

Outdoor Center Handbook 2009

Welcome !

We are very excited that summer is here and look forward to the opening of our Outdoor Center on Monday, June 22nd. **This year the Outdoor Center will be opening at 2:30pm.** This handbook is filled with important information that will ensure that you have a safe and pleasant experience. **Please bring your member ID for easy check in.** As always, please contact us with any questions, comments or suggestions to help us ensure that we continue to exceed your expectations every day!

DATES OF OPERATION

Monday, June 22nd
Through
Sunday August 23rd
*The indoor and outdoor facility
will be closed Saturday July 4th.*

HOURS OF OPERATION

Monday-Friday 2:30pm- 7:45pm*
Saturdays 10:00am- 7:00pm
Sundays 10:00am- 5:45pm

*Week of Aug. 10th closing time 7:30pm M-F
*Week of Aug. 17th closing time 7:15pm M-F

CONTACT INFORMATION

Director of Member Services	Allison Caputo	ext. 310
Senior Aquatics Director	Jill McCusker	ext. 238
Assistant Aquatics Director- Staff	Natalie Kimborowicz	ext 243
Senior Associate Executive Director	Cheryl Botieri	ext. 225
Associate Executive Director	Eric Snyder	ext. 227
Outdoor Facility Information (only)	781-829-8585	ext. 266

Character Development

The YMCA works to strengthen core values among members of the community we serve, so people will act on them when making choices in their lives, and do the right thing (even when no one is looking!) The YMCA character development program consists of four core values, denoted by the following colors:

Red- Caring
Blue- Honesty
Yellow- Respect
Green- Responsibility

Summer Guest Pass Policy

Guest passes **will** be sold on a limited basis. Guest passes can only be purchased inside the YMCA at the front desk. The fee is \$10.00 for adults and \$5.00 for children (0-18 years old). For the comfort and safety of our members we may limit the number of guest passes sold on a daily basis. Please call the front desk to check availability.

Please Note: Individual members may have 1 guest per visit. Households may have a **total** of two guests per visit.

POOL SAFETY RULES & GUIDELINES

For the safety and comfort of your family we have adopted the following rules. We suggest that you review the rules with your children prior to attending the pool. Please be respectful of our staff as they enforce them.

1. The Lifeguard is always in charge of the pool.
2. All persons with questionable swimming ability must first swim one length of the pool under the lifeguard's supervision before swimming in the deep end.
3. All persons are required to take a cleansing shower before entering pools.
4. All children under seven (7) years of age must be with an adult IN THE WATER within arms reach during recreational swim, special events, or other like activities.
5. No diving in water less than 9 feet deep. Diving is only allowed in the deep end of the big pool.
6. Appropriate swimwear is required.
7. Profanity and improper behavior will not be tolerated at the South Shore YMCA.
8. No glass allowed in the pool area, including, but not limited to salad dressing bottles, condiments, and oven proof baking dishes.
9. Please remove all and dispose of bandages and gum before entering a pool.
10. No persons under the influence of intoxicating drugs or alcohol will be allowed in the pool area.
11. Alcohol and Tobacco products and the use of, are NOT allowed on YMCA property.
12. Do not hang on the safety ropes or lane lines.
13. Be respectful of others. No dunking, spitting, pushing, or excessive horseplay. No masks, fins, snorkels, or balls are allowed in the pools.
14. No running on the pool deck. Roller blades, sneaker skates or skateboards will not be allowed on the pool decks.
15. Any person with a communicable disease will not be allowed in the pool.
16. Please respect others and refrain from playing radios out loud.

Flotation Device Rules

1. Water Wings are **not** allowed in the pool - lifeguards will enforce this.
2. Children with flotation devices must have a parent or guardian over the age of 16 in the water within arms reach.
3. Parents/guardians should be within arms reach of children under the age of 7 or that are weak or non-swimmers at all times when in the water.
4. Weak or non- swimmers must have direct parental supervision at all times when visiting the Outdoor Center.

Whistle Signals Used at YMCA

The lifeguard staff uses whistles to communicate. Please assist us in improved communication by reviewing these signals with your family and guests.

1 short blast - attention of a member.

2 short blasts - attention of lifeguard.

3 short blasts – the lifeguard is leaving their post to assist a member.

1 long blast - clear the water

Inclement Weather Policy

If lightning or thunder is observed, the YMCA must close the **indoor and outdoor pools** until 30 minutes after the last indication of thunder or lightening. For safety reasons members are required to leave the outdoor center. Your car is the safest place for your family during a storm. Please note: In the case of persistent rain, the facility will close. Call **781-829-8585 ext. 266** for outdoor center hours during inclement weather.

General Store

The General Store will be open Monday – Friday 2:30pm-6:45pm, Saturday 11:00am-6:00pm and Sunday 11:00am-4:30pm weather permitting. There will be a limited menu and gas grills will be available for your personal use.

First Aid

All members of the lifeguard staff are trained in First Aid and CPR. Any need for first aid should be brought to a lifeguard or supervisor on duty.

Whenever possible, requests for first aid should be brought to the lifeguard office. However, if there is a question about the person's ability to get to the lifeguard office, please alert the closest lifeguard.

Diaper Policy

If a child defecates in the pool we are mandated by the state to close the pool. PLEASE HELP US AVOID THIS!

The use of REGULAR disposable diapers is not permitted. All children not reliably toilet trained **MUST** wear a "pool diaper". For your convenience Huggies swim diapers are available at the General Store for a nominal fee. Please check diapers frequently to ensure your child is not soiled.