

WAC Rules and Regulations

Swimming Pool Rules and Regulations

The following rules and regulations have been established for the benefit of all users of the swimming facility to assure the safe operation of the pools and to provide enjoyable recreational opportunities for all. Patrons are requested to cooperate in observing these rules and to obey the instructions of the Aquatics staff. Patrons violating swimming rules are subject to the revocation of their swimming privileges. No refunds will be given.

Admission Policies

- Admission to the pool may be denied for any of the following reasons:
 1. When an individual is apparently unable to care for his or herself
 2. Intoxication
 3. Evidence of contagious disease
 4. Open sores, wounds
 5. Excessively revealing swimsuits
 6. Any condition or evidence, which, in the opinion of the staff, will jeopardize the health and safety of the general public
- No one will be allowed in the swimming area unless the pool is officially open and a lifeguard is on duty. Entering the pool area when it is not open for public use is prohibited and may be considered a trespass.
- All persons entering the pool area must pay the appropriate admission fee or present proof of a valid membership or program registration (e.g. program pass, membership I.D., or receipt). We have different fee structures for the various groups who use our facility. Please bring your ID with you in order to ensure that you pay the correct admission fee
- Organized groups must follow our group use policies, and must be directly supervised at poolside by an adult in swim attire. All groups should schedule their visits in advance.
- Lifeguards and Campus Recreation Services staff have the authority to enforce all pool rules. Patrons who repeatedly violate the rules or reasonable requests of staff may be ejected from the facility.

Pool availability

The Wall Aquatic Center accommodates classes, programs, athletics, recreation, and lap swimming. The pool is not open to the public all day in order to provide services for all of these interests, and still meet the needs of the university. We have [designated times for open swimming](#).

Facility

- No one will be allowed in the swimming area unless a lifeguard is on duty.
- All patrons entering the pool area must sign the University's liability waiver and pay the appropriate admission fee, present valid ID or proof of program registration.

- Personal items are to be secured in the locker room. The University is not responsible for personal property or valuables at any time.
- Food and drinks (other than water in an appropriate plastic container) are not permitted on the pool deck.
- Glass containers, alcoholic beverages, drugs and pets are not permitted. Service animals are permitted in the pool area but not in the pool itself.
- Employees are the only persons allowed in staff rooms, mechanical, electrical or chemical storage areas and offices.
- Smoking is not permitted indoors or within 20 feet of the building.
- Portions of the pool may be closed and cleared periodically for safety checks, cleaning, or maintenance.

Attire

- All patrons within the pool area must be attired in swimming apparel. No street clothes are allowed in the pool. Clothing such as cut-offs, gym shorts and underwear is not permitted as swimwear. Swimwear should not have been worn for exercising immediately prior to pool use as soiled clothing can create an unhealthy swimming environment. All clothing must be colorfast and lightweight material suitable for swimming, such as Lycra, Spandex or nylon.
- T-shirts (including those for modesty) are not permitted. Rash guards, which are more tight-fitting, designed for in-water use, will be permitted.

Behavior

- Socializing with or distracting pool staff is prohibited.
- No person within the pool area shall behave in such a manner as to jeopardize the safety and health of himself/herself and others. Such behavior, including abusive or profane language, shall be grounds for expulsion.
- Loitering will not be permitted on the Wall Aquatic Center grounds or within any of its facilities.
- Running, boisterous or rough play, pushing, acrobatics, dunking, wrestling, splashing, yelling, diving or jumping without care and caution, snapping of towels, improper conduct causing undue disturbances on or about the pool area or any acts which would endanger any patron are prohibited.
- Spitting, blowing nose, urinating or defecating in the pool is prohibited.
- **Competitive or repetitive breath holding can be deadly and is not permitted.** Hyperventilation is absolutely not permitted.
- Gum chewing is not permitted anywhere in the pool area for health and safety reasons.

Supervision, Age, & Health/Safety Restrictions

- Infants/children who are not toilet trained and adults who are incontinent, who wish to enter any pool, must wear a clean, disposable swim diaper covered by separate rubber/vinyl pants, all of which must fit snugly around the legs and waist. If the diaper becomes soiled, this person must exit the pool immediately and may not return until he/she has taken or been given a soap shower and has been covered by a new diaper with clean rubber/vinyl pants.
- Children under 12 years old must be accompanied by an adult supervisor (age 16+).
- Persons under the influence of alcohol or drugs will not be permitted in the pool area.

