



Swimming Pool Rules and 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. No refunds will be given.

GENERAL RULES / ADMISSION POLICIES

1. 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.
2. 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, designated lanyard, or receipt).
3. Admission fees must be paid by all persons three (3) years of age and older upon entry to outdoor pool, Natatorium or White Building pools. Persons leaving the outdoor pool should ask to be stamped to gain re-admission. Persons without a stamp will need to pay a separate admission fee to enter. Admission to the outdoor pool does not include admission to any of the indoor facilities.
4. Organized groups must follow our group use policies, and must be directly supervised at poolside by an adult in swim attire. All groups must schedule their visits in advance.
5. Lifeguards and Natatorium 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.

FACILITY

1. Food or refreshments may be consumed in designated areas of the outdoor pool, including the picnic and grassy areas. Picnic baskets/coolers are permitted in the grass area. All bags, baskets and coolers are subject to inspection. No grills, gas or electric cooking devices may be brought into the pool premises.
2. Food and drinks (other than water in an appropriate plastic container) are not permitted on the pool decks (indoors or outdoors) except in designated seating areas.
3. Glass containers, alcoholic beverages, drugs and pets are not permitted. Service animals are permitted in the pool area but not in the pool itself.
4. Employees are the only persons allowed in staff rooms, filter room, chemical storage areas and offices.
5. Smoking is not permitted indoors or within the fenced in area at the outdoor pool.
6. The outdoor pools may be closed and cleared periodically for a safety check or to apply chemicals. This is a good time to head to the restrooms while our staff check and adjust chemicals to ensure proper sanitation of swimming pool water.

ATTIRE

1. 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 swimwear, such as Lycra, Spandex or nylon.
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.

BEHAVIOR

1. Socializing with or distracting pool staff, including lifeguards, is prohibited.
2. 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.
3. Loitering will not be permitted on the pool grounds or within any of its facilities.
4. Running, boisterous or rough play, pushing, acrobatics, dunking, wrestling, offensive or disruptive splashing or 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.
5. Spitting, spouting water, blowing nose, urinating or defecating in the pool is prohibited.
6. No prolonged underwater swimming for time and/or distance. Competitive or repetitive breath holding can be deadly and is not permitted. Hyperventilation is absolutely not permitted.
7. Gum chewing is not permitted anywhere in the pool area for health and safety reasons.

AGE & HEALTH/SAFETY RESTRICTIONS

1. Infants/children who are not toilet trained and adults who are incontinent, who wish to enter any pool, must wear a clean diaper or 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.
2. Children under 12 years old must be accompanied by an adult supervisor (age 18+).
3. Persons under the influence of alcohol or drugs will not be permitted in the pool area.
4. Any injury occurring in the pool must be reported to a lifeguard or pool supervisor immediately.
5. **All patrons must take a cleansing soap shower before entering the water.**
6. 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.
7. 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.

EQUIPMENT / TOYS

1. Swim toys, balls and the like may be used at the discretion of the supervisor on duty.
2. Inner tubes, inflatable boats and rafts, or inflatable bathing suits are not permitted in the pools.
3. Coast Guard approved and labeled lifejackets designed to provide vertical support may be worn. Water wings ("swimmies") may not be worn. No back floats, bubbles, rings (including those built into bathing suits) or one-sided floatation devices are permitted.
4. Face masks and snorkels may not be used by children except during approved instructional programs. Goggles are permitted.

5. The use of starting blocks is restricted to approved swim practices, swim meets and instructional programs only under the direct supervision of a properly trained instructor/coach.
6. Headphones/earbuds must be worn when listening to musical entertainment devices.

RULES FOR RECREATIONAL & LAP SWIMMERS

1. 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.
2. The American Red Cross cautions against diving into water less than 9 feet deep. No diving will be permitted in water less than 5 feet deep.
3. Lanes will be reserved for those persons wishing to swim lengths undisturbed. Persons not swimming lengths should remain in other pool areas.
4. **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. Speed markers are available for your use to designate Slow, Medium, and Fast lanes. When swimming long course (50m), each lane can easily accommodate eight to ten adults with proper swimming etiquette. Challenges arise when you insert yourself into a lane that is too fast or too slow for your speed.
5. For effective use, lap swimmers should swim counterclockwise near the lane markers 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.
6. Stop only at turning walls. Move to the side to allow others to turn and continue. Turns are made in the center of the lane at the wall.
7. 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.

