



Campus Recreation

UNIVERSITY OF COLORADO COLORADO SPRINGS

Pool Policies and Procedures

Updated August 2013

- UCCS Campus Recreation lifeguards have final authority regarding pool policies and procedures, usage and participants. Follow lifeguard directions at all times
- Swimming is only permitted when a lifeguard is on duty
- Any and all pool users are subject to a 25yd swim test at the discretion of the lifeguards
- All users must take a full soap shower before entering the pool
- Appropriate, non-transparent swimsuits are required, cut-offs or thongs are not allowed.
- Only clean shoes allowed on the pool deck. Shoes must be free of mud, snow and/or other debris
- Babies must wear appropriate swim wear, which includes plastic pants or swim diapers only
- Users under 18 must be supervised by an adult, swimmers unable to swim on their own must have an adult in the water with them
- Children under the age of 6 must be within arm's reach of an adult at all times
- Lap swimmers must swim counter clockwise in designated lanes when the lap lanes are busy. Please utilize the lane most appropriate for your ability level, labeled "slow", "medium" or fast
- Flotation devices are allowed for children only under the strict supervision of an adult, who must be within arm's reach of the child. All life jackets must be United States Coast Guard (USCG) approved
- At specific times of the semester Campus Recreation programming and special events may affect regular pool hours. Please check the Campus Recreation website, Facebook page (search "UCCS Campus Recreation") and glass encased bulletin board located in the pool area
- Only plastic bottles with pop tops allowed in the pool area. No glass containers allowed
- Diving only allowed in the 9 ft section of the lap lanes
- No running, shoving or pushing on deck or locker rooms
- No hanging on the lane lines
- Use of wet suits prohibited
- No breath holding training, activities or games
- Do not sit, stand or jump on kick boards. Do not use aquatic equipment provided for any other use than for which it was intended
- No dunking, pushing, chicken fighting or other rough play
- Participants may bring and use their own personal aquatic equipment, limited to typical equipment used for fitness swimming, e.g. kickboards, pull buoys, fins, hand paddles, aquatic gloves and aquatic shoes. Equipment must be lifeguard or aquatic staff approved
- Facemasks and snorkels may be used with lifeguard approval

The following are not allowed in the locker room, pool area, on deck or outside on the pool patio. Participants violating any of these policies will be asked to leave the facility:

- Releasing bodily fluids into the pool
- Spitting into the pool or pool drains
- Nose blowing into the pool or pool drains

- Swimming with open wounds or contagious illness
- Glass
- Food
- Gum
- Smoking
- Alcohol, or seemingly under the influence of
- Drugs, or seemingly under the influence of
- Not following lifeguard and/or aquatic staff instructions

Slide Policies and Procedures

- Only one person is permitted to use the slide at a time
- Users **MUST** be at least 48" tall according to manufacturer recommendations
- Users **MUST** enter the water feet-first
- Wait until the landing area is clear of other swimmers before using the slide
- Only swimsuits may be worn on the slide
- Users may not bring any other items on the slide, e.g. kickboards, flotation devices
- Users are subject to a 25yd swim test at the discretion of the lifeguards

Spa Policies and Procedures

- All users must take a full soap shower before entering spa
- Participants suffering from heart disease, diabetes, high blood pressure, or using prescription medications should consult a physician before using a spa
- No person suffering from a communicable disease shall use the spa
- Pregnant women should not use the spa
- Limit spa use to 15 minutes or less
- Users must be 15 years or older

The following are not allowed in the spa. Participants violating this policy will be asked to leave the facility:

- Releasing bodily fluids into the pool
- Spitting into the pool or pool drains
- Nose blowing into the pool or pool drains
- Swimming with open wounds or contagious illness
- Glass
- Food
- Gum
- Smoking
- Alcohol, or seemingly under the influence of
- Drugs, or seemingly under the influence of
- Not following lifeguard and/or aquatic staff instructions

Non-Staff Swim Instruction Policy

Campus Recreation policy prohibits any group or individual not employed within the department of Campus Recreation from delivering swim instruction to participants or clients in the Campus Recreation aquatic facility. This policy also precludes these individuals or groups from recruiting clients within Campus Recreation aquatic facility, general facilities or fitness activity areas

Pool Capacity

327 participants

Fecal Accident Policy

- Lifeguards will direct all participants to clear the pool and spa areas immediately
- In the event of a solid stool, the pool and/or spa will be closed indefinitely, anticipated to exceed 55 minutes
- Once the pool and spa areas are deemed safe and pool chemicals have stabilized, the Associate Director for Aquatics and Fitness or Head Lifeguard will reopen the pool
- Please check the Campus Recreation website (www.uccs.edu/campusrec) and Facebook page (search "UCCS Campus Recreation) for the most updated information related to pool closures

Diarrhea Discharge Policy

- Lifeguards will direct all participants to clear the pool and spa areas immediately
- In the event of diarrhea and/or vomit, the pool and spa will be closed indefinitely, anticipated to last at least 24 hours
- Once the pool and spa areas are deemed safe and pool chemicals have stabilized, the Associate Director for Aquatics and Fitness or Head Lifeguard will reopen the pool
- Please check the Campus Recreation website (www.uccs.edu/campusrec) and Facebook page (search "UCCS Campus Recreation) for the most updated information related to pool closures

Vomit Discharge Policy

- Lifeguards will direct all participants to clear the pool and spa areas immediately
- In the event of vomit containing full contents of the stomach, the pool and/or spa will be closed indefinitely, anticipated to exceed 55 minutes
- Once the pool and spa areas are deemed safe and pool chemicals have stabilized, the Associate Director for Aquatics and Fitness or Head Lifeguard will reopen the pool
- Please check the Campus Recreation website (www.uccs.edu/campusrec) and Facebook page (search "UCCS Campus Recreation) for the most updated information related to pool closures

Lightning Policy

- The pool area and locker rooms will close for 30 minutes each time a lightning strike is observed within 5 miles of the UCCS Recreation Center
- Lightning strikes are monitored by all Campus Recreation employees, which includes the use of local and national weather channels, as well as lightning specific radar
- Please check the Campus Recreation website (www.uccs.edu/campusrec) and Facebook page (search "UCCS Campus Recreation) for the most updated information related to pool closures

Electrical Outage Policy

- Lifeguards will direct all participants to clear the pool and spa areas immediately
- If the electrical outage lasts longer than 1 hour, the pool and spa will be closed indefinitely, anticipated to exceed 24 hours
- Once electricity is regained and the pool and spa areas are deemed safe and pool chemicals have stabilized, the Associate Director for Aquatics and Fitness or Head Lifeguard will reopen the pool
- Please check the Campus Recreation website (www.uccs.edu/campusrec) and Facebook page (search "UCCS Campus Recreation) for the most updated information related to pool closures