

NDSU Wellness Center

2016-2017 Aquatics Policies

General Facility Rules

- Shoes are not allowed on the pool decks or in the sauna (bare feet or clean sandals/water shoes only).
- All users must strictly follow aquatics dress code at all times.
- No glass of any kind is allowed in the pool area.
- Public displays of affection are prohibited.
- Cell phones and other mobile devices are not allowed in the water.
- Laptops are prohibited in the pool areas, including the sauna.
- All members must follow the direction of the lifeguard on duty.
- Members must be respectful of other members waiting to use sauna or spa/hot tub.
- Photos and video are prohibited.
- No visiting with lifeguards while on duty.
- All pool equipment must be returned to its proper location after use.
- All bags and personal belongings must be kept in a locker; no items are allowed on the pool deck.
- No food or beverages are allowed in the pool areas, except water in a closed, re-sealable, non-glass container.
- Pool, sauna and fire pit capacities are strictly enforced.
- Moving benches and/or loungers is prohibited.
- Sweaty clothes are not allowed in swim suit water extractors (wet swim suits only).
- Anyone who has or has had diarrhea in the past two (2) weeks shall not use the pool.
- Anyone who has an area of exposed sub-epidermal tissue, open blisters, cuts, etc. is advised not to use the pool.
- Spitting, spouting of water, blowing nose, or similar behavior in the pool is prohibited.
- No running or rough play on the pool runways, on the floats, on platforms, or in locker rooms.
- All persons must take a cleansing shower before using the pool, spa, or sauna. A bather leaving the pool to use the toilet shall take another cleansing shower before returning to the pool area.

Open Swim Rules

The following rules also apply during all programs and rental swims.

- No running.
- No rough play.
- No offensive language.
- No use of starting blocks, unless approved by the Aquatic Coordinator or head lifeguards.
- No flips, back dives or other dangerous water entries are allowed from the pool edge.
- No use of rescue equipment.
- No diving in the shallow area. Diving is allowed in the 10-foot area only.
- No food, candy or gum is allowed in pool area. Lifeguards reserve the right to inspect any container.
- No hanging or dunking on basketball hoops.
- No grabbing the volleyball net at any time.
- No extended breath holding allowed.

Lap Swim Rules

- Circle swim in a counter-clockwise direction, keeping to the right side of the lane.
- No diving in the shallow area. Diving is allowed in the 10-foot area only.
- Whenever possible, choose a lane with swimmers who hold a pace similar to your own.
- Equipment such as kickboards, pull buoys, fins, etc. may be used.
- No use of starting blocks, unless approved by the Aquatic Coordinator or head lifeguards.
- Do not hang on lane lines.
- No extended breath holding allowed.

Spa Rules

- Must observe a reasonable time limit in spa
- No Jumping in
- No submerging under water
- No sharing of seat space
- No displays of public affections
- Strictly follow the capacity
- Pregnant women, small children, or persons with heart disease, diabetes, high blood pressure, or low blood pressure should not enter the spa except under advice of a physician.
- Avoid use while under the influence of alcohol, tranquilizers, or other drugs that cause drowsiness or raise or lower blood pressure.
- Phones are not allowed while using the spa
- Exposure greater than fifteen (15) minutes may result in drowsiness, nausea, or fainting

Sauna Guidelines

- Be courteous and respectful of others.
- Swim suits and gym shorts are allowed. No excessive clothing may be worn in saunas (sweat shirt, sweat pants, etc.). No shoes, other than flip flops are to be worn in the sauna.
- No exercising in sauna, including yoga style exercises.
- Individuals with medical conditions should consult a physician before using sauna.
- Users must shower after using the sauna and before entering the pool or spa.
- Water is not allowed to be poured on sauna rocks.
- To prevent dehydration, drink plenty of fluids before entering and after leaving the sauna.
- If you feel dizzy, develop a problem breathing, or experience general ill health, leave the sauna immediately and contact a lifeguard.
- Metal items, jewelry and other objects are not recommended for use in the sauna.
- Do not exceed 20 minutes in the sauna.
- Public displays of affection are prohibited.
- **CAUTION:** Because of high temperatures and humidity, the sauna can be dangerous to your health. It is recommended that all persons consult a physician before using these rooms. The following individuals should not use the sauna: those with heart disease, diabetes, high or low blood pressure, circulatory or respiratory problems, seizures, epilepsy, pregnant women, and those who are using prescribed or illegal drugs or are under the influence of alcohol.
- **Wellness Center does not promote the use of saunas for weight loss.**

Sauna Dress Code

Clothing items allowed in sauna

- Short sleeved t-shirts
- Tank Tops
- Sports bras
- Gyms shorts
- Any clothing item in the Aquatics Dress Code
- Thin material yoga pants or leggings
- Clean Sandals used in Aquatics
- Cotton materials

Clothing Items not allowed in sauna

- Shoes
- Sweatshirts
- Sweatpants
- Compression shorts
- Undergarments
- Any thick or bulky article of clothing
- No excess clothing
- Sauna suits

Sauna dress code only applies to the sauna. If entering the pools or spa you will need to follow the Aquatics dress code. If entering back into the main part of the Wellness Center you must follow the building dress code.