DIVING BOARDS, DIVING WELL, AND PLATFORM

1. The diving well is intended for diving only. 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 area or diving well unless the diving boards are closed by staff.
2. Only one person is allowed on the diving apparatus (including ladder) at a time.
3. Anyone using a diving board must wait until the preceding diver has surfaced and reached the ladder before climbing on the ladder. Those waiting to use the dive tower must wait at the line at the base of the tower until instructed to ascend by a lifeguard.
4. Please remember to look before you leap; do not jump if there is someone beneath you.
5. Running on the diving boards or platforms is not permitted. Serious injuries may result.
6. Divers may not spring/bounce more than once on the board.
7. Divers must dive straight from the front end of the board or platform facing front.
8. No inwards, reverse dives, back dives or other such dives shall be permitted. Exceptions may be made for competitive divers that have been evaluated for competency by our staff.
9. Cart wheels, handstands and other such gymnastic activities off the board, side of the pool or platforms are prohibited.
10. Upon surfacing, immediately swim to the nearest ladder. Do not swim under the boards at any time.

SWIMMING LESSONS

1. Only Penn State McCoy Natatorium staff are authorized to teach swimming lessons within our facilities. No activity for private gain is permitted at any time.

2. 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.
3. 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 CONDITIONS

1. During rainstorms, the outdoor pool may be closed and the entire area cleared of patrons at the discretion of the supervisor on duty.
2. During thunderstorms patrons must evacuate the outdoor pool and seek shelter inside a substantial building. The McCoy Natatorium may be used for temporary shelter. The pools will not reopen until 30 minutes after the last clap of thunder.
3. If lightning is seen in the distance (no thunder), the pool will be cleared as soon as practical. Evacuation indoors will be required at the first sound of thunder and whenever the flash-to-bang count is less than 30 seconds, indicating the storm is in close proximity.
4. 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 supervisor on duty.

PRACTICE HEALTHY SWIMMING HABITS

For public health reasons, standard diapers cannot be worn in the pool. Children who are not yet toilet trained must wear an appropriate swim diaper covered with snug fitting rubber/vinyl pants. A bathing suit must be worn over the plastic/rubber pants. Under Health Department standards, adopted on the recommendation of the Centers for Disease Control, accidents involving fecal matter now require longer pool closures. Prevention is far better than contamination, so please follow the CDC's Healthy Swimming Habits:

1. Children (and adults) who have had diarrhea in the last two weeks shouldn't go swimming.
2. Use the bathroom before getting into the pool. Take frequent bathroom breaks and check diapers often.
3. Take advantage of the Safety Break to use the bathroom.
4. Shower before entering the pool and after using the toilet, remembering to clean all areas including the behind.
5. Change diapers in the bathroom (not on the pool deck or grassy areas)
6. Avoid swallowing pool water or even getting it in your mouth.

LOCKER ROOMS

1. Children 6 years of age or older must change in the gender-appropriate locker room.
2. Please leave valuables at home. The University cannot be responsible for personal property or valuables at any time. Lost & Found will be disposed of weekly in accordance with University policies. Valuables may not be checked with the cashier or pool staff.
3. Lockers are available for your use. Please bring your own padlock. All padlocks must be removed daily.
4. A limited number of lockers have been reserved for those who do not bring their own padlock to the pool. These are issued on a first-come, first-served basis.
5. 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 weekly.
6. Food is not permitted in the locker rooms.
7. 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.

8. The University assigns use of the restrooms and locker rooms in its recreational facilities strictly on the basis of anatomical or biological gender rather than on the basis of adopted gender.
9. 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.

NOTE & FLOAT WATER SAFETY PROGRAM

Piloted here at Penn State, 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 Penn State 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** 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.
 2. Parents/Guardians/Supervisors (at least 18 years of age) must **ACTIVELY SUPERVISE** their children and **keep young non-swimmers** (seven years of age and under) **within arm’s reach** (“touch supervision”).
 3. **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.
 4. Non-swimmers **less than four feet tall or seven years of age and under** must wear both a clearly identifiable **wrist band** and a USCG-approved **lifejacket**, and must **remain in designated shallow water areas**.
 5. Non-swimmers ages **eight through twelve** must wear a clearly identifiable **wrist band** and 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