

Indiana State University Student Recreation Center General Pool Rules

The following regulations are required for safety, hygienic, and health reasons.
Your cooperation is requested.

1. A cleansing 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.
2. Appropriate swimsuits of acceptable material and design are required for all swimmers. Street clothes, street shoes, thongs, and see-through swimwear are prohibited.
3. Diving is prohibited in ALL areas of the pool.
4. Patrons suspected to be under the influence of drugs and/or alcohol are not permitted to enter the pool area and will be removed from the premises.
5. Spitting, spouting of water, blowing the nose, in the pool, on the pool floors, walkways, aisles, or locker rooms is prohibited.
6. Anyone who has an area of exposed subepidermal tissue, open blisters, cuts, etc., is advised not to use the pool. Please dispose of bandages on minor cuts before entering the pool area.
7. Anyone who has or has had diarrhea in the past two (2) weeks shall not use the pool.
8. Running on the deck, rough or risky play are prohibited. Personal conduct shall not interfere with the health and safety of self and others.
9. All diaper-aged children shall use plastic pants with tight fitting elastic at the legs and waist, or swim diapers. Frequent bathroom breaks are recommended for ALL children. A fecal accident in the pool requires a shutdown of a minimum of 30 minutes for cleaning and sanitation.
10. Do not change diapers at poolside.
11. Recreational Sports reserves the right to limit the number of individuals in the pool.
12. Inappropriate public displays of affection are prohibited.
13. Abuse or any other inappropriate language will not be tolerated.
14. Large or loose jewelry is not permitted. Lifeguards must approve of any questionable jewelry.
15. Food and glass containers are prohibited anywhere on the pool deck.
16. Only swim lessons registered with the Recreational Sports programs are permitted in the pool area.
17. Recreational Sports Aquatic Staff may require patrons to demonstrate swimming ability.
18. Please refrain from walking through, jumping off of, and/or removing rocks/stones from planters.
19. Backward entries, twists, and flips are prohibited.
20. Children seven years of age and younger must be directly accompanied in the water by an adult. Lifeguards may require an adult to be in the water with older children who are deemed weak swimmers.
21. Children 13 years of age and younger must be accompanied by an adult at all times.
22. Kickboards, pull buoys, dumbbells, flotation belts, and noodles are used for exercise only, children may only use US Coast Guard approved flotation devices and must remain within arm's length from an adult in the water at all times.
23. Lifeguards have the final authority on all matters in the pool area and the authority to terminate any activity deemed unsafe and/or remove participants for cause.
24. Maximum bather load is 348 persons.

Lap Pool Rules

1. Lap swimmers have priority in the Lap Pool Area. At times of high usage, those who are “water walking/jogging” will be asked to move to the Leisure Area to complete their workout.
2. Swimmers must enter the lap pool from the ends of the lanes only.
3. At times of high usage, lap swimmers are encouraged to share lanes and select an appropriate lap swimming pattern (i.e. split the lane in half, circle swim, etc.).
4. Choose to swim in lanes with swimmers with similar swimming ability.
5. Inform others that you are entering the lane.
6. Always swim complete laps of the pool, please do not stop in the middle.
7. Hanging on the lane lines and swimming through lap lanes is prohibited. Patrons will be asked to leave who repeatedly disrupt lap swimmers.
8. Once your lap swimming is complete, please exit your lane so others may enter.

Hot Tub Rules

1. Maximum bather capacity in the Hot Tub is 22.
2. Elderly persons and persons suffering from heart disease, diabetes, seizures, epilepsy, circulatory or respiratory problems, or high or low blood pressure should not enter the Hot Tub without their doctor’s permission.
3. Pregnant women may not use the Hot Tub.
4. Users must be at least 16 years of age to be permitted in the Hot Tub.
5. Enter and exit the Hot Tub slowly and carefully.
6. Long exposure may result in nausea, dizziness, or fainting. Please limit usage to 15 minutes and cool down before returning for another brief stay.
7. Submerging is prohibited due to hair/clothing becoming entangled in the drain suction and the extreme water temperature.
8. Walking on and jumping over Hot Tub walls is not permitted.

Patio Rules

1. Glass containers are not permitted on the Patio Deck.
2. Food and Drinks are permitted on the Patio Deck ONLY. Food is prohibited throughout the build and Drinks must be in re-sealable containers.
3. Please help keep the Patio Deck clean by disposing of all waste items in the receptacles provided before you leave.
4. The Patio Deck is limited to passive activities only.
5. Access to the Patio Deck is through the SRC Pool ONLY. The Patio Gates are NOT an entrance, ALL users must check-in through the SRC Welcome Desk.

Sauna Rules

1. Sauna temperatures are between 155°F - 175°F. Sauna Humidity is 10% - 15% (dry heat).
2. Observe reasonable time limits (10 - 15 minutes) and exit the sauna to cool down.
3. Youth under the age of 16 are prohibited from using the sauna.
4. Due to burn hazard, all jewelry must be removed.
5. Pregnant women and those suffering from heart disease, diabetes, or high/low blood pressure should not enter the sauna without their doctor’s permission.
6. Inappropriate behavior is prohibited.
7. Unauthorized use of video, camera phones, or photography is prohibited.