



ROBERT I. BICKFORD

NATATORIUM

RULES AND REGULATIONS

The following rules and regulations have been established for the benefit of all users of the natatorium and to assure the overall safe operation of the facility. Patrons are requested to cooperate in observing these rules and to follow the directions of the natatorium staff.

Prince George's Community College reserves the right to refuse admittance into the natatorium when the capacity of the pool has been reached or when otherwise deemed necessary for the health, welfare or safety of the staff and/or patrons.

The Coordinators are responsible for the operation of the natatorium. Their instructions must be followed at all times. Should a disagreement arise, patrons are advised to contact the Natatorium Manager.

In consideration of being permitted to use the facilities at the natatorium patrons assume all risks of injury and illness and release and hold Prince George's Community College, The Robert I. Bickford Natatorium staff and all those acting on its behalf harmless from any and all claims from injuries and illness that may arise from use of this facility.

General Rules

1. **Admittance into the facility may be refused when the capacity of the pool has been reached or when otherwise deemed necessary for health, welfare or safety of the patrons.**
2. **Prince George's Community College and The Robert I Bickford Natatorium assume no liability for injuries or damages arising from the results of participation. Due to the strenuous nature of some activities, patrons are advised to consult their physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant assumes.**
3. **No one will be allowed in the swimming area unless the pool is officially open and a lifeguard is on duty. Pool schedules are posted and available upon request. The Assistant Managers reserve the right to alter any schedule when deemed necessary.**
4. **Socializing with or distracting the natatorium staff, including lifeguards, is prohibited.**
5. **Patrons are expected to exit the facility, including locker rooms, within 15 minutes of the posted pool closing time.**
6. **Electronics devices (Cell Phones, Radios, MP3 Players, etc.) are prohibited in the locker rooms and pool area. They may be used in the weight room provided headphones are used and the volume is such that the device cannot be heard by others.**
7. **Children under 16 years of age shall not be left unattended at the Natatorium, with the exception of swimming minors. (See #5 in Age, Health and Safety Policies). This includes times when the parent/guardian is in a class or hydrotherapy tub.**
8. **Food, drinks, smoking and chewing gum are prohibited in the natatorium. Water bottles are allowed.**
9. **Glass containers of any kind are prohibited in the natatorium.**
10. **Patrons are responsible for their own valuables. Do not leave valuables unattended. Lockers are available; patrons must bring their own lock. Locks left on lockers overnight will be cut-off and the contents removed. Items may not be checked with the natatorium staff. PGCC and the Natatorium are not responsible for lost or stolen property.**
11. **College activities have priority use of all areas of the natatorium at all times. Use of areas of the natatorium will be limited to patrons at these times.**
12. **Only college scheduled activities and programs are permitted. No one is allowed to teach aquatics or function as a coach or personal trainer. Anyone acting in this capacity will be asked to leave the natatorium without a refund.**
13. **No person shall conduct themselves in the facility in such a manner as to jeopardize the safety and health of themselves or others. The use of abusive or profane language shall be grounds for expulsion.**
14. **Loitering will not be permitted in the natatorium or the surrounding areas. Facility management has the right to contact College Police for violation of this policy.**
15. **Persons under the influence of alcohol or drugs will not be permitted in the natatorium or surrounding area.**
16. **Employees of the natatorium are the only persons allowed behind the front desk, in the lifeguard office, filter room, mechanical room, storage rooms and offices.**
17. **The Assistant Managers and their designated staff have the authority to enforce all pool rules. Patrons are requested to cooperate in observing facility rules and policies. The Assistant Managers shall be responsible for interrupting anything not outlined in this document, their instructions must be followed at all times. Should a disagreement arise patrons are advised to contact the Natatorium Manager. Patrons who violate the rules may be asked to leave the natatorium without a refund and College Police contact as needed.**

