

General Pool Rules

1. Please shower before entering the pool.
2. Visiting or talking with lifeguards while they are on duty is prohibited.
3. No running or horseplay. No spitting.
4. Those who have open wounds, sores, rashes and/or skin irritations/infections will NOT be permitted into the pool, whirlpool, sauna or steam room.
5. No food, drinks or glass in the pool area.
6. No Styrofoam flotation devices.
7. Lap lanes are for LAP SWIMMING only. Patrons of any age able to swim laps may do so in these lanes. Please circle swim during times of heavy use.
8. A swimsuit is required. No cutoffs, boxer shorts, tights, dance outfits, etc.
9. No diving in the pool unless under the direct supervision of a WSI or a swim coach.
10. Plastic pants are required over diapers at ALL times. (Swim diapers are acceptable.)
11. Children under the age of 8 MUST BE ACCOMPANIED BY A PARENT IN THE POOL. Children 8 & 9 years old require ADULT supervision on deck in the pool area. Children 10 & 11 years old AND ABLE TO SWIM may be in the pool area unattended, but a parent must be in the building.
12. Conduct that may endanger the welfare and comfort of other patrons is prohibited. The Campus Aquatics Staff will be regarded as the ultimate pool authority and will enforce all rules. The lifeguard on duty reserves the right to deem a situation and/or activity UNSAFE and may ask a patron to leave.
13. Caps are REQUIRED for hair that hangs longer than one's ears.
14. Pool closes 30 minutes before the close of the building.

Whirlpool, Steam Room & Sauna Rules

1. Children under the age of 18 ARE NOT PERMITTED in the whirlpool, sauna OR steam room EVEN IF ACCOMPANIED BY AN ADULT. No exceptions.
2. Please shower before entering.
3. No running or horseplay. No spitting.
4. Those who have open wounds, sores, rashes and/or skin irritations/infections will NOT be permitted into the whirlpool, sauna or steam room.
5. No food, drinks or glass.
6. Observe a 15 minute limit when using the whirlpool, sauna or steam room. Long exposure may result in nausea, dizziness or fainting.
7. Do NOT use the whirlpool, sauna or steam room while under the influence of alcohol, and certain medications including but not limited to anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics or tranquilizers.
8. The Campus advises against the use of the whirlpool, sauna or steam room ALONE.
9. Pregnant women, elderly persons, those suffering from heart disease, diabetes, high or low blood pressure, or those using prescription medications should NOT enter the whirlpool, sauna or steam room without prior medical consultation and written permission from their own doctor.
10. Whirlpool, Sauna & Steam Room close 30 minutes before the close of the building.
11. A swimsuit is required. No cutoffs, boxer shorts, tights, dance outfits, etc.

Locker Room Rules

1. Lockers are for daily use only. Locks are NOT permitted OVERNIGHT.
2. The Campus is NOT responsible for property left in lockers.
3. Children may NOT be unattended.
4. Children up to the age of 6 are permitted in the OPPOSITE GENDER locker room with a parent. Please use discretion.
5. Changing rooms are for CHANGING only. Please use lockers for storage.
6. Lockerrooms close 15 minutes before the close of the building.

Gym Rules

1. Proper attire must be worn: shorts, shirts, sneakers, warm-up suits.
2. Children under the age of 12 MUST have adult supervision in the gym.
3. No gym bags or jackets in the gym. PLEASE use the locker room.
4. No food, cups, cans or glass bottles. No spitting.
5. Anyone abusing any one of the above regulations or exhibiting inappropriate behavior will be asked to leave the gym area. This decision may be made by the gym or Front Desk supervisor.