

Aquatic Policies and Guidelines

FACILITY SWIM TEST

The YMCA swim test consists of a foot first jump into the deep end with a safe recovery to the surface followed directly by a two lengths consistent, uninterrupted swim to the shallow end and then back to the deep end.

FACILITY RULES

In order to ensure that all our members and participants are safe while they are using the pool, we ask that the rules below are followed:

- No outdoor footwear or strollers on the pool deck
- All swimmers must shower before entering the pool area
- No food, drink or gum is permitted on the pool deck (plastic bottles containing water is permitted)
- Please stay off the railings, lane ropes and buoy lines
- Anyone with open wounds or communicable disease is not permitted in the pool
- Proper swim attire is required (modest bathing suit or clean clothing reserved for swimming)
- Please walk on the pool deck
- No spitting or spouting the water
- Swim diapers are required for those who are not toilet trained
- No water wings or inflatable toys are permitted in the pool
- Those with serious medical conditions should notify the aquatic staff

WAIT LISTS

Waiting lists are available for classes or times that may be full. Please ensure you sign up at the Membership Services desk to place yourself or child on the waitlist. Participants will be called when spaces become available.

MISSED LESSON POLICY

We are unable to schedule a make-up lesson missed by participants due to regular programs and instructor schedules. We request that you report absences to absent_qw@ymca.ca

APPROPRIATE ATTIRE

Bathing suits should be suitable, modest and appropriate for a family facility or clean clothing reserved for swimming.

To ensure that children have a safe and enjoyable swimming experience, the YMCA of Central East Ontario has implemented a wristband procedure. This system allows staff to identify children at greater risk of accidents and ensure adequate supervision when in the pool area. All children 9 years of age and under will be given an identifying wristband by the facility staff.

Age	Admission Requirements	Supervision Requirement (Child:Caregiver)	Wrist Band	Additional Information
6yrs & under	Always accompanied*	2:1	Red	
7-9yrs	Accompanied* OR Pass facility swim test	4:1	Red	If child passes swim test, the RED wristband is removed and replaced with a GREEN wristband, allowing child unsupervised access however parent/guradian must remain in facility.
			Green	
10yrs+	No supervision required		Green	Child will be required to do a facility swim test and obtain a GREEN wristband to access deep end of pool. A YELLOW band will be applied to those who cannot pass the facility swim test
			Yellow	

*Accompanied: Must be accompanied by a parent, guardian or designate (caregiver) who is at least 16 years of age and is responsible for their direct supervision. Caregiver must be in bathing attire and within arms' reach of the child(ren) at all times, both in and out of the water.

