



# Hamilton Area YMCA

## Sawmill Branch Pool Policies

Sawmill pool is a "L" shaped pool. The pool is 25 yards in length and 6 lanes wide. Sawmill pool has a 3-3.5-foot shallow area. The larger area depth ranges from 4 to 9 feet deep. A chair lift is available for those who require assistance getting in or out of the pool. Sawmill Pool has a wading rule. Swimmers in the pool area are subject to the authority of the lifeguard on duty, and individuals not following pool rules will be ejected from the pool area.

### Swimmer Safeguards

- Children requiring PFD's must have parent/guardian in the water with them at all times.
- Parents must be in the water with children ages 0 - 8 years. Parents of children ages 9 - 13 years must remain at the facility.
- Arm "swimmies" are not permitted in pools. Personal floatation devices from home will be allowed.
- Non-swimmers shall be permitted to use only the shallow end of the pool during recreational swim; a buoy lifeline stretched across the pool shall determine the limit of the area.
- It shall be the duty of the lifeguard in charge to determine the fitness of anyone claiming to be a swimmer.
- Persons who are unable to swim one length of the pool and tread water for two (2) minutes will be classified as non-swimmers and will be assigned to non-swimming areas. See swim tests for more information.
- Hazardous or unseemly behavior is prohibited; in the interest of safety, indulgence in these practices will result in immediate dismissal from the pool area.
- Running will not be allowed anywhere inside the pool area.
- All swimmers must shower before entering the pool (NJ State Law 8:26 - 5.4)1).
- No food or glass containers are allowed in the pool area.
- Floats and boats are not permitted in any pool; noodles will be allowed. Participants may bring their own swim equipment, but refrain from sharing with other individuals.
- Diapers are not permitted in any pool; swim diapers or rubber pants are required.
- A bathing suit must be worn - no cutoffs, cotton T-shirts, basketball shorts or belts. Microfiber material like a rash guard is acceptable. Please wear form fitting clothing to avoid getting tangled.
- Children should be encouraged to use the rest rooms prior to entering the water. Immediately report any "accidents" you observe to a lifeguard.
- Shoulder length hair and longer must be tied back or wear a bathing cap.
- Any person showing evidence of skin disease, sore or inflamed eyes, cold, nasal or ear discharge or any communicable disease shall be denied admission.
- Do not enter the water if you are experiencing or recovering from diarrhea, or have had any signs or symptoms of a gastrointestinal (stomach) disease in the past seven days.
- Street shoes may not be worn on the pool deck. Please come onto the pool deck with deck shoes. This helps to keep the deck clean and free from tracked in dirt.
- Persons suspected of being under the influence of drugs or alcohol are prohibited from entering the water.
- No animals, except for service dogs, shall be allowed in the swimming pool, dressing rooms or other parts of the building.

### **Swim Tests**

- Any persons interested in swimming in the deep end must pass a swim test.
- Swim test consists of: swimming one length of the pool (without stopping or touching) and treading water for 2 minutes.
- Swim testing is available during member swim time.
- Once a child has passed the swim test, they can get a new wristband by checking in at the guard station.
- Children who pass the deep end test under age 8 will still require a parent in the pool.

### **Diving Policy**

- There is NO diving allowed in the shallow end of the Sawmill Pool. YMCA of the USA requires a depth of 8 feet for diving. Diving is allowed in the 9ft along the fence.

### **Pool Equipment**

- Arm "swimmies" are not permitted in pools. Personal floatation devices (life jackets/approved IFDs) from home will be allowed. No blow ups.
- Children requiring PFD's must have parent/guardian in the water with them at all times.
- Floats (inner tubes/mats) and boats are not permitted in any pool; noodles will be allowed.
- Participants may bring their own swim equipment, but must refrain from sharing with other individuals.
- Personal kickboards, fins, goggles, toys may be brought from home.

### **Wading Pool**

- There is no lifeguard on duty.
- Strollers are not permitted inside the gated area.
- Parents/Guardians must be with supervised small children at all time.
- Children are not allowed in the wading pool without adult supervision.
- Arm "swimmies" are not permitted in the pool
- Diapers are not permitted in any pool; swim diapers or rubber pants are required.
- No food or glass containers are permitted in the baby pool area.
- Children over the age of 5 will not be permitted in the pool at any time.

### **Mermaid Fins/Unifins**

- Mermaid fins/unifin are not permitted at the Sawmill Pool.

### **Thunderstorm Policy**

Upon recognition of an electrical storm, all aquatic activities will cease and deck must be cleared until 30 minutes after the storm has passed. The decision to re-open the pools will be made by the Aquatics Director or lifeguard on duty.

At the Hamilton Area YMCA patron safety is always our first priority. Clearing of an indoor pool may seem counterintuitive to the average person since the very purpose of such a pool is to provide a place to swim during less-than-ideal weather conditions. However, being sufficient to provide shelter from wind and rain and cold does not insulate it from potential electrical disaster.

The only reasonable approach to lightning safety as established by the YMCA of the USA's risk management consultants is to cease all aquatic activity during nearby electrical disturbances, including that conducted indoors. Repeated inconvenience is preferable to catastrophe.