

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.
- Cary Family YMCA and Triangle YMCA members who are rising 9th grade/14 years old & older may bring a guest who is a rising 9th ninth grader/14 years old & older.
- Middle School members who have completed MSO and have a permanent Membership Card may bring a guest who is who a rising 9th grader/14 years old & older.
- 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

- Non-swimming & beginning swimming children who have not earned a swim band MUST be supervised and MUST be within arm's reach of their parent/guardian at all times.**
- Members in rising 8th grade/children 13 years old & 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.
- 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.
- Chairs on the pool deck must remain at least 8 feet from the pool's edge. Please use only two chairs per family.
- Eating is permitted only in the designated picnic areas.
- For questions about the pool's safety guidelines, please see a Duty Officer or an Aquatics Leadership Staff Member.

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.

YMCA of the Triangle Area Swim Tests & Swim Bands

- Swim bands are worn around the neck to inform our staff of a swimmer's ability. Swimmers 8th grade & younger must be tested to earn a swim band. Please see a Duty Officer or the Aquatics Welcome Center to request a swim test.
- All swim tests are administered without the use of goggles.
- Yellow band test (Shallow Water/Slide)** – Comfortably swim one-half length (12 ½ yards) of the pool with face in the water and tread water for 30 seconds in the presence of a YMCA Aquatics Staff Member.
- Black & White band test (Deep-Water)** – Comfortably swim one length (25 yards) of the pool on stomach with face in the water using over-arm strokes & rhythmic breathing OR breast stroke with face entering the water between breaths, perform a deep water plunge, surface and tread water for 30 seconds in the presence of a YMCA Aquatics Staff Member.

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 Wellness Desk in the Main Building at (919) 469-9622 ext. 113.
- Middle School members must scan their Permanent Membership Card individually at the Aquatics Welcome Center before entering the facility.
- See Guest Policy under "Courtesy" about bringing guests.**

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.
- Lifejackets for children are available on-site – please see an Aquatics Welcome Center Attendant or a Duty Officer.
- An approved Instructional Flotation Device, lifejacket or a yellow/black swim band is required when using a noodle.

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.