- Any injury occurring in the pool must be reported to a lifeguard or pool supervisor immediately.
- All patrons must take a cleansing soap shower before entering the water.
- Any person having a skin disease, sore or inflamed eyes, cold, nasal or ear discharge, communicable disease or who is wearing any kind of bandage or Band-Aid to cover an open (unhealed) wound will not be permitted in the pool.
- Any adult or child who is experiencing even a mild case of diarrhea may not use the pool. Persons with diarrhea should wait two weeks after symptoms end before returning to the pool. Pathogens of concern may still be shed up to two weeks following the end of symptoms.
- You are not allowed to borrow goggles from the lost and found or from staff members. Goggles that have not been decontaminated could spread infection.

Adult to child ratio

The skill levels of children in our facility vary widely, so we have a strict child-to-adult ratio in order to provide better control and proper supervision:

- children 4 years and younger
 - one adult to one child
- five to seven years
 - one adult to three children
- eight to twelve years
 - one adult to eight children

Note and Float Water Safety Program

The National Note & Float Water Safety Program aims to identify all non-swimmers who enter the facility and then “float” them with an appropriately-sized lifejacket. The purpose of the Swim Test is to assess an individual’s overall comfort level in the water and swimming proficiency.

- SWIM 25 YARDS (75 FEET) NONSTOP USING THE FRONT CRAWL (“FREESTYLE”)
 - Body must be horizontal
 - Flutter kick required: no bent knees or “bicycling” kick
 - Face in water; Rhythmic breathing to front or side
 - Over water arm recovery (No dog paddle)
- JUMP INTO DEEP WATER, SURFACE UNASSISTED, TREAD WATER FOR ONE MINUTE IN A VERTICAL POSITION WITH MOUTH ABOVE WATER LINE
- EXIT FROM POOL UNASSISTED



1. All swimmers who pass the test will be issued a wrist band that will identify them as being proficient enough to swim on their own. The wrist band must be worn on the wrist and remain clearly visible to lifeguards.

2. **ALL** non-swimmers must be registered at the facility prior to or upon entry. Please see our Note & Float staff member upon arrival and to arrange for a swim test.

3. Parents/Guardians/Supervisors (at least 16 years of age) must **ACTIVELY SUPERVISE** their children and **keep young non-swimmers within arm's reach** ("touch supervision").

4. *Anyone* who wishes to access deep water (greater than five feet deep) must pass the facility **swim test** or wear a U.S. Coast Guard-approved lifejacket. You may only take a swim test once per day.

5. Non-swimmers **less than four feet tall** or **eight years of age and under** must wear a USCG-approved **lifejacket**, and must **remain in designated shallow water areas**.

6. Non-swimmers ages **eight through twelve** must wear a USCG-Approved **lifejacket**, and must be **actively supervised** by a swimming parent, guardian, or supervisor (at least 16 years of age).

HELP SAVE A LIFE:

LIFEJACKETS FLOAT; NON-SWIMMERS DON'T

Equipment / Toys

- Balls, life jackets, flotation belts, and toys can be checked out at the front desk with a valid ID.
- Swim toys, balls and the like may be used at the discretion of the manager on duty.
- Inner tubes, inflatable boats and rafts, or inflatable bathing suits are not permitted in the pools.
- Life jackets may be used if they are US Coast Guard approved. Parents or guardians of children in lifejackets **MUST** be in the water and within arm's reach at all times.
- The use of starting blocks is restricted to approved swim practices, swim meets and instructional programs only under the supervision of a properly trained instructor/coach.

