

# SRWC Aquatics Policies

## General Facility Rules

1. CSUSB Students and Recreation Center Members are admitted free of charge. All other eligible individuals can purchase a daily, quarterly, or family pass at the Student Recreation and Fitness Center. Children under 2 are free. Adults observing or assisting youth enrolled in a swim lessons are free. A signed waiver on file is required to enter the pool area.
2. Everyone must check in with the Attendant/Lifeguard on duty.
3. Children under 12 years of age **MUST** be supervised on the deck or in the pool by an adult.
4. Swim only when Lifeguard is on duty.
5. Lifeguards have the responsibility for the safety of all facility users, follow their directions at all times.
6. In an emergency, you will hear one long blast of a whistle; stop whatever you are doing and follow the staff's instructions.
7. Proper swimming attire is required, including bathing suits, board shorts, or rash guards. Cotton clothing, cut off jeans, Brazilian or G-string bathing suits are **NOT APPROPRIATE SWIMMING ATTIRE AND ARE NOT ALLOWED**. To cover the body for medical or religious reasons, please wear shirts or shorts constructed of swim suit material.
8. "Deck Changing" or changing your clothes on the swimming pool deck is prohibited.
9. Rough housing and horseplay are not permitted.
10. **DO NOT** hang or play on the railings or the bleachers.
11. Always walk on the pool deck, don't run.
12. Glass containers are prohibited inside the pool area at **ALL** times.
13. Please put your sun screen on at least 15 minutes before entering the pool.
14. Please **DO NOT** use any kind of tanning **OIL** as it damages the filtration system.
15. Food is **NOT** allowed in the water. Please clean-up any trash after you are finished. Food and beverages, in plastic containers, is allowed on the deck/lounge chair area.
16. No roller-skates, roller blades, skateboards, scooters or bicycles are permitted to be ridden within the pool area.
17. No pets are allowed in the facility.
18. Please respect others and refrain from public displays of affection while using the pool area.
19. Chewing gum is **NOT** allowed in the pool facility at any time.
20. In the event of inclement weather, the pool may close.
21. Before entering pool area, a hot soapy shower is highly recommended.
22. Please **DO NOT** enter the water if you have any open cuts, sores, wounds or infectious diseases.
23. Please **DO NOT** enter the water if you have had diarrhea, stomach flu or have been severely sick in the last two weeks.
24. Children, who are not toilet trained, **MUST** wear **NON-DISPOSABLE** swim diapers. These may be purchased at the SRFC. Regular disposable, cloth diapers, Little Swimmers® and Splashers®, etc. are **NOT** permitted. No exceptions!

25. DO NOT change diapers in the pool area. Please utilize the locker rooms and dispose diapers in trash receptacle.

## **Public Health Notice**

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## **Diving Board Rules**

1. In order to use the diving boards, children under the age of 18 must pass the deep water swim test.
2. The deep water swim test may only be taken with a designated lifeguard (see gate attendant). The test consists of half a length of freestyle and backstroke, both demonstrating proper horizontal body position, rotary breathing and forward locomotion. Treading water for 30 seconds is also required to pass the swim test.
3. Follow the lifeguards instructions at all times.
4. Be sure there is no one swimming under the diving board before diving.
5. Only one person on a board at a time.
6. No running on the diving boards.
7. Only one bounce is permitted on the diving board, no multiple bounces.
8. Dive straight off the end of the board.
9. Swim to the nearest ladder to exit the diving area. DO NOT swim directly beneath the diving board.
10. No unorthodox diving, dangerous dives, chain dives, or rough play on the boards (such as handstands, butt bouncing, or sailor dives).
11. Anyone not adhering to these rules will be asked to forfeit their privileges and leave the area.
12. The lifeguards have the right to tell you to stop any dive they feel is dangerous.
13. The fulcrum is to remain on the lowest setting at all times, please do not adjust it!
14. When the diving boards are in use no other swimming is permitted in the diving well.
15. Failure to obey these warnings may result in sudden, forceful head first contact with the water, an object, or another swimmer, and may lead to a serious spinal injury or death.

## **Swim Rules**

1. Children under the age of twelve MUST be supervised by an adult at all times. Parents who leave children under the age of twelve unattended may have their membership suspended.
2. Please observe posted NO DIVING areas.
3. Somersaults, back dives and other inappropriate entries from the deck are not permitted.
4. Lap lanes are for continuous swimming only. Be considerate of others. One or more people can swim in a lane. Circle swim by staying to the right.
5. While the lap lanes are in use please do not free swim or pass through them.
6. DO NOT hang on the lane lines.
7. Children who are not "water safe" must be within arms reach of an adult at ALL times while within the water. "Water Safe" is defined as a child who can safely tread water and demonstrate forward momentum above and below the water, and can demonstrate breath control. Lifeguards have the discretionary authority to require an adult to be in the water with any child.
8. Only Coast Guard-approved (Type I, II, III, V) life jackets are permitted for non-swimmers and the wearer must be within arm's length of a responsible adult at all times. Please check with a lifeguard or staff member to ensure any floatation device you bring in is acceptable prior to entering the pool deck.
9. Floaties, children's floatation swimsuits, inflatable rings, and inflatable devices are not allowed. The Lifeguard on-duty will determine if an item is allowable.
10. The only floatation devices allowed are noodles, kickboards and coast guard approved life jackets.
11. All equipment, except kickboards, is for adult lap swimmers only. DO NOT stand, sit or use kickboards in any other way than they were designed.
12. Children may bring appropriate water toys into the facility. Please DO NOT bring hard toys, balls or squirt guns.
13. Return all equipment (kick boards, pull buoys, noodles, etc.) to the storage bins after using.
14. Lifeguards or any staff member reserves the right to remove anyone from the pool.