

## **SUMMARY OF POOL PARTIES AT THE YMCA**

In a nutshell, pool parties at the Y are available on Saturdays from 12:30-2:30pm (summer only), and 3-5pm and also on Sundays from 1:30-3:30pm. The first hour is always in the pool and then followed by an hour in the Party Room which is located off of the front lobby. The fee for members is \$175 and non-members pay \$200. It is due two weeks prior to the party. Our fees are for use of the facility and the guards. You may choose from optional add-on rentals for additional fees. We offer a volleyball net, water polo goals, and/or a block rocker boom box rental for a small added fee. 😊

You may enter the Party Room, which is located across from the front desk, no more than 30 minutes before your party to do any set up required. If you need extended time for set up, please reach out directly to me. Your party should meet you in this room to drop off coats, presents, etc. as well as complete the required waiver that is described later in this document. Just a note: we have never had anything taken out of that room by anyone not a guest.

It is recommended that you tell guests to arrive about 15min before your pool time so that all of this can be taken care of efficiently. If you wait to head down at the beginning of your pool time, you could lose more time than the swim test would take as you need to get everyone down to the pool deck and through the locker rooms to change if needed and shower (this is required!!). Those who will not be swimming but are wearing street shoes are required to either take the shoes off or cover them with surgical booties provided in a laundry bin right next to the door.

You may arrange the Party Room as you see fit. You are welcome to bring in any foods or drinks into the Party Room but are asked to simply clean up before you leave. Note that parties are booked back to back and clean up must be handled promptly. We do not have a refrigerator or microwave for use. You can order pizza, etc. but you must have someone available in the lobby area to make payment and take receipt of the goods as this is not a function of the front desk staff. If you lose helium balloons in the ceiling you will lose the \$50 deposit. You will recoup the deposit if security reports that all was well in terms of the facility. I send this back to after your party. The deposit is not actually deposited. It is held in a safe location until it is returned. Deposits are not counted toward the fee.

Our insurer requires that each swimmer have a parental signature on the waiver form provided in your application materials. Simply print off this waiver and bring to the pool that day. It is recommended that you go ahead and write in the names of your guests so that it takes parents less time to complete the form. You will give this form to the lifeguard responsible for swim testing your party.

The YMCA of Frederick County is **mandated** by our insurer to perform a swim test for all pool party participants under 18 years of age as a risk management tool. Any swimmer who struggles with the test will be placed in a life jacket. Any participants who choose to wear a life jacket prior to the swim testing are exempt from the test but must remain in the jacket until the end of pool time. The guard will not be able to swim test a participant after pool time begins. Please do not ask them to do this under any circumstance as it is disruptive to their ability to properly observe the pool environment.

Please be sure to inform your participants of the simple test to be performed ahead of time. We expect hosts and participants to be respectful of the guard's testing. The guards are simply doing their job. Negative commentary or behavior will not be tolerated. Your support and understanding of the risk management expectation are greatly appreciated

You may have up to 25 people in the pool at one time. The Fisher Pool (party pool) runs 3-4 feet deep. Water temperature is about 87 degrees and air temperature is much the same. All parties may use our pool noodles at no cost, and you may bring your own handheld toys.

### **Have a GREAT time!**

If you have any questions or concerns, you are welcome to call or e-mail:  
Samm Meddaugh, Director of Aquatics     301-663-5131 ext. 1273  
[smeddaugh@frederickymca.org](mailto:smeddaugh@frederickymca.org)

# Pool Party

**YMCA of Frederick County**  
**1000 North Market Street Frederick MD 21701**  
**301-663-5131 Ext 1273**  
**Pool Rental Application and Agreements**

Name of Responsible Adult: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**DATE of PARTY:** \_\_\_\_\_

**TIME of PARTY:** \_\_\_\_\_ **Saturday at 12:30** (party room at 1:30) (available summer only)  
\_\_\_\_\_ **Saturday at 3:00** (party room at 4:00)  
\_\_\_\_\_ **Sunday at 1:30** (party room at 2:30)

### \$50 DEPOSIT

(Due with this form to hold your reservation)

- Due in the form of a check written to the YMCA of Frederick County. Your rental is not secure until this form and the security deposit have been received. You will be contacted upon receipt of this form to confirm your reservation.
- This check is NOT deposited upon receipt and does NOT go towards any party fees. It is held in a secure location until completion of the event.
- This check is returned via mail upon receipt of a satisfactory report from YMCA Staff. By booking a pool party with the YMCA of Frederick County, you agree that this deposit may be used to cover any damages caused to the property during the course of your event.

