

## Spokane Community College Swimming Pool Rules

- Sign in with lifeguard on duty using your **CURRENT ID** card and number each time you visit pool.
- Parents must be in the swimming pool with under-aged children.
- Only coastguard approved personal floatation devices can be used.
- Guests can visit TWO times and must swim with the person bringing them & must register with the lifeguard on duty.
- All persons must have a cleansing shower before entering the pool.
- Rough housing such as running, pushing, splashing, backward diving, are strictly prohibited.
- **HEAD AND NECK INJURIES CAN RESULT FROM IMPROPER DIVING.** Only one person allowed on the diving board at a time. No running or backward diving from the board. Do not double bounce on the board. Dive straight off the end of the board and swim to the side of the pool. Make sure area in front of the diving board is clear before diving. Diving when the pool is busy will be limited. *“Questionable diving can be prohibited at the discretion of the lifeguard”*
- Stay clear of the area in front of the diving boards when in use.
- No diving from deck into the water that is less than 6 feet deep. **Note the red line around the shallow end of the pool deck.**
- When diving from the deck, use the pool deck not the gutter ledge.
- Kick boards, pull buoys, swim fins are available only for adult lap swimmers.
- Eating is not allowed in the pool area.
- Water in plastic containers is the only type of drink allowed.
- The push-doors to the hallway are EMERGENCY EXITS ONLY.
- Street shoes are not allowed on the pool deck.
- Persons with open sores are not allowed to use the swimming pool.
- Remove band-aids.
- No gum chewing is allowed in the swimming pool.
- Remove bobby pins, hair clips, before entering pool.
- No person with a communicable disease, including vomiting or diarrhea in the last two weeks, may use the pool.
- Persons wearing diapers must wear protective coverings.
- Diapers must be changed in a designated diaper-changing area.
- No person under the influence of alcohol or drugs may use the pool.
- Persons with seizure, heart, or circulatory problems need to make the lifeguard aware and should not swim alone.
- No breath holding with underwater swimming or hyperventilation allowed.
- **WARNING: ANY PERSON REFUSING TO OBEY THE RULES ARE SUBJECT TO REMOVAL FROM THE PREMISES.**

**Emergency Phone** is located in southeast corner of pool area and in the aquatic director's office.

**First Aid Kit:** On pool deck and in Aquatic Directors office.

**AED:** Located in South East wall of pool area, directly beneath the telephone.

**Fire Alarm Evacuation:** Go out the doors at the north end of pool (glass doors by the diving boards). Turn left and go to building 6 (LAIR) located West of the swimming pool/sports center.

**General Swimming Information:** Pool Length: 25 meters. 1 mile = 1600 meters; 64 lengths (@25 m), 32 laps (@50 m)

*Aquatic Director: Michele Heuer*