



We build strong kids, strong families, strong communities.

***In order to be in compliance with current YMCA/Red Cross and Nebraska State Regulations the following rules will be put into place effective September 1, 2006. These rules are to insure the safety of our guests. If you have any questions please contact Judy Hohlen, Aquatics Director.***

### **Waterslide Rules Effective September 1, 2006**

1. All sliders must be 48" tall.
2. Sliders must slide feet first lying on back with arms across chest or sitting feet first with arms at side. Head first sliding is prohibited.
3. Maximum slider weight 300 pounds.
4. Do not pull or propel yourself into the slide.
5. No t-shirts, cut off jeans, float belts or lifejackets allowed. No swimsuits or shorts with metal rivets, buttons or fasteners.
6. No foreign objects in pockets, or jewelry worn while using the slides. Eyeglasses, goggles, or contact lenses are prohibited.
7. Only one (1) slider at a time is permitted on each slide.
8. No tubes, mats, or floatation devices are permitted on the waterslides.
9. Sliders must be in good health. Pregnant women or individuals with heart or back conditions should not use slides.
10. Use of slides is prohibited while under the influence of alcohol or drugs.
11. Follow the instructions of the life guard on duty.
12. No running, standing, kneeling, rotating, tumbling or stopping on the slides. Arms and hands must remain inside the slides.
13. No diving from or climbing on slides.
14. Sliders must exit the pool immediately using the ladder closest to the exit of the slide.
15. You must be able to tread water to ride down the water slides.
16. Use the slides at your own risk.
17. Recreational swimming is only allowed in the designated areas when slide is not operating.
18. **Warning:** Water depth is 3 feet 6 inches at slide exit.