Admission Policies

1. Admission fees must be paid by all persons' ages two (2) years old or older upon entry to the natatorium (even if swimming is not planned).
2. If you leave the natatorium, you must pay another admission fee to re-enter.
3. Admission includes use of the pool and weight room.
4. Basketball and Racquetball courts are rented on an hourly basis only.
5. Passes are available for discounted admissions.
6. Punch cards are available for 10 visits, lost or stolen passes will not be replaced.
7. Term passes are available for the Spring, Summer and Fall college terms. And are good for admission during normal natatorium hours.
8. Academic Year passes are available and include both the Spring and Fall college terms. And are good for admission during normal natatorium hours.
9. There is a \$5.00 fee for the replacement of a lost or stolen Term or Academic Year pass.
10. While every effort is made to adhere to the posted schedule, there are circumstance that may require the closing of the natatorium in whole or in part. No adjustments to the passes will be made either by refund or extension of expiration date.
11. Refunds or re-entry passes are not given due to expulsion for disciplinary reasons.
12. Re-entry passes will be given for unscheduled pool closures on daily admissions to patrons providing receipts of paid entry to the pool within the last two hours.

Attire Policies

1. All pool users must wear appropriate swim attire (swimming suits and/or trunks). Swim attire must be colorfast, opaque when wet and of a light weight material suitable for swimming. Thong bathing suits are prohibited.
2. Clean colorfast t-shirts may be worn on top of swimsuits for modesty or medical reasons.
3. Clothing such as cut-off pant, jeans, underwear, anything that is not opaque when wet or anything that does not provide proper coverage are not permitted as swim attire. Swim attire should not be worn for exercising prior to pool use for sanitary reasons.
4. All weight room and court users (basketball and racquetball) must be in proper gym attire (no jean). Shirts and gym shoes are required at all times. Wet swimming suits are not permitted.

Age, Health and Safety Policies

1. Children ages 5 years of age and older must use gender appropriate restrooms.
2. The assistant manager may request anyone, regardless of age, to take a swimming test to determine the swimmer's ability. Non-swimmers must remain in shallow water (chest deep or less).
3. Supervising adult must remain in the same area (movable floor, lap lane) of the main pool as the child/children that they are supervising are in the water or on the pool desk. Children are not allowed in the hydrotherapy pool.
4. Non-swimmers and all children 6 years old and under in the water must be directly supervised by and within arm's reach of a responsible adult 18 years old or older in appropriate swim attire.
5. Children, ages 7-12 years old, that can pass the natatorium's swim test, entering the facility must be accompanied and supervised at poolside by a paying responsible adult 18 years or older. Non-swimmers must be directly supervised by and within arm's reach of a responsible adult 18 years old or older in appropriate swim attire at all times.
6. Children, ages 13-17 years old, that can pass the natatorium's swim test and have a completed "Swim Test Card" signed by a parent/guardian on file at the natatorium are permitted to use the natatorium without adult supervision.
7. Supervising adults 18 years old or older may supervise up to 3 non-swimmer children. Supervising adults may supervise up to 5 children provided that 2 or more of the children have passed the natatorium's swim test.
8. Supervising adults of children that have passed the natatorium's swim test are not required to dress in swim attire but must remove their street shoe. Admission fees must be paid by the supervising adult even if swimming is not planned
9. Persons with skin diseases, open wounds, nasal or ear discharge, inflamed eyes or any communicable disease are not permitted in the pool.
10. Pregnant women and persons suffering from heart disease, diabetes or high blood pressure should not enter the hydrotherapy pool without prior medical consultation.
11. Do not use the hydrotherapy pool while under the influence of any type of alcohol, drug, anticoagulant, antihistamine, vasoconstrictor, vasodilator, stimulant, hypnotic, narcotic or tranquilizer.
12. If a patron has a known medical condition, and has obtained written clearance from a health care provider to use the hydrotherapy pool, the patron must sign an "Assumption of Risk and Release Form" releasing the college and the natatorium staff from liability. Medical clearance must remain on file with the Assistant Manager.
13. The main pool, training pool and hydrotherapy pool will be cleared during thunderstorms. Patrons will be required to leave the pool deck and wait in either the locker rooms or the lobby. The pool will reopen 30 minutes after the last sign of thunder or lightning. Patron are advised not to use the showers during this time.
14. Patrons having or reasonably suspected to have any considerable area of exposed sub-epidermal tissue, cuts, known or recognizable contagious or communicable disease, cough, cold, open sores, blisters, bandaged wound, fever, inflammation of the eyes, nasal or ear discharge or diarrhea shall not be permitted to enter the pool.
15. Anyone not toilet trained or incontinent entering the pool must wear a clean swim diaper covered with separate waterproof pants, all of which must fit snugly around the legs and waist and under the swim suit. Standard diapers are not permitted. Diaper changing is not permitted poolside.
16. All patrons must take a cleansing shower before entering the deck area and swimming pool.