### RENTAL FEES

(Fill out this section now, fees due 2 weeks prior to event)

POOL PARTY (check off which rate)		OPTIONAL ADD ON ITEMS (check off any add-ons)	
<input type="checkbox"/>	YMCA Member Rate \$175.00	<input type="checkbox"/>	Water Volleyball Net and Ball \$10.00
<input type="checkbox"/>	Green Valley Branch Rate \$185.00	<input type="checkbox"/>	Water Polo Nets and Ball \$10.00
<input type="checkbox"/>	Non Member Rate \$200.00	<input type="checkbox"/>	Block Rocker Boom Box \$10.00

**Notes: Due to space limitations, water volleyball and water polo cannot be combined.**  
**For music, we supply the block rocker and aux cord, you supply the (family friendly) tunes.**

**\*\*TOTAL COST** (Party fee plus any optional add ons): \_\_\_\_\_ \*\*

Pool Party Rentals include one hour in the pool followed by one hour in the Game Room. Parties are limited to 25 attendees.

Review the attached information concerning Pool and Party Room RULES.

I, the undersigned, have read and understand the Rules and Regulations of the Frederick County Family YMCA. By signing below, I agree to the state standards and requirements. I also understand that the Frederick County Family YMCA will not be held responsible for any accidents or injury occurring to any attendee of the event while using the facilities requested for rental and that ALL participants in Pool Parties MUST have completed the WAIVER prior to entering the pool.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**FRONT DESK: Tran types 96 and 97 for pool party payments.**

Office use only:

DATE DEPOSIT RECEIVED: \_\_\_\_\_ DATE RETURNED via MAIL: \_\_\_\_\_

## **GENERAL RULES FOR ALL POOLS**

The lifeguard is the sole authority in the pool. All persons must obey the instructions of the lifeguard or his/her supervisor. Please do not argue with the lifeguard about these rules; they did not make them, nor can they change them, however, they are required to enforce them. If you are not satisfied with the way a guard is handling something, ask to see a manager.

All persons MUST take a shower prior to using the pools.

Bandages of any kind are not permitted in the pools.

Persons with the following conditions will be prohibited from entering the pool (the YMCA reserves the right to refuse entry to any person at their discretion):

- Any person appearing to be or known to be intoxicated.
- Any person with symptoms of diarrhea.
- Any person showing evidence of skin disease, sores, or inflamed eyes or communicable disease shall be refused use of the pools unless a physician certifies that the individual's condition is not infectious or contagious by waterborne transmission.

Strollers are not permitted on deck, wheelchairs and other assistive devices are permitted.

Electrical appliances and electronics are prohibited within 5 feet of the water (battery operated waterproof devices are permitted).

Children under the age of 9 must be accompanied by a designated adult.

Non-swimmer children must have an adult in the water within arms' reach at all times and must remain in 4 feet of water or less.

Glass, gum, and smoking are not permitted in any pool area. Water in plastic or metal containers is permitted in all pool areas. Food and drink permitted at picnic area of outdoor pools.

Swimmers are not permitted to participate in breath holding activities.

Running, rough play, dunking, splashing, pushing is prohibited. Standing or sitting on the back or shoulders is not permitted. Disrespectful or inappropriate language or behavior is prohibited.

Diving is only permitted in designated areas of water 9 feet or deeper.

No hanging or diving over any life lines or lane lines.

No playing on or around ladders, stairs, and lift chairs. They are for entering and exiting only.

Use of photographic devices to take pictures without consent is prohibited.

No one is allowed back in the pool area until at least one half hour after the last audible clap of thunder or last lightning flash.

Please do not engage actively guarding staff (on duty watching the pool) in extended conversation.

Members, non-members, or guests who repeatedly break these rules are subject to possible membership loss or appropriate disciplinary actions.

In an emergency, please follow lifeguard's directions as quickly and safely as possible.

## **Attire**

Street shoes are not permitted on deck of indoor pools, shoe covers are available for those who wish to keep their shoes on.

All persons must wear bathing suits. The following attire is prohibited in the pool: street clothes, underwear, long swim skirts (extending below the knee) and "Mermaid Tails". All swim suits must fully cover all private areas including the buttocks.

Disposable diapers are not allowed in the pool. Non-toilet trained individuals must wear a waterproof swim diaper underneath their bathing suit as per State, County, and City Health Department regulations.

Personal masks, fins, and snorkels are allowed at the discretion of the lifeguard.

