



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JKR Branch Pool Rules

JKR pool is 25 yards in length and 6 lanes wide. The depth ranges from 4 to 6 feet deep. A chair lift is available for those who require assistance getting in or out of the pool. JKR also has a hot tub on deck. 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 - 9 years. Parents of children ages 10 - 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.
- 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.
- 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 bare feet or deck shoes that are for inside use only. 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 Lessons

- When swimmers arrive for swimming, they should enter through the facility locker rooms. They may utilize the lockers or the cubbies provided on deck.
- Parents and students should wait on the bench for their class time to begin. Attendance will be taken at the table on deck.
- Parents and families of those enrolled in lessons are asked to observe from the bench located on the deck or in the hallway and observe through the observation window.
- Please do not stand in any other area on the deck as it disrupts the lessons and is a safety hazard in the event of an emergency.
- Parents with strollers may keep them against the observance window wall.
- Parents of students under 13 are to remain in the facility during their child's lesson.

Lap Lanes

- Lap lanes are for individuals over the age of 13 who are consistently swimming laps.
- The 3 lap lanes will be divided into walk/leisure, medium and fast. Please check the pool schedule for lap lane availability.
- Lap swimmers may not deny entry to another swimmer. Lap swimmers should split the lane if sharing with another individual and circle swim if there are 3 or more people in a lane.
- Patrons are asked to refrain from sitting or hanging on the lane lines.

JKR Whirlpool Policies

- Spa is for individuals ages 13 and older. Spa capacity is 6 individuals.
- All persons must shower before entering the water (NJ State Law 8:26 – 5.4) 1)
- Enter and exit the whirlpool slowly and cautiously.
- Limit your whirlpool time to 10 minutes.
- Aerobic exercise, diving, jumping and underwater submersion is prohibited.
- Pregnant woman and individuals with cardiovascular and respiratory problems must consult a physician before use.

Diving Policy

- There is NO diving allowed at the JKR Pool. Ymca of the USA requires a depth of 8 feet for diving.

Equipment Policy

- All equipment usage is under the supervision and discretion of the lifeguard. Members not using the equipment properly will be asked to put it away.
- Kickboard usage is for Lap Swimming and Swim Lessons only.
- Barbells and bubbles are for lesson usage only.
- Life vests should be worn by free swimmers if floatation is needed.
- If you do not know how to properly wear an Adult Exercise Belt, see staff member to explain how. It is important members wear these properly for their own safety.

Mermaid Fins/Unifins

- Mermaid fins may be wore with a supervising adult present in the pool and within an arm's reach.
- Swimmers ages 9 and older who wish to wear a mermaid tail/ unifin can do a swim test to show they are capable of using the fins correctly.
- If a lifeguard does not feel the individual can safely use the fin, they may ask the participant to not wear it.

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.

Here 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.