



CAMPUS RECREATION

Aquatics

Indoor Pool Policies

1. No one may enter the Natatorium without an aquatic staff member present.
2. The Emergency Alter System is one long whistle blast. All patrons must exit the pool immediately upon the sound of one long whistle.
3. Do not converse with or distract the lifeguards while they are actively engaged in surveillance duties.
4. Aquatic staff has the responsibility to enforce policies and have the authority to remove anyone for unsafe or inappropriate behavior.
5. For your health and hygiene, swimsuits must be worn in the pool. No running shorts, basketball shorts, or cutoffs allowed. Sports attire may not be substituted for swimwear.
6. Admission to the Natatorium will be refused to anyone with an open sore or appearing to have a contagious or infectious condition, such as poison ivy, athlete's foot, ringworm, boils, and other skin infections.
7. Band-Aids or casts may not be worn into the pool.
8. Patrons under the influence of alcohol or other drugs that alter awareness are restricted from the building.
9. Horseplay and exhibitions that could jeopardize personal safety are prohibited.
10. Hyperventilation or the holding of one's breath underwater for an extended period of time can be extremely dangerous and therefore is prohibited. (Extended period of time is 30 seconds or a distance of 25 yards)
11. Food, gum or tobacco products are prohibited. Only water in sealable plastic containers is permitted on deck. Glass containers are prohibited.
12. Lap swimmers may be required to circle swim when lane use exceeds two patrons.
13. All training equipment is to be used in the manner for which it was designed.
14. Swimming or water jogging is prohibited when the diving board is in use.
15. When diving, springboard is for recreational use:
 - a. Use is restricted to competent, unassisted swimmers.
 - b. Only one person is permitted on the diving board or its ladder at a time.
 - c. Do not jump or dive until the diver in front of you reaches the ladder.
 - d. All jumps and dives must be in a forward direction.
 - e. No handstands, cartwheels or seat drops are permitted.
 - f. One spring per dive or jump permitted.
 - g. Dive or jump straight ahead.
 - h. Swim directly to the nearest ladder and exit the pool or diving well immediately.
 - i. Use of the 3-meter diving board is restricted to competent divers under the supervision of a certified diving coach.
 - j. Do not wear goggles, earplugs or contact lenses when diving.
 - k. Diving or jumping deemed unsafe, in the judgment of the lifeguard, will be prohibited.