



SUSSEX COUNTY YMCA AQUATIC POLICIES

- All persons must shower before entering the pool.
- Any person showing evidence of any communicable skin disease, sore or inflamed eyes, cold, nasal or ear discharges or any other communicable disease shall be denied admission to the pool.
- Any person with excessive sunburn, open blisters, cuts or bandages shall be denied admission to the pool.
- 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.
- All children in diapers must wear swim diapers that fit snugly around the waist and the legs.
- Children should be encouraged to use the restroom before entering the water. Immediately report any "accidents" to a lifeguard.
- Any child 6 and under and non-swimmers must be accompanied by an adult in the water within arm's reach. Adult supervision may not exceed 2 children at any time.
- An adult must accompany children under the age of 12.
- Members must be 18 years of age or older to use the Whirlpool, Steam Room and/or Sauna.
- Appropriate Safety Precautions, Attire and Use of Saunas, Steam Rooms and Whirlpools in YMCAs can be found on that specific policy.
- No animals, except for service animals, shall be allowed in the swimming area, dressing rooms or other parts of the pool enclosure.
- All prolonged breath holding activities and underwater lap swimming is strictly prohibited.
- Glass containers shall be prohibited in all areas of the pool.
- Only toys and floatation devices approved by the YMCA can be used during Family Swim or Special Events. Any toys or floatation devices being use unsafely will be removed from the pool.
- Conduct which endangers the safety of others shall be prohibited.
- Persons suspected of being under the influence of drugs or alcohol shall be prohibited from entering the pool area/water.
- All swimmers must wear swimming attire that is appropriate for a family environment. Street shoes are not permitted on the pool deck. Flip flops, water shoes or sandals may be worn on the pool deck.
- All swimmers must comply with swim testing procedures and may be asked at any time to perform the facilities' swim test. All swimmers under the age of 18 must be swim tested prior to using the pool for free swim, lessons, camp, birthday parties and any other events in the pool.
- MEMEBERS AND PARTICIPANTS MUST FOLLOW THE DIRECTIONS OF YMCA LIFEGUARDS, AQUATIC STAFF, AND YMCA STAFF AT ALL TIMES.
- The YMCA does not provide makeups, credits or refunds for missed classes for any reason. If inclement weather were to occur, all swim lessons will receive a Safety Skill Lesson on land. The YMCA will provide makeups if closed for emergency maintenance issue, full facility closure or any unforeseen circumstance.
- Swim lessons will be conducted by YMCA staff ONLY. Members and Guests are not allowed to instruct or be instructed by other members or guests.
- In the event of inclement weather, including thunder and/or lightning, the pool will close and the pool deck will be cleared. The pool area will remain closed for 30 minutes after each flash of lightning and/or each sound of thunder. All patrons and staff must exit the natatorium.



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Sauna, Steam Room and Whirlpool Use

Statement of the YMCA of the USA Medical Advisory Committee:

Saunas, Steam Rooms and Whirlpools/Hot Tubs can be pleasant and relaxing experiences for YMCA members. However, severe injuries and fatal accidents can, and have, occurred in these facilities. Therefore the YMCA of the USA Medical Advisory Committee makes the following recommendations regarding their safe use:

Temperature and Humidity Levels

A YMCA should ensure that its sauna, steam room and whirlpool areas are kept at a safe thermal level, and monitored on a regular basis. Subject to state or local laws, the following temperatures and humidity levels are recommended:

SAUNA: Temperature: 170-180 Degrees Fahrenheit
 Humidity: 5% Relative

STEAM ROOM: Temperature: 100-110 Degrees Fahrenheit
 Humidity: 100% Relative

WHIRLPOOL: Temperature: 90-102 Degrees Fahrenheit

Safety Precautions

1. Members should limit time in these facilities to a maximum of 15 minutes.
2. Members should be informed that due to the high temperatures in each of these facilities and high humidity in the steam room and whirlpools/hot tubs, they can be exposed to an increased health risk.
3. Thermometers and time clocks should be visible to users of these areas to facilitate self-monitoring.
4. Temperature gauges should be locked and not accessible to members. Only trained YMCA staff should adjust temperature settings for these facilities.
5. Individuals at high risk (pregnant women; individuals taking prescription medicine; those with elevated blood pressure, circulatory deficiencies, diabetes, heart disease, emotional disorders, or history of seizures or epileptic seizures; individuals prone to dizziness or light-headed episodes; and those under the influence of alcohol or recreational drugs) should be advised not to use the sauna, steam room or whirlpool/hot tub unless authorized by a physician.
6. Members should wait at least five minutes after exercising to cool down or until sweating has subsided before using one of these facilities.
7. No food or drink is allowed in these facilities.
8. Shaving should not be allowed in these areas, due to the risk of blood-borne pathogens.
9. Members are asked to take a soap shower prior to entering these facilities.
10. Members should not use these facilities without supervision or another person physically present in the immediate area.

11. A facility should have emergency systems for its sauna, steam room and whirlpool/hot tub areas that will automatically shut off the equipment when unsafe conditions arise (e.g., a whirlpool/hot tub should have a system that shuts off the drains).
12. Controls to shut off the equipment in the event of an emergency should be easily accessible by users.
13. The water chemical level of the whirlpool/hot tub should be monitored on an hourly basis and maintained within desirable levels, as regulated by state or local law.
14. Staff should be trained on a regular basis on the proper usage, monitoring and emergency procedures for these areas.
15. Each whirlpool/hot tub should have two drains. It is recommended that a switch be installed so that the motor will be shut down if both drains become blocked or clogged. All whirlpools/hot tubs should be designed to prevent entrapment of users. All drains and drain covers must comply with the standards set forth in the federal Virginia Graeme Baker Pool and Spa Safety Act (effective December 2008), which requires drain covers to have the "VGB 2008" marking. (For more information, visit www.poolsafety.gov.) The committee will monitor this proposed legislation and its impact on YMCAs in its implementation.
16. Whirlpool/hot tub jet controls should be on a timer that operates on a 15-minute cycle, with a control button located in a place that requires a person to get out of the spa to begin the next cycle.
17. The following rules should be posted on a readily visible sign in the whirlpool/hot tub area:
 - a) Diving or jumping into the whirlpool/hot tub is prohibited.
 - b) Use of body lotions, oils or suntan preparations is prohibited.
 - c) Exercise is not allowed in the whirlpool/hot tub.
 - d) Users should not submerge to the bottom of the whirlpool/hot tub, as hair can become entangled in the drain.
 - e) Individuals at high risk (as detailed above) should not use a steam room, sauna or whirlpool/hot tub unless authorized by a physician.

Usage

- Members must be 18 years of age or older to use the Whirlpool, Steam Room and/or Sauna.
- Appropriate bathing attire must be worn in these amenities. This includes a bathing suit or gym shorts and a t-shirt. Clothing that was worn to work out in the wellness center or during group exercise classes cannot then be worn in the Whirlpool, Steam Room and/or Sauna.
- Children under the age of 18 should not be in the Whirlpool, Steam Room and/or Sauna area, if necessary they can sit on the wooden benches along the wall.

Signage

YMCAs should post appropriate signs at each of these areas which detail the rules and regulations for their safe usage and include a statement that says that failure to follow these rules may result in serious injury or death.

For more information on whirlpool operation and appropriate signage, refer to the YMCA POOL OPERATIONS MANUAL, 3rd Edition available from the YMCA Program Store 800-747-0089.

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