted.
- All Inflatable devices (i.e. water wings, inner tubes, air mattresses, beach balls, etc.) are prohibited in all pools.**
- Children accompanied in the water by a parent may use approved Instructional Flotation Devices in the shallow water.

Flotation Devices for All Pools (con't)

Life vests for children are available on-site – please see an Aquatics Welcome Center Attendant or a Leadership Engagement Officer for questions.

Non-Swimmers and Swim Band Test Policy

- Non-swimmers:** Children in grades 4 and younger who have not passed a yellow or black/white swim band test require active adult supervision at all times and are limited to designated areas. Active adult supervision means: an adult must be in the water and within arm's reach of the child at all times, or the child must be wearing an approved flotation device and an adult must have continuous visual contact with the child (i.e. not reading or lap swimming).
- Yellow swim band test:** Allows swimmers in grades 9 and younger to use designated areas of the pool and ride the slide. A child must demonstrate proficiency in the following skills to earn a yellow swim band. Swim non-stop for 12.5 yards using forward stroke, place face in the water during the swim without the use or aid of goggles, plunge (jump into deep water, return easily to the surface, and swim to the side of the pool), and tread water for 30 seconds.
- Black/white swim band test:** Allows swimmers in grades 9 and younger to use designated areas of the pool and ride the slide. A child demonstrates proficiency in the following skills to earn a black/white swim band. Swim non-stop for 25 yards using proficient front crawl or breaststroke and rhythmic breathing during swim, place face in water during the swim without the use or aid of goggles, plunge (jump into deep water, return easily to the surface, and swim to the side of the pool), and tread water for 30 seconds
- Swim band replacement:** It is the swimmer's responsibility to bring his or her swim band during each visit. Replacement bands are available at the Aquatics Welcome Center for \$3.00.
- Swim bands are worn around the neck to inform our staff of a swimmer's ability. Swimmers 9th grade & younger must be tested to earn a swim band. Please see a Leadership Engagement Officer or the Aquatics Welcome Center to request a swim test.

Middle School Swimmers (Grades 6 - 8)

- The Middle School Orientation (MSO), available to Cary Family YMCA members, covers the responsibilities and guidelines of pool, weight room and tennis court use.
- For MSO dates and times, please contact the Welcome Center in the Main Building at (919)469-9622.
- Middle School members must scan their Permanent Membership Card individually at the Aquatics Welcome Center before entering the facility.
- See YMCA Guest Policy about bringing guests.**

Recreational Devices for All Pools

- Water guns and inflatable devices are not permitted.
- Kickboards, swim fins/flippers, and pull buoys are provided for lap swimming and program use only. These items are not permitted in the family swim area.
- Noodles may be used only with an approved Instructional Flotation Device or lifejacket. Only adults and swimmers who have earned a yellow/black swim band are permitted to use a noodle without a flotation device.
- Flexible diving toys are permitted in the Main Pool during non-peak hours. Throwing toys is prohibited in all pools. (Soft/spongy balls smaller than tennis balls may be thrown short distances during non-peak hours). Toys in this category must be approved at the Aquatics Welcome Center or by the Aquatics Leadership Staff.

YMCA Mission: To put Christian Principles into practice through programs that build healthy spirit, mind and body for all.