



# VCU

## Aquatic Center Rules

1. Showers are required of all patrons prior to using the pool or spa.
2. All patrons with open sores, infectious or contagious diseases are prohibited from the use of the pool or spa.
3. The use of the Aquatic Center and its features are prohibited when under the use of drugs or alcohol.
4. While in the Aquatic Center Pools or Spa, patrons must dress as follows:
  - a. Wear clean swim attire that is specifically designed for swimming.
  - b. Wearing any non-swim attire such as bras, underwear/boxers, socks, cotton items, or jeans are prohibited in these areas.
  - c. Swim attire must not be transparent.
  - d. No shoes other than water shoes or water socks are permitted in the pools or spa.
5. Running, pushing, horse playing or other high risk behavior is prohibited in the pool area.
6. Breath holding, underwater swimming, and/or hyperventilation is not permitted.
7. Anyone under the age of 18 or requested by VCU Recreational Sports staff must pass a swim test in order to go in the deep end, swim without a parent/guardian in the water, or use the slide/climbing wall.
8. All flotation devices must be labeled "USCG" or United States Coast Guard Approved, in order to be used in our facilities.
9. No Food or glass containers are permitted on the pool deck. Water and sports beverages are allowed.
10. Only VCU Recreational Sports staff are allowed to teach swim lessons, water fitness or aquatic programs in our facilities.
11. Personal items must be stored in lockers. Towels, deck shoes, and any items used while swimming may be kept on the pool deck. All walkways must remain clear of items.
12. VCU Recreational Sports staff reserves the right to close areas of the aquatic facility for programs, staff trainings and meetings, or for safety purposes.
13. Individuals conducting themselves contrary to established conduct guidelines will be asked to leave the facility. This includes, but is not limited to, unsportsmanlike conduct, profanity, and equipment misuse.



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## Water Slide Rules

1. All riders must be at least 48” tall and must be over the age of 18 or able to pass the swim test in order to use the slide.
2. Riders must be in good health.
  - a. Elderly persons, those suffering from heart disease, high blood pressure, epilepsy or persons using prescription medication should consult their physician before using this slide.
  - b. Individuals with medical conditions including, but not limited to, pregnancy, heart or back problems should not use the slide.
  - c. Maximum rider weight is 300lbs.
3. Riders are expected to follow the following conditions:
  - a. Riders must enter the slide in a sitting position and wait for instructions from the Recreational Sports Lifeguard stationed at the slide starter tub.
  - b. The line should form on the deck with one rider in the starter tub. Wait until landing area is clear before entering.
  - c. Leave the plunge pool promptly after entering.
4. Proper body position is required while on the slide:
  - a. Riders must lie on their backs with arms crossed across their chest at all times.
    - i. No sitting or standing up while riding the slide is permitted.
    - ii. Riding head first, or on one’s stomach is not permitted.
  - b. Do not propel yourself into the ride. Only one rider at a time. Absolutely no trains or chains of riders are permitted.
  - c. No running, standing, kneeling, rotating, tumbling or stopping in the flume.
5. No tubes, mats or life jackets are permitted on the water slide.
6. Rider assumes all risk of injury due to misuse of this slide or failure to follow these rules.



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## **Aquatic Climbing Wall Rules**

1. Only one climber on the wall at a time.
2. No one may be in any part of the drop zone while someone is climbing the wall.
3. No lifejackets or goggles are permitted on the climbing wall.
4. No diving from the wall. Feet first entries only.



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## Family Swim Rules

1. Anyone under the age of 18 must pass the swim test in order to go in the deep end; swim outside arm's reach of a parent/guardian; or use the slide/climbing wall.
2. Parents/Guardians must actively supervise their children (children under the age 18) while in the aquatic facility.
  - a. If a child is able to pass the swim test, the child may swim unaccompanied in the pool, but a parent/guardian must be on the pool deck actively supervising.
  - b. Non-swimmers must remain in shallow water (no deeper than shoulder depth).
    - i. Swimmers unable to stand comfortably in shallow water without their heads completely out of the water must wear a USCG-approved lifejacket, and a parent/guardian must be within an arm's reach.
3. Children that are not toilet trained must wear swim diapers.
4. Strollers are prohibited in all program areas, including the Aquatic Centers.
5. Any adult that leaves a child unsupervised may lose their membership privileges.



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## **Spa Rules**

1. Showers are required of all patrons prior to using the pool or spa.
2. Appropriate swim attire is required to enter the spa.
3. No one under the age of 18 is permitted to use the spa, due to the risk becoming overheated.
4. Limit use of the spa to 15 minutes at any one session. Long exposure may result in nausea, dizziness, fainting or heat related illness.
5. Pregnant women, patrons with health conditions or taking prescription drugs that cause drowsiness should not use the spa without first consulting a doctor. It is recommended that all patrons consult a physician prior to using the spa.



# VCU

## Swim Test

The purpose of the swim test is to assess an individual's overall comfort level in the water and swimming proficiency. Anyone under the age of 18, or requested by Recreational Sports staff, must pass the following swim test in order to go in the deep end, swim without a parent/guardian in the water, or use the slide/climbing wall. The swim test includes:

1. Jump into the deep water, surface unassisted, tread water (in a vertical position with mouth above the water) or back float for 30 seconds.
2. From a float or tread position, immediately swim 25 yards using freestyle or breaststroke.
  - a. Body position must be horizontal.
  - b. Flutter kick (straight legs, no bent knees or "bicycling" kick for freestyle) or breaststroke kick is required (bent knees, whip kick).
  - c. Entire face must go in the water while swimming at least once.
  - d. Over water arm recovery.
  - e. Entire swim portion must be completed without touching lane lines, walls, or pool bottom.
3. Exit from the pool unassisted.

Swimmers may only participate in one swim test per day, on their own request. A lifeguard can request a patron to repeat a swim test, or ask swimmers to stay in the shallow end, or take a break if they see a swimmer struggling after passing the test.