

University of North Carolina Wilmington
Department of Campus Recreation
Aquatic Facility Regulations

The following rules and regulations have been established for the benefit of all users of the swimming facilities 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.

General Rules and Behavior

1. No one may enter the swimming area unless the pool is officially open and an aquatic staff member is present. Entering the pool area when it is not open for public use is prohibited and may be considered trespassing.
2. Diving is prohibited in any area of the pool that is less than 5 feet deep.
3. Horseplay is not tolerated. Running, pushing, dunking, water fighting, wrestling, jumping without caution, abuse, inappropriate language, or any other behavior that can jeopardize the safety and health of others is not permitted.
4. Backward entries, twists, and flips are prohibited.
5. Spitting, spouting of water, blowing nose, urinating, and/or defecating are prohibited in the pools and the surrounding pool areas.
6. Prolonged underwater swimming for time, distance, and/or competition is prohibited. These activities can be extremely dangerous and are not permitted.
7. Only Department of Campus Recreation swim lessons are permitted in the pool area.
8. Any injury occurring in the pool must be reported to a lifeguard or pool supervisor immediately.
9. Children 6 years of age or older must change in the gender-appropriate locker room. Family Locker Rooms are provided for parents who wish to accompany children of the opposite gender.
10. A cleansing soap shower must be taken before entering the pool. A bather leaving the pool to use the toilet shall take another cleansing shower before returning to the pool enclosure.
11. Personal items and bags are to be stored securely in the locker room. No items may be left on the Indoor Pool Deck.
12. Gum chewing is not permitted anywhere in the pool area for health and safety reasons.
13. Socializing with or distracting pool staff is prohibited.

Attire

1. Appropriate swimming apparel of acceptable material and design is required for all patrons in the pool area. Clothing such as street clothes, street shoes, cut-offs, gym shorts, thongs, and underwear are prohibited. Swimwear should not have been worn for exercising immediately prior to pool use as soiled clothing can create an unhealthy swimming environment.
2. T-shirts (including those for modesty or sun protection) are not permitted. Rashguards, which are more tight-fitting, designed for in-water use, and which offer protection from the sun, will be permitted.
3. Large or loose jewelry is not permitted. Lifeguards must approve of any questionable jewelry.

Facility

1. Smoking is not permitted indoors or within the fenced in area of the outdoor pool.
2. Glass containers, alcoholic beverages, drugs, and pets are not permitted. Service animals are permitted in the pool area but not in the pool itself.
3. Patrons suspected to be under the influence of drugs and/or alcohol are not permitted in the pool area and will be removed from the premises.
4. No Band-Aids or casts may be worn into the pools.

Age & Health/Safety Restrictions

1. Aquatics staff reserves the right to require patrons to demonstrate swimming ability by asking them to perform a swim test.
 - a. Swim 25 yards (75 feet) non-stop using front crawl (“Freestyle”)
 - i. Body must be horizontal
 - ii. Flutter kick required: no bent knees or “bicycle” kick
 - iii. Face in water; Rhythmic breathing to front or side
 - iv. Over water arm recovery (No dog paddle)
 - b. Jump into deep water, surface unassisted, tread water for one minute in a vertical position with mouth above water line
 - c. Exit from pool unassisted
2. Any person having an open sore, inflamed eyes, cold, nasal or ear discharge, communicable disease, or who is wearing any kind of bandage to cover an open (unhealed) wound will not be permitted in the pool.
3. Infants/children who are not toilet trained and adults who are incontinent, who wish to enter any pool, must wear a 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 disposable swim diaper with clean rubber/vinyl pants. A fecal accident in the pool requires a shutdown of a minimum of 30 minutes for cleaning and sanitation.
4. Children 7 years of age and younger must be directly accompanied in the water by a parent or guardian. Lifeguards may require a parent or guardian to be in the water with older children who are deemed weak swimmers.
5. Anyone 17 years of age and younger must be accompanied by a parent or guardian poolside at all times.

Equipment/Toys

1. Kickboards, pull buoys, dumbbells, flotation belts, and noodles are used for exercise only, children may only use US Coast Guard approved flotation devices provided by the aquatics staff and must remain within arm’s length from an adult in the water at all times.
2. Inner tubes, inflatable boats and rafts, or inflatable bathing suits are only permitted in the pool during designated times.
3. Coast Guard approved and labeled lifejackets designed to provide vertical support and only provided by aquatics staff may be worn. Water wings (“swimmies”) may not be worn. Back floats, bubbles, rings (including those built into bathing suits) or one-sided flotation devices are prohibited.
4. Face masks, snorkels, fins, and SCUBA equipment may not be used except during approved instructional programs. Goggles are permitted.

5. The use of starting blocks is restricted to approved groups and activities.
6. Headphones/ear buds must be worn when listening to musical entertainment devices.

Lap Swimming

1. Lap Lanes are reserved for those persons wishing to swim laps undisturbed. Swimmers must enter the lap pool from the ends of the lanes only. Please inform others that you are entering the lane. Always swim complete laps of the pool, please stop only at turning walls and move to the side to allow others to turn and continue. Once lap swimming is complete, please exit your lane so others may enter.
2. Lap lanes are intended for multiple swimmers. Lap swimmers are encouraged to share lanes with others at a similar pace and select an appropriate lap swimming pattern such as circle swimming (counterclockwise near the lane markers and pass in the middle, stay to the right). It is not uncommon to swim four or more people to a lane if a similar pace is used. Lap swimmers may be asked by aquatics staff to move to another lane to more closely match swimming pace. Please comply as this will make everyone's swim more enjoyable.
3. Hanging on the lane lines and swimming through lap lanes is prohibited. Patrons will be asked to leave who repeatedly disrupt lap swimmers.

Outdoor Pool Rules

1. The Outdoor Pool and Patio is closed during certain times of the year and during inclement weather.
2. Access to the Indoor Pool, Outdoor Pool, and Patio Deck is through the Indoor Pool only. The Patio Gates are not an entrance. All users must check-in through the Lobby Desk.
3. Food and drinks are permitted on the Patio Deck only. Food is prohibited throughout the building and drinks must be in re-sealable containers.
4. Please help us keep the Patio Deck clean by disposing of all waste items in the receptacles provided before you leave.
5. During storms, the Outdoor Pool will be closed and the entire area cleared of patrons at the discretion of the lifeguard on duty.
6. During electrical storms (thunderstorms), patrons must vacate the outdoor pool and seek shelter inside the Student Recreation Center. The pool will not re-open for 30 minutes after the last clap of thunder and/or lightning strike.
7. During periods of cool weather, the Outdoor Pool will not open when the air temperature is below 60° F. If the temperature falls below 60° F the pool will stay open at the discretion of the lifeguard on duty.