

Pool Rules Safety

1. No running on the pool deck.
2. No headfirst entry in any area less than 10 feet. No flips off the side or backwards entry dives are permitted.
3. No extended breath holding games or contests.
4. No person may climb/sit/stand/perch on another person's shoulders or dunk/hold another person underwater.
5. No glass or sharp objects are permitted on the pool deck.
6. No swimmer shall swim over, rest on, or hang on any lane line or safety rope.
7. Patrons may only swim in appropriate swim attire.
8. Patrons are not permitted to swim down to any drain or drain covering.
9. All incidents regarding bodily fluids must immediately be reported to a lifeguard.
10. Rest Periods will be called every hour at the 45-minute mark during peak hours. Please use this time to use the restroom, hydrate, and reapply block.

Children

1. Children under 6 or require an approved floatation device must always have an adult within arm's reach.
2. Children under the age of 9 must always have an adult on the pool deck.
3. Children under the age of 15 must pass a deep-water test to be allowed in the deep end. Deep-End GREEN wristbands must be visibly worn while swimming.
4. Children under 3 or with special needs may stay in the water during rest periods with an adult.
5. Swim Diapers are required for children who are not potty trained. Regular diapers are not permitted in the pool.

Equipment

1. Lifejackets must be "Coast Guard Approved".
2. Only foam toys are permitted. Inflatable toys and rafts are not permitted at the pool.
3. Kickboards are for use while swimming laps and during swimming lessons. Pool Noodles and other water fitness equipment are for adults only.
4. Diving blocks are reserved for swim team practices and swimming lessons only.
5. The Diving board is limited to a single bounce forward facing jump or dive.

Questions? Contact our Aquatics team at aquatics@columbusjcc.org

DEEP-END SWIM TEST POLICY

The JCC is committed to implementing consistent prevention efforts to ensure that all members and guests who swim in our pools are safe. To that end, according to industry and insurance standards, all swimmers under the age of 15 wishing to swim in the deep end or use the diving boards will be tested to evaluate minimum swimming abilities, endurance, and breath control.

- Deep-End testing will be conducted during rest periods or at the availability of a Lifeguard/Supervisor not on surveillance duty.
- Parents or caregivers (18+) must be present when the test is conducted for their child. Parents and caregivers may not provide coaching to the swimmer during the swim test.
- A trained Lifeguard or Supervisor will administer the test and make a determination of the ability of the swimmer to pass each component of the test in a competent manner.
- Swimmers must pass each portion of the test in sequential order and without pause between each part. A **GREEN WRISTBAND** will be issued after they pass the test and must be visibly worn for their entire visit. The swimmer should ask for a new band each time they visit the pool.
- A passing test result is valid for 1-year; all test results are reset at the start of each Summer.
- **Swimming abilities can change due to several factors. Any swimmer may be required to re-test on any given day if a Lifeguard or Supervisor deems it necessary for safety reasons.**
- Children may only attempt the test once per day and are welcome to try again on their next visit to the JCC if they are unsuccessful in their attempt.
- The JCC runs a robust year-round American Red Cross Learn-To-Swim program. Enroll today to help your child work towards achieving water competency.

GREEN BAND Swim Test Criteria:

Part A – SWIM

Swimmers must enter the water in the shallow end, and swim ONE length of the pool. To pass this part, the swimmer must continuously be using the front crawl or breaststroke, with adequate breath control. Underwater swimming, “doggie paddling”, or backstroke are not permitted.

The swimmer may not stop, touch the wall/lane line, or floor until this part of the test is complete.

Part B – JUMP & TREAD

Swimmers must jump into the deep end (fully submerging head), resurface, and effectively tread water using arms and legs for ONE minute. The swimmers must keep their face and mouth out of the water for the entire minute of treading.

Part C – EXIT INDEPENDENTLY

Swimmers must reorientate themselves to an exit point (ladder or side of pool) and exit independently without the help of a parent, care provider, or the testing staff member.

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