



# CAMPUS RECREATION

## Aquatics

### Outdoor Pool Policies

1. General Campus Recreation policies apply.
2. No one may enter the pool area without an Aquatic Staff member present.
3. The Emergency Alert System is one long whistle blast. All patrons must exit the pool immediately upon the sound of one long whistle.
4. Do not converse with or distract the lifeguards while they are actively engaged in surveillance duties.
5. Aquatic Staff has the responsibility to enforce policies and have the authority to remove anyone for unsafe or inappropriate behavior.
6. For your health and hygiene, swimsuits must be worn in the pool.
7. Children who are not potty trained must wear a swimsuit over a swim diaper or plastic pants. Disposable diapers or heavy cloth diapers are prohibited. Please use restroom facilities to change diapers.
8. Children 8 years and younger or questionable swimming skills must be accompanied and actively supervised by an adult of 16 years or older unless they can pass a swim test administered by a lifeguard. Once the test is passed, they may enter the pool without an adult however, the adult must stay on the premises.
9. An adult 18 years of age or older must actively supervise and be within arm's reach of children under the age of 6 and/or children who require a lifejacket.
10. Only U.S. Coast Guard approved personal life jackets are permitted for patrons whom require a lifejacket.
11. Flippers are not allowed in the deep end, or spa. Flippers that connect the feet are prohibited.
12. Aquatic Staff Members have the jurisdiction to deny any personal floatation devices and personal pool accessories entrance into the pool.
13. Admission to the pool 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.
14. Band-Aids or casts may not be worn into the pool.
15. Patrons under the influence of alcohol or other drugs that alter awareness are restricted from the premises.
16. Only feet-first entries are permitted in the recreational pool, spa, lap lanes and lazy river.
17. Horseplay and exhibitions that could jeopardize personal safety or the safety of others are prohibited.
18. 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)
19. Food, gum and tobacco products are prohibited. Only water in sealable plastic containers is permitted on deck. Glass containers are prohibited.
20. Lap swimmers may be required to circle swim when lane use exceeds two patrons.
21. All training equipment is to be used in the manner for which it was designed.
22. If lightning is within 10 miles, patrons must leave the pool deck and all outdoor activities/programs will be suspended until 30 minutes after the last strike of lightning is out of the 10 mile range.
23. Instructional swimming, coaching or swimming lessons are only permitted by Campus Recreation staff.



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### Diving Well Policies

1. Only members who swim sufficiently may use the diving well. If a lifeguard determines an individual is unable to swim sufficiently, the lifeguard has the right and responsibility to remove the individual from the diving well.
2. Patrons 15 years of age or younger must have a wrist band on to enter the deep end, signifying that they have passed the swim test.
3. Recreational swimming or water jogging is prohibited when the diving board is in use.
4. Training equipment and various pool accessories including but not limited to flippers and flotation devices are prohibited.
5. Diving across the diving well perpendicular to the diving board while diving board is in use is prohibited.
6. 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 exits the pool
  - 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. Do not wear goggles, earplugs or contact lenses when using the diving board.
  - j. Diving or jumping deemed unsafe, in the judgment of the lifeguard, will be prohibited.

### Spa Policies

1. Only members who are 16 years of age or older may use the spa.
2. Pregnant women, small children, or persons with heart disease, diabetes, high/low blood pressure circulatory or respiratory problems, seizures or on prescription medications should not enter the spa except under the advice of a physician.
3. Use of the spa is limited to 15 minutes. It is advised that time is limited to 10 minutes or less. Use of the spa includes any part of the body entering the water and/or sitting on the edge of the spa.
4. Allow at least 15 minutes to cool down before reentering the spa.
5. Please enter and exit the spa using only the stairs. Climbing over the walls of the spa to enter or exit the spa is prohibited.