Persons in bathing suits are restricted to the pool and locker room areas.

Only "US Coast Guard Approved" floatation devices are permitted.

## **SPECIFIC AREAS AND EQUIPMENT**

### **Use of Equipment**

- Diving blocks are only to be used during supervised instructional activities (swim lessons, swim team, etc.)
- Facility equipment is for use only during programs, participants may bring their own equipment as needed.
  - Exceptions
    - Kickboards/pull buoys may be used during lap swims
    - Thin, colored noodles may be used during open rec/community swim
    - Dumbbells, noodles and float belts may be used by independent water exercisers

### **Lap swim rules**

- Please observe common courtesy
- Adult lap times are strictly reserved for swimmers age 16 and up
- Circle swim prevails if more than 2 swimmers in a lane; 2 swimmers in a lane, each can take a side
- When joining a lane, make sure everyone in the lane is aware prior to entry
- When stopping, please occupy a corner of the lap lane
- Allow faster swimmers to pass
- Stop at the corner to allow faster swimmers to make the turn to go ahead of you
- Do not stop in the middle of the lane

### **Whirlpool Rules**

- Maximum occupancy is 10 persons
- Persons under the age of 18 are not permitted anywhere in the whirlpool area
- The whirlpool is an "at your own risk" area, there is no lifeguard on duty
- Pregnant women, persons suffering from heart disease, diabetes, or high or low blood pressure should not enter the whirlpool without prior medical consultation and permission from the doctor. Persons taking medications should consult physician and obtain permission prior to using the whirlpool.
- Do not use immediately following vigorous exercise.
- Check the temperature before using, maximum safe temperature is 104 degrees.
- Observe reasonable time limit to avoid nausea, dizziness, and fainting.
- Enter and exit slowly.
- Do not submerge.
- In case of emergency, a pull cord is located next to the double doors leading to the Fisher pool.

Failure to abide by these rules may result in expulsion from the facility. In the event of expulsion from the facility, no refund will be given.

# YMCA of Frederick County Health/Emergency Information/Waiver For Pool Party Participants

- \* Form must be fully completed and turned in before participating in any non-childcare programs to the Lifeguard on duty prior to any participant entering the water.
- \* ALL Pool Party Participants MUST complete this form prior to being allowed in the water.
- \* Participants/parents/guardians are responsible for informing the YMCA of important health information via this document.

## INFORMED CONSENT AND RELEASE OF LIABILITY

### **The following MUST be agreed upon in order to participate.**

1. In signing this agreement, I certify that I/ my child am/is able to participate fully in the program unless otherwise stated in writing to the YMCA.
2. In consideration of being allowed to participate in the activities and to use the facilities, equipment, and machinery of the YMCA (the "YMCA's Facilities and Equipment"), I/We do hereby waive, release and forever discharge, and indemnify and hold harmless the YMCA and its officers, agents, employees, representatives, and all others from any and all responsibility or liability for injuries or damages, except those caused by the negligent act or omission of any of the foregoing persons or entities, arising out of, resulting from or in connection with my/our use of the YMCA's Facilities and Equipment or my/our participation in any YMCA programs.
3. I/We understand that participation in the YMCA Programs and the use of the YMCA's Facilities and Equipment is potentially hazardous. I/We also understand that fitness activities involve a risk of injury and even death and that I/We am/are voluntarily participating in the YMCA Programs and using the YMCA's Facilities and Equipment with knowledge of the dangers involved. I/We hereby agree to expressly assume and accept any and all risks of injury or death.
4. I/We understand that the YMCA's Facilities and Equipment and YMCA Programs may not be advisable for certain individuals, including but not limited to elderly persons, pregnant women, persons suffering from heart disease, diabetes, high or low blood pressure and other conditions and illnesses, and persons taking medication. I/We hereby acknowledge that I/We have been advised to seek advice from a physician regarding my/our participation in YMCA Programs or in the use of the YMCA's Facilities and Equipment. I/We also acknowledge that it has been recommended that I/We have a yearly or more frequent physical examination and consultation with my/our physician as to my/our participation in YMCA Programs and my/our use of the YMCA's Facilities and Equipment. I/We acknowledge that I/We have either had a physical examination and have been given my/our physician's permission to participate, or that I/We have decided to participate in YMCA Programs and/or use the YMCA's Facilities and Equipment without the approval of my/our physician and do hereby assume all responsibility for my participation in the YMCA Programs and my/our use of the YMCA's Facilities and Equipment.