Rules for Recreational and Lap Swimmers

- Note & Float policies and procedures must be followed. Persons who cannot pass the swim test will be restricted to shallow areas of the pools. Those under 4 feet tall must wear a lifejacket.
- No diving in water less than 6 feet deep. The American Red Cross cautions against diving into water less than 9 feet deep.
- Lanes are for those persons wishing to swim lengths undisturbed. Persons not swimming lengths should remain in other pool areas.
- For effective use, lap swimmers should swim counterclockwise near the lane lines and pass in the middle when more than 2 swimmers are in a lane. Much like driving, swimmers should stay to the right while swimming in the lane, and pass on the left.
- Lap lanes are intended for multiple swimmers. Lap swimmers should arrange themselves by speed in the lanes. It is not uncommon to swim four or more people to a lane if similar pacing is used. When swimming long course, this number can easily increase to eight to ten people in a lane. Challenges arise when you insert yourself into a lane that is too fast or too slow for your speed.
- Stop only at the wall when swimming laps and move over to the side to allow others to turn and continue. Turns are made in the center of the lane at the wall.
- Lifeguards may ask to move you to another lane to more closely match your swimming pace. Please comply as this will make everyone's swim more enjoyable.

Lap Swim Etiquette and Circle Swimming

To avoid conflict and make everyone's swimming experience more enjoyable, please adhere to the following Lap Swim Etiquette

Lane Designations

- When the pool is busy, swim lanes will be shared.
- Make note of lanes that contain fast, medium, and slow swimmers.
- Lifeguards monitor the lanes and may alter the configuration at any time.
- Select a lane compatible with your preferred swimming speed.
- Lifeguards may assist you with selecting the appropriate lane or ask you to move if your speed is not similar to those in your lane.

Circle Swimming

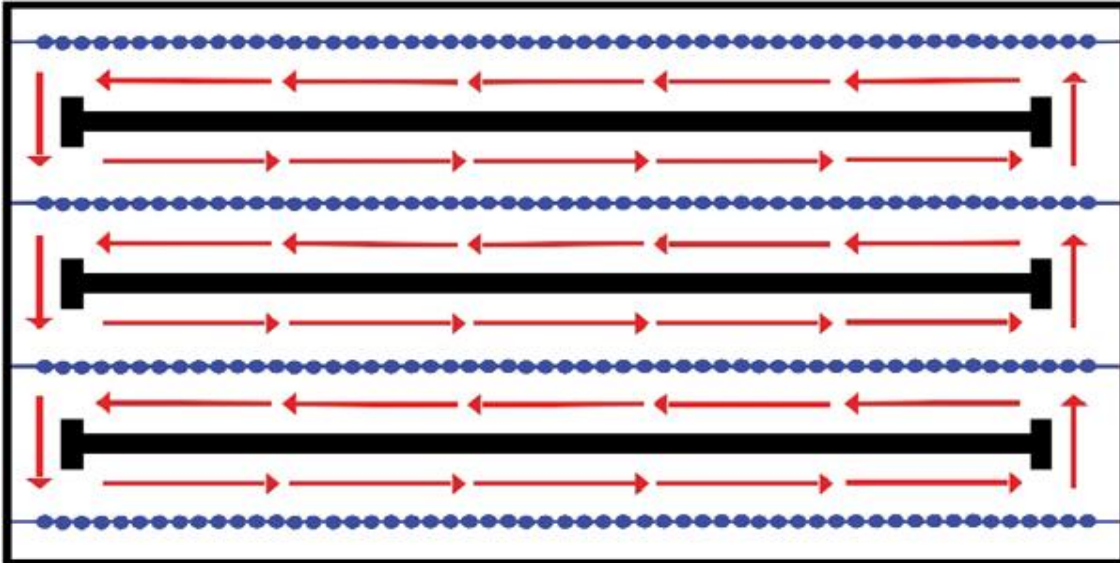
- If there are swimmers approaching the wall as you are preparing to enter, wait until they have turned and started the next lap before entering the water so as not to interrupt their progress
- Swimmers are required to follow the circle swim pattern. The customary traffic pattern is to stay to the right; that is to swim in a counterclockwise circle in the lane (see diagram).
- Always swim complete laps of the pool. Avoid stopping in the middle of the lane, this can interfere with the progress of other swimmers and cause collisions.
- Stop only at the wall and once stopped, stay in the corner of the lane, preferably in the left hand corner (from the perspective of the approach to the wall). Other lap swimmers need space to turn, always leave the middle 1/3 of the wall clear for turning purposes.

