

# RINK RULES

## SKATE AT YOUR OWN RISK

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The YMCA strongly encourages participants wear their own protective gear such as helmets, wrist guards, and pads while using the rink.

### Age Requirements

1-10 years: with parent supervision

11-12 years: parent must be in the building 13 years & up: full usage

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**Harassment or** intimidating words, gestures, body language or any physical contact in a threatening or aggressive way is not allowed. No spitting.

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No food or drink allowed in rink area.

Westside YMCA is not responsible for lost or stolen items.



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All trash must be disposed of when exiting the area.

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Must wear suitable footwear non-damaging to the rink floor.

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Rules and regulations will be enforced by YMCA staff. Violators of the above rules will be required to leave the facility immediately. Repeat violators will be banned from the Westside YMCA. Participants will be responsible for the cost of any damages resulting from disorderly conduct or misuse of the facility.

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**RESPECT  
THE SPACE,  
RESPECT  
EACH OTHER**

# WATERSLIDE RULES

1. All riders must be at least 48" tall
2. Maximum rider weight is 300 pounds
3. **WARNING:** Water depth is 3 feet 6 inches
4. Non-swimmers are not permitted
5. All riders must ride feet first while lying on their back with arms crossed across their chest. Do not go down the slide head first. Do not sit up while riding the slide
6. Riders must enter the slide in a sitting position and wait for instructions from the lifeguard stationed at the slide starter tub
7. Do not propel yourself into the ride
8. Only one rider at a time. Absolutely no trains or chains of riders are permitted
9. No running, standing, kneeling, tumbling or stopping in the flume. Arms and hands must remain inside the flume at all times. Riders should remain in proper riding position until forward movement is terminated. At no time should the rider attempt to stand up while on the slide or prior to coming to a complete stop in the splash out area
10. No tubes, mats, or life jackets are permitted on the waterslide
11. No combs or foreign objects are allowed in pockets and no jewelry can be worn while riding the slide. No cut off jeans or swim wear with exposed zippers, buckles, rivets or metal ornamentation; only approved swim suits allowed
12. The line should form on the deck with one rider on each landing and one rider in the starter tub. Wait until landing area is clear before entering
13. Riders must be in good health. Elderly persons, those suffering from heart disease, high blood pressure, epilepsy, or persons using prescription medication should consult their physician before using this slide. Individuals with medical conditions including, but not limited to, pregnancy, heart, or back problems should not ride
14. Do not use this slide while under the influence of alcohol or drugs
15. No diving from the slide
16. Leave the plunge pool promptly after entering

## WARNING

"Failure to follow rules can result in serious injury."



# POOL RULES

## Guidelines

**Lifeguards and families will work out the spacing and timing between the lap pool and the splash and play pool.**

**The toys and slide will not be available until further notice.**

**The catch pool (bottom of the slide) will be open for play)**

## Pool Rules

**An adult 18 and up must be present at all times.**

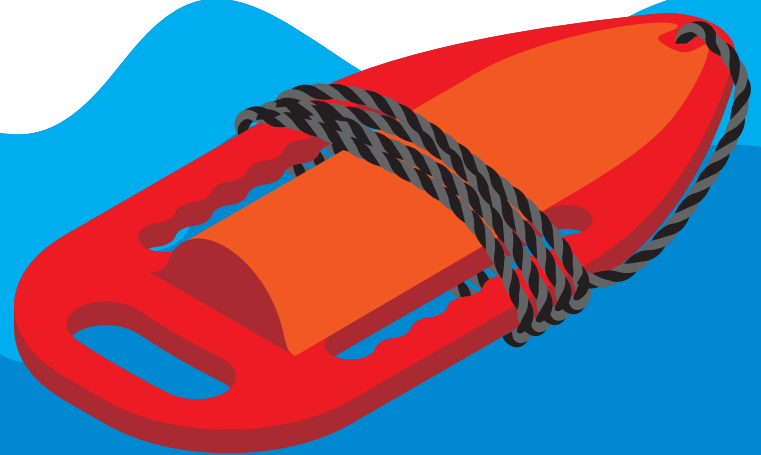
**Children under 8 must be accompanied by an adult 18 and up at all times and shall remain in the water within arms length of the child at all times**

**Children ages 9-11 must have a parent on deck at all times.**

**All children 13 and under will be swim tested.**

**Swim diapers are required for all children not potty trained.**

**No Floatation devices other than coast guard approved lifejackets are allowed.**



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**"Failure to follow rules can result in serious injury."**

