



LOMA LINDA UNIVERSITY

Drayson Center

Loma Linda University Drayson Center Facility Rules and Regulations

Aquatics Policies (4/19/19)

- ✓ Members and visitors may use the pools only when a lifeguard is on duty.
- ✓ Showers are recommended before entering the water.
- ✓ Swimmers must be at least 16 years of age to use the lap lanes outside of scheduled programs or events.
- ✓ Diving is only allowed in the designated areas.
- ✓ Glass containers are not permitted anywhere in the aquatics area.
- ✓ Food and drink are permitted in designated areas.
- ✓ The changing of clothing is limited to the locker rooms or family restrooms.
- ✓ Open wounds and/or bandages are not permitted in the water.
- ✓ Swimmers are required to wear appropriate swim attire. Aquatic personnel have the final interpretation of what is appropriate.
- ✓ Sunscreen is permitted. The use of tanning oil and lotion are discouraged.
- ✓ No running is permitted on the pool deck.
- ✓ Rough play or any action deemed unacceptable by aquatic personnel is prohibited.
- ✓ Toys, including squirt guns of any kind, are not allowed.
- ✓ Water noodles, kick boards, pull buoys, and water dumbbells are not allowed in the pools except for classes or training purposes.
- ✓ Hanging onto or over lane lines is not permitted.
- ✓ Spitting and nose-blowing are not permitted in the pools or gutters.
- ✓ Only U.S. Coast Guard-stamped flotation devices are allowed.
- ✓ Lifeguards and other aquatic personnel make the final interpretation of all rules and policies in the aquatics area.
- ✓ The use of swim diapers is required for all children who are not potty-trained.

- ✓ Periodic mandatory 10-minute breaks are required during Open Swim in the Leisure Pool. All swimmers are required to vacate the pool when instructed to do so by a lifeguard.

Hot Tub Spa

- ✓ Members and visitors must be at least 16 years of age to use the hot tub spa.
- ✓ Appropriate swim attire is required in the spa at all times.
- ✓ Individuals are allowed to use the hot tub spa only when a lifeguard is on duty.
- ✓ Hot tub spa users must shower with soap and water before entering.
- ✓ No diving/jumping into or rough play in the hot tub spa.
- ✓ Do not sit or play near the drain or suction openings.
- ✓ Secure or remove loose or dangling items, including long hair, swimwear, and jewelry.
- ✓ Hot tub spa use is limited to 20 minutes. Users may shower, cool down, and return briefly. Prolonged use may result in nausea, dizziness, fainting, or hyperthermia.
- ✓ Remove swim caps before entering the hot tub spa.
- ✓ In case of an emergency, press the Stop Button to turn off the jets.
- ✓ Individuals with heart disease, diabetes, high or low blood pressure, seizures, epilepsy, or other medical conditions are cautioned against using the hot tub spa.
- ✓ Individuals who may be pregnant should seek medical advice before using the hot tub spa.

Waterslide

- ✓ Lifeguards must be stationed at the top and bottom of the waterslide during use.
- ✓ Waterslide riders must be at least 48 inches tall.
- ✓ Riders must wait for the lifeguard's signal before proceeding down the slide.
- ✓ A rider must clear the slide and exit the water before the next rider is released.
- ✓ The maximum operational load for the waterslide is 300 pounds.
- ✓ No flotation devices/lifejackets are allowed on the waterslide.
- ✓ Riders must slide feet first and exit the pool promptly when finished.
- ✓ Swimwear with exposed zippers, buckles, rivets, or any ornamentation is prohibited.
- ✓ Jewelry, watches, eyeglasses, and goggles must be removed before proceeding down the slide.
- ✓ For safety reasons, it is recommended that individuals with heart or back trouble, or that may be pregnant, refrain from using the waterslide.

Diving Board

- ✓ Members and guests must wait their turn at the bottom of the ladder.
- ✓ One diver at a time is permitted on the diving board.
- ✓ Recreational divers may jump or dive using only one bounce on the board. Running off the end,

doing handstands, sitting, or back-flip dives are not permitted. Divers must jump or dive straight off the end of the board.

- ✓ Jumping into, onto, or through a flotation device is not permitted.
- ✓ All divers must wait until the diving area is clear before proceeding up the ladder and onto the board.
- ✓ All divers must be able to swim to the ladder unassisted in order to dive.