Speed

- Slower swimmers must yield to faster swimmers.
- Be aware of your space in the lane and orientation of others. If you are approaching the wall and another lap swimmer is gaining on you and swimming at a faster rate than you are, pause at the wall to allow the faster swimmer(s) to pass you.
- Be courteous of drafting. Provide adequate distance between you and the swimmer ahead of you.

Passing

- Pass on the left hand side. If you are the slower swimmer and being overtaken at the turn, stop, and wait until the other swimmer has pushed off the wall.
- A pass must be initiated in time to over-take the slower swimmer before the wall.
- When using kick boards, please be aware of other swimmers in your lane and their needs to pass.



Diving Boards

Head, neck and back injuries can result from improper diving, PLEASE use caution

- Anytime the diving boards are in use, the diving well must be cleared of all persons other than divers.
- No general swimming is permitted in the diving well unless the diving boards are closed by the staff.
- Use is restricted to competent, unassisted swimmers at least 6 years of age that have successfully passed the deep water swim test.
- Goggles and masks are not allowed when using the diving boards.
- Only one person is allowed on the diving board or its ladder at a time.
- Anyone using a diving board must wait until the preceding diver has surfaced and reached the wall before climbing on the ladder.
- No running on the diving boards or platforms.
- Divers may not bounce more than once on the board.
- Divers must dive straight from the front end of the board or platform facing forward.
- No inwards, reverse dives, back dives or other such dives shall be permitted. Exceptions may be made for competitive divers that are accompanied by a coach.
- No cart wheels, handstands and other such gymnastic activities off the board, side of the pool or platforms.
- Upon surfacing, immediately swim to the nearest ladder or wall.
- Do not swim under the boards at any time.
- The fulcrum must remain in the fully forward position during recreational swim and can only be adjusted by NAU coaches and WAC employees.
- Use of the diving platforms and sparger system is restricted to competent divers under the supervision of certified competitive diving coaches.

Spa

- The spa is only open during posted open swim hours.
- Use of the spa is restricted to those ages 14 and older unless under the supervision of an approved aquatic program.
- Pregnant women, elderly persons, and those suffering from heart disease, diabetes, high/low blood pressure, seizures, respiratory problems, or epilepsy should not use the spa without prior medical consultation and permission from their doctor.
- The recommended time limit for each patron is 15 minutes. Overexposure to hot water may result in dizziness, nausea, fainting or heat related illness.
- Do not use the spa while under the influence of alcohol, tranquilizers or other drugs that can cause drowsiness or that raise/lower your blood pressure.
- Inappropriate behavior and/or language is not tolerated.
- Patrons must comply with all decisions made by the Aquatic Staff.

FITNESS ROOM RULES

- Appropriate fitness attire and closed toe shoes required.
- Collars must be used on all bars.
- No dropping or slamming weights allowed.
- Dangerous Exercises- No matter how athletic you are we cannot let you do any exercises that endanger your health or that of others.
- Patrons must be at least 16 years old or be actively supervised by a certified coach.
- Return weights to racks when finished.
- Use of inappropriate language and behavior will result in loss of privileges.
- Personal items are to be secured in the locker room. The University is not responsible for personal property or valuables at any time.
- Report equipment issues to Aquatic staff.
- Personal training in this facility is only available through Campus Recreation certified trainers.

DRY LAND TRAINING AREA

- Appropriate attire
- Restrict use of fitness equipment to matted area
- Dangerous Exercises- No matter how athletic you are we cannot let you do any exercises that endanger your health or that of others.
- Patrons must be at least 12 years old or be actively supervised by a certified coach
- Use of inappropriate language and behavior will result in loss of privileges
- Personal items are to be secured in the locker room. The University is not responsible for personal property or valuables at any time.
- Report equipment issues to Aquatic staff
- Personal training in this facility is only available through Campus Recreation certified trainers.

Swimming Lessons

- Only Northern Arizona University Wall Aquatic Center staff are authorized to teach swimming lessons within our facilities. No activity for private gain is permitted at any time.
- Parents, in order to assist us in offering a quality program for your child, we ask that you do not remain at water's edge during the class unless specifically requested by an instructor (e.g. Parent/Child lessons). Experience has shown that children are easily distracted by their parents due to their short attention spans.
- The program fee covers only the lesson and no other use of the facility. Persons wishing to swim following their lesson must purchase a day pass or provide evidence of a valid individual/family membership as appropriate.

