

FITNESS AND RECREATION

General Facility Policies:

- All rules regarding health, safety, and sanitation of this facility must be observed or use of the swim complex will be denied.
- Lifeguards must be on duty prior to entering the water.
- The Center for Disease Control and Prevention's Healthy Swimming Guidelines include restrictions for those who have had diarrhea in the last two weeks. Those individuals may not use the pool for two weeks after symptoms have subsided.
- Soap showers are required before entering the pool.
- Swim suits are required – no thongs allowed. Please help us maintain a family environment.
- Individuals with open wounds, sores, and skin infections are not permitted in the pool.
- Swim diapers are required for children who are not toilet savvy.
- Reserve diaper changing for the locker rooms.
- All minors under the age of 18 must be accompanied by an adult 18 or over.
- Alcohol, drugs, and tobacco are not allowed on the premises.
- Anyone who appears to be under the influence of alcohol or drugs will not be allowed to enter.
- No glass allowed
- No pets allowed
- No gum or bandages in the pool
- No food or drink in or near the pool
- No jumping over pool corners
- No running on the deck
- No spitting in the gutter
- No extended underwater swimming
- In the event of thunder and/or lightning, no one is allowed near the pool for 30 minutes immediately following the most recent occurrence of lightning or thunder.
- If the outdoor pool temperature falls below 75°F, the pool will close until further notice.

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Lap Lane Policies:

- Lifeguards must be on duty prior to entering the water.
- Equipment is reserved for lap swimmers only.
- No walking in fins
- No hanging or sitting on the lane ropes
- No extended underwater swimming
- No more than 5 people per lane; more than 2 people per lane requires circle swimming
- Lanes must be shared
- Recreational swimming is not allowed in lap lanes.
- Lanes can be reserved at any time by OU Aquatics staff.

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Recreational Swim Policies:

- Lifeguard must be on duty prior to entering the water.
- Equipment is reserved for lap swimmers only.
- A swim test may be required upon request of a lifeguard.
- No throwing others or diving from another person's shoulders.
- No dunking, wrestling, or horseplay
- No diving from the sides
- No hanging or sitting on the lane ropes
- No jumping into or through rafts from the pool wall
- No extended underwater swimming
- Rafts are allowed only in designated areas; one person per raft; no jumping onto rafts or floats from the wall
- An adult must be in the water with children wearing flotation devices.

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Diving Well Policies:

- Lifeguard must be on duty prior to entering the water.
- One person on the board at a time
- Flotation devices, goggles, and face masks are not allowed on the board
- No double bouncing, handstands, reverse dives, gainers, or sitting on the board
- No horseplay on the boards
- No running on or jumping from the side of the board
- No diving from the pool walls
- No swimming in the diving area unless accompanied by an OU Aquatics Instructor

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Baby Pool Policies:

- Lifeguard must be on duty prior to entering the water.
- An adult must accompany children in the baby pool.
- No running in the water or on the deck
- No spitting water
- No jumping from the wall into the water or onto a raft or float
- No children over the age of 7 or over 40" tall are allowed in the baby pool unless accompanied by a parent
- Diaper changing must occur in the locker rooms.
- Swim diapers are required for children who are not toilet savvy.
- If the baby pool temperature falls below 82°F, the baby pool will close until further notice.

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Locker Room Policies:

- Throw trash away.
- Turn off sinks and showers when not in use.
- No horseplay
- Please use benches and lockers for your personal belongings.
- In the event of thunder and/or lightning, shower use is not allowed for 30 minutes immediately following the most recent occurrence of lightning or thunder.