



YMCA OF SAN DIEGO COUNTY  
**COMMUNITY  
WELL-BEING  
& BELONGING**

# CAMERON FAMILY YMCA **POOL RULES & REQUIREMENTS**

## **Pool Rules For All Swimmers:**

- **YMCA Lifeguards have final authority** on the pool deck.
- **If one long whistle blast sounds**, all members are asked to exit the pool immediately. This means the Emergency Action Plan has been activated and the staff are responding to an emergency or need to close the pool due to safety.
- **Programming has priority of shared areas**, especially lanes 1 and 2, and the steps. Water walkers and lap swimmers may be asked to move lanes in order to accommodate our Swim Lesson program. Please reference our published pool schedule and signs on the deck to know when each lane is being used.
- **We encourage lane sharing**, especially during our busy summer hours. If a lap lane is already occupied by a lap swimmer/water walker, additional swimmers must give notice when they join the swimming lane with mutual acknowledgement to avoid collisions and accidents.
- **The Lap Pool is intended for** water exercise and lap swimming only in designated lanes while our Activity Sessions are running. Those who are perceived to be playing and/or recreationally swimming will be asked to exit the Lap Pool and participate in our Activity Pool Session. Please see our Activity/Recreational Pool schedule for family and open swim hours.
- **Children who are under the age of 12** must pass a swim test to lap swim unless accompanied by an adult in the water within arm's reach. There is a one child to one adult ratio. Any child 6 years and under need to be accompanied by a parent in the water. Children 6 years and older may swim so long as they successfully pass a swim test or wear a Coast Guard approved Lifejacket.
- **Only United States Coast Guard approved life jackets/flotation devices** are accepted. Parents will be asked to use a life jacket provided by the YMCA if their child does not have the appropriate life jacket.



## Pool Rules For All Swimmers (Cont.):

- **The swim test consists of** one minute of treading water without stopping while keeping the head and mouth clear of the water, followed by swimming 25 yards of front crawl or breaststroke without stopping.
- **For infants and children who are not yet potty trained**, waterproof swim diapers are required to minimize pool closures.
- **No breath holding** beyond the half length of the pool.
- **No floatation devices** outside of pool noodles and kickboards will be allowed in the pools. Lifeguards must be able to easily scan the entirety of the water from surface to floor without any obstructions. Should a swimmer arrive with a float, they will be asked to leave it on the pool deck and enter the water without it.
- **All pool equipment must be used properly**; our kickboards and pull buoys are used for lap swimming, swim lessons, and our swim team. We kindly ask that pool users refrain from using these pieces of equipment outside their intended purpose.

## Activity Pool Specific Rules:

- **Activity Pool Capacities:** Lifeguards must always maintain a ratio of 25 patrons to 1 Lifeguard. Capacities are fixed based upon the number of guards on stand at one time.
- **Bathroom breaks:** There will be a bathroom break of a maximum of ten minutes in between each hour in each session. This helps prevent pool closures due to accidents, all swimmers will be asked to exit the water during the bathroom breaks.
- **Session wristbands:** All swimmers must receive the appropriate colored wristband for their 2-hour session for that day. Swimmers are welcome to enter the water after they hear the trill of the Lifeguard's whistle at the start of the session. Likewise, all swimmers must exit the pool once the session has concluded at the sound of the whistle trills by the Lifeguards.
- **Swimmers with an Activity Session wristband have access to the Activity Pool and are asked to refrain from entering the Lap Pool, as it will not be available for them to use:**  
Swimmers with a session wristband who choose to swim in the lap pool end up taking the spot of another swimmer who could have otherwise joined the Activity Pool session. Swimmers who ask to swim laps should not have a session wrist band and understand that their swimming should be consistent lap swimming and will be asked to exit the Lap Pool if they are playing, rough housing, or recreationally swimming.
- **If a swimmer has a green wrist band because they pass the Green Zone height check, they will not be swim tested:** Unfortunately, due to staffing and guarding needs, Lifeguards are unable to swim test children who ask to take it just for fun. The swim test is only for swimmers who are not tall enough to stand in the green zone safely.
- **If a swimmer attempts to take the swim test and fails, they are unfortunately not allowed to retest that same day:** The swimmer is encouraged to try again the next time they are at the pool.
- **No jumping, throwing, twisting or diving is allowed in the Activity Pool.** Thank you for your adherence to our safety practices!

## Water Slide Requirements:

- Riders must be 48 inches tall.
- Only one patron may ride the slide at a time.
- Swim Tests do not supplement the high requirement for the slide.
- No belts, zippers, or metal are allowed on the slide.

# Activity Pool Zone Requirements: Where Can Your Child Swim?

## RED ZONE (UNDER 48")

- Must wear a red wrist band at all times.
- Must have adult supervision and be always within arm's reach of the child at all times.  
Ratio must be 1 adult per 1 child.

## YELLOW ZONE (48" – 60")

- Must meet height requirement or be within arm's reach of an adult. Ratio must be 1 adult per 1 child.
- May only swim in Red and Yellow Activity Pool Zones.
- Must wear a yellow wrist band at all times.

## GREEN ZONE (60" +)

- Must meet height requirement or pass swim test.
- May swim in all areas of the Activity Pool.
- Must wear a green wrist band at all times.

**Please Note: Each guest attending an Activity Session must be wearing the appropriate session wristband to enter the water.** Wrist bands are limited due to Lifeguard ratios and so guests are encouraged to pick up their Activity Session band from the front desk prior to the session starting. Guests can pick up their wrist bands up to two (2) hours before their session begins. If a guest is not wearing the right wristband, they will be asked to exit the water and check back in at the front desk. **There will be a 5min bathroom break during every session.** Our Water Slide will open at least 30mins after the start of each Activity Session for about an hour. This time is subject to vary, however, due to staff and demand.

**\*Schedule and reservations subject to change.**

