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SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS

The Rules That Govern YMCA Competitive Sports must be followed at all levels of YMCA competition. The rules are written for all competitive sports in the YMCA and not specifically for swimming. This addendum provides additional explanation of the rules as applied to YMCA Swimming. Coaches, athletes and YMCA supervisors are responsible for knowing and abiding by the Rules That Govern, as well as this Addendum.

Safety Regulations

The YMCA of the USA has established the following standards for the conduct of all YMCA practices and competitions:

- A certified lifeguard is on duty at all times and has the sole responsibility of guarding the pool. Coaches who hold lifeguard certification are not to be considered on-duty lifeguards.
- Pool depth is at least five feet at any end of the pool where racing dives will be performed. If the pool water depth at the starting end of the pool is less than the prescribed five feet, all swimmers must start their races in the water.
- Pool depth is at least nine feet at any end of the pool where diving instruction will be given. • Starting blocks are used only under the direct supervision of a certified coach.
- Practices and competitions are suspended and the pool deck is cleared during an electrical storm. This applies to indoor and outdoor pools. The pool may be reopened 30 minutes after the last thunder is heard or lightning is last seen.
- Extended breath-holding and any hyperventilation are both prohibited.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
- The use of cell phones or other devices with photo or video capability is prohibited in locker rooms, restrooms and other changing areas.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches officials and/or spectators are present