



Aquatics Policies and Procedures

The Student Activity and Academic Center asks that all patrons cooperate with these policies and procedures at all times to ensure safety in the facility.

The Student Activity and Academic Center will continue with the practice of adult swim. From April 1 - November 1, adult swim will occur daily every hour, 10 minutes till the hour. Any children under the age of 12, who are not in supervised programming (swim lessons, swim team), must exit the pool. We want to encourage a safe and healthy summer and give parents the opportunity to take children to the bathroom, change swim diapers in the locker rooms, reapply sunscreen and rest for 10 minutes.

Thunder and Lightning

- The occurrence of either thunder and/or lightning is not subject to interpretation or discussion
- A warning may be issued by either the ThorGuard system or the on deck Lifeguards. The system does not need to sound for the Lifeguards to issue a warning.
 - When a warning is issued:
 - Lifeguards will clear the deck.
 - All outdoor participants should come inside.
 - Desk staff are not responsible for clearing tennis courts and field.
- To resume activities, both the ThorGuard system and the Lifeguards must issue an "All Clear."
 - The ThorGuard "All Clear" is designated by the three short horn bursts and stopping of the flashing strobe
 - The Lifeguards will issue the "All Clear" by waiting 30 minutes after the last observed thunder or lightning.

Pool

- Swimming is permitted only when lifeguard(s) are present.
- Children under the age of 16 must be accompanied by an adult at all times. An adult is at least 18 years old.
- No diving in water less than 12 feet deep.
- Prolonged underwater swimming (for more than 15 seconds) is prohibited.
- Swim diapers or plastic pants are required for children who wear diapers.
- Swimming is prohibited if you have an infectious or communicable disease.
- No throwing any objects at any time.
- Glass, alcohol, drugs, and tobacco products are prohibited.
- No food or drinks allowed in pool area except sport drinks or water.
- Hanging or swimming across lane lines is prohibited.
- Starting blocks are permitted only for competitive and instructional swimming.
- Only Coast Guard approved floatation devices are allowed.
- Pets are not allowed with the exception of working companion dogs.
- Lifeguard (s) will provide assistance with the chair lift upon request.
- The Student Activity and Academic Center is not responsible for valuables or personal property brought to the facility.
- Lifeguard(s) have final authority.

Baby Pool

- Warning - No Lifeguard on Duty
- Children are prohibited to use the pool without the supervision of an adult over the age of 18.

- Unattended solo bathing is prohibited.
- Children in diapers must wear swim diapers or plastic pants with elastic gathers over their diapers when using the pools. If a child under your care has diarrhea or loose stool, please do not allow the child to use the pools.
- Swimmers over the age of 5 are not allowed in the baby pool.

Diving Well

- Divers must be able to swim unassisted in deep water to use the diving boards.
- Only one bounce on the diving board at a time.
- Only one person on the diving board at a time.
- Check to see that no one is under or around the board before you dive.
- Dive straight off the diving board.
- Exit the water immediately after you dive.
- Do not swim in the diving area or directly under the diving board.
- Hanging on the diving board is not permitted.
- Diving is allowed only in designated areas.
- Divers are not allowed to wear personal flotation devices.
- Recreational diving is permitted during posted hours only.
- Lifeguard(s) have the ability to prohibit any unsafe diving activity.

Lap Swim Etiquette

- Expect to share a lane. If there are 2 or more swimmers, please circle swim.
- Try to swim with others of your own pace.
- Swim in a counterclockwise direction staying on the right side of the lane.
- Pass only when the passing lane (middle of lane) is clear.
- Avoid congregating at the end of swim walls. Please move to the extreme right corners of the lane if stopping to rest.
- Be considerate of others and their individual workouts.

Recreational Water Illnesses (RWI)

- Swimming is a fun, active, and healthy way to spend leisure time. However, in the past two decades the Center for Disease Control has seen an increase in the number of Recreational Water Illness (RWI) outbreaks associated with swimming pools, water parks, hot tubs, lakes, rivers, and oceans. The CDC's Healthy Swimming Program offers information and resources to raise awareness about RWIs and how to prevent them by practicing healthy swimming behaviors.
- We ask that all patrons take a few moments to review the information and literature provided by the CDC. It can be viewed at CDC: Recreational Water Illnesses.