Weather / Environmental Policies

- During electrical storms (thunderstorms) patrons must vacate the pool
 - a. When lightning is within 6 (30 seconds)-8 (50 seconds) miles, evacuate people to safe areas
Recognize the threat. Seeing and hearing, NWS website:
<http://www.lightningmaps.org/realtime?lang=en>
 - b. Aquatic staff will secure the entrance to the pool deck.
 - c. Patrons will be directed to safe areas within the facility
 - SAFE** = dry areas inside large permanent buildings
 - NOT SAFE** = near electrical conductors, electrical equipment, metal objects (lifeguard stands, ladders, diving board stanchions), and water, including showers
- The pools will not reopen until 30 minutes after the last clap of thunder.
- Power outages or mechanical failures due to weather/environmental conditions will result in a pool closure.
- The Wall Aquatic Center will be closed during any university-wide closure due to weather.
- The Wall Aquatic Center reserves the right to close if environmental conditions prohibit safe transportation of staff to the facility.

Showers

- You will be charged regular admission even if you are only using the facility to shower.
- The main objective of the facility is to provide opportunities for exercise, training, diving, and recreation. Once you have entered the locker room, we cannot determine if you have only showered or decided to use the facility.
- For safety reasons, you may only shower when the facility is open, and we have trained staff on duty to supervise the facility. If you enter the facility to take a shower when we are closed, we cannot respond effectively in an emergency.

Locker Rooms

- Northern Arizona University is committed to universal design and maintaining a safe working and learning environment. In terms of restroom access, the university supports the inclusion of at least one fully accessible gender-neutral/family restroom in new buildings constructed on campus to the extent feasible, and is exploring options with respect to converting certain gender-specific restrooms to gender-neutral in existing buildings. Many individuals benefit from the safety and convenience of accessible and gender-neutral restrooms, including those with disabilities and companions of a different gender, families with small children, and transgender individuals.
 1. Consistent with the university's Safe Working and Learning Environment Policy that prohibits discrimination and harassment on the basis of gender identity, the university supports the option of individuals to use the restroom that corresponds to their gender identity.
 2. Individuals with questions, requests, or concerns regarding restroom access may contact the Equity and Access Office.
- Children 6 years of age or older must change in the gender-appropriate locker room.
- Please leave valuables at home. The University is not responsible for personal property or valuables at any time. Lost & Found will be disposed of bi-weekly in accordance with University policies. Valuables may not be checked with the cashier or pool staff.
- Semester and day-use lockers are available for your use. A limited number of lockers have been reserved for those who do not bring their own padlock to the pool. These are issued at the front desk on a first-come, first-served basis.
- With the exception of lockers that are rented out each semester, patrons are not permitted to leave locks on lockers overnight. Locks will be cut off nightly and locker contents will be placed into the Lost and Found and disposed of bi-weekly.
- Food is not permitted in the locker rooms.
- The use of cameras, video cameras or any device containing camera equipment of any kind is prohibited in all locker rooms, bathrooms and changing facilities.
- Use of locker room facilities is limited to patrons for the purpose of changing. Activities such as washing clothes, coloring hair, and other personal grooming activities are not permitted.

Lost and found

The lost and found is located at the front desk. Patron items found in the facility by staff will be logged in a database and placed in the lost and found. Items will be held for two weeks, then bagged and given to NAU Property Surplus. Valuables, such as cell phones and wallets will be handed over to NAU Campus Police the day that they are found. The NAU Wall Aquatic Center is not responsible for patron property that is lost, damaged, or stolen on premises at any time.

Sitting on the deck

Patrons are not allowed to sit on the pool deck at any time to watch or supervise swimmers. The lifeguard's primary responsibility is to prevent accidents from happening whenever possible, and must be able to respond effectively to an emergency situation. Sitting on the deck can complicate a rescue situation.

Photography

Teams from all over the world take advantage of the Wall Aquatic Center to train in a high-altitude environment. You are allowed to view visiting teams from the upstairs viewing area during open building hours, but photographs and videos are prohibited without prior written approval from the athletes, teams, and Wall Aquatic Center.