



# LAP POOL GUIDELINES

## Summer 2021

### OAKLAND YMCA

Beginning June 21, we are offering double-occupancy lanes for swim sessions in the Lap Pool by reservation only. Lanes will be specifically designated as either Lap Swim or Water Walking lanes. Members must sign up for the type of reservation they will be using. Swimming in water walking lanes or walking in swimming lanes will not be allowed. For members that exercise using both swimming and walking should reserve the type that they primarily use.

### HOW TO GET A RESERVATION

Download the YMCA of the East Bay app on your phone or go to [ymcaeastbay.org/schedules](https://ymcaeastbay.org/schedules) to sign up.

Reservations must be made online through the app or website and can be made 24 hours prior to the start time of the session. No phone reservations will be accepted.

Session times will be listed on the app and on the website. Reservations are open to Oakland Y members only (13 years and older). Members are allowed a maximum of 1 swim reservation per day.

### BEFORE YOU COME TO THE Y

- Swimmers are encouraged to arrive 10 minutes before their session to allow time for check in process.
- Swimmers will receive a lane assignment prior to entering the pool. Lane assignments will be based on general swim speed.
- Swimmers MUST arrive dressed in their swimming attire, as the locker rooms will be unavailable for lockers or changing prior to swimming.
- There will be a designated space on the pool deck near each lane for swimmers to place their belongings. It is recommended to only bring essential items into the pool area.
- **Bring your own towel.** There is no towel service at the Y.
- Face masks are required for non-vaccinated members at all times while not in the water.
- Please maintain social distancing of six feet. Only two swimmers allowed per lane.
- Swimmers will enter their lane on the end opposite their lane partner and should plan to take all breaks on their entry side of the pool to promote social distancing.
- You are welcome to bring your own lap swim equipment. Kickboards, fins, and other shared equipment will not be provided by the Y.
- We encourage swimmers to enter/exit in their lane whenever possible. Please ensure proper social distancing when using ladders and stairs, and be respectful of other swimmers' workouts.

### WHEN SWIM SESSIONS END:

- Swimmers will be allowed back in the locker room to put on dry clothes. They may also use the emergency exit if they do not need the locker room. There is a maximum of 10 minutes allowed since the next session of swimmers will be walking through the locker room. **PLEASE NOTE:** Showers, lockers, sauna, steam room, hot tub, and hair dryers are unavailable.
- There will be a transition period between sessions to allow for social distancing between swim groups. Swimmers must exit the pool immediately at the end of their swim session.
- Once finished in the locker room, swimmers will exit out into the lower lobby and up the main stairs or elevator (max capacity of one).

Additional swim hours will be added as capacity and staffing allow. **If you have specific questions, please contact:**

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