17. For your safety, any bodily excretions are treated following the Center for Disease Control (CDC) guidelines. When there is vomit or feces in the pool, the staff will close the pool, clean the excretion and treat the pool with chemicals. This procedure takes approximately 30-45 minutes. If there is loose stool/diarrhea in the pool, the pool will be closed for the remainder of the day and reopened after the treatment process has been completed, approximately 15-29 hours.
18. Any injury occurring at the natatorium must be reported to the natatorium staff immediately and a report made. The campus nurse or EMS may be call to evaluate the situation and determine if additional care is needed.

Main Pool Rules

1. PGCC classes and programs have priority use of the pool areas.
2. The pool management and staff will be the judge of what is unacceptable behavior
3. No one will be allowed in the swimming area unless the pool is officially open and a lifeguard is on duty.
4. Non-swimmers must remain in shallow water (chest-deep or less).
5. Spectators are not permitted on the pool deck. Parents bring children for swimming lessons are allowed on the pool deck (without street shoes) during the first and last scheduled classes of the session.
6. No one is allowed to teach aquatics, function as a personal trainer or coach unless hired by the college or have a current contract with the college.
7. No street shoes permitted on the pool deck.
8. Children not toilet trained must wear swim diapers or snug fitting plastic pants under their swimsuit. Cloth and disposable diapers are prohibited.
9. Changing of clothes on the pool deck is prohibited. This includes infants.
10. Spitting and blowing of the nose into the pool, pool gutters or deck is prohibited.
11. Running, pushing and/or horseplay are prohibited at all times on the pool deck and in the water.
12. No diving into water less than 6 feet in depth. No inward dives, back dives or flips from the side of the pool at any depth of water.
13. Swimmers are not permitted to hang on the lane lines.
14. Competitive and/or repetitive breath holding and prolonged underwater swimming for distance is not permitted. No prolonged underwater swimming or breath holding.
15. Wearing of eyeglasses or jewelry while swimming is not recommended.
16. The starting blocks are for competition and team use only.
17. Electrical equipment (cell phones, radios, etc.) are prohibited in the pool areas. Sound systems are used for classes and contracts only. Personal devices are allowed with the use of ear buds, headphone or like accessories, but is not recommended.
18. Flotation devices, inflatable toys, back floats, rafts, inner tubes, water wings, rings (including those built into bathing suits) and similar objects are not permitted in the pool.
19. Toys play apparatus, masks, fins, snorkels are not permitted in the pool except during class or supervised play as directed by the natatorium staff.
20. Masks, fins and snorkels may be used by adults for the purpose of lap swimming.
21. Specialized equipment such as kickboards, fins or paddles are only permitted in the lap lanes.
22. The use of masks accompanied by snorkels by adults 18 years of age and older are only permitted in the lap lanes. Patrons under the age of 18 and those without the appropriate snorkel are not permitted to wear masks covering the nose.
23. Any acts which would endanger any patron or staff are prohibited.

Swim Test Policies and Procedures

1. In order for a minor (7-17 years of age) to take the swim test there must be a parent/guardian with them. Parent/guardian is needed to sign the swim test card if the minor successfully passes the swim test.
2. Children 6 years old and under are not permitted to take the swim test and must be directly supervised by and within arm's reach of a responsible adult 18 years old or older in appropriate swim attire.
3. Children, ages 7-12 years old, that can pass the natatorium's swim test are permitted in the water by themselves. They must be accompanied and supervised at poolside by a paying responsible adult 18 years or older. Supervising adult does not need to be in swim attire, but must remove their street shoes.
4. Children, ages 13-17 years old, that can pass the natatorium's swim test and have a completed "Swim Test Card" signed by a parent/guardian on file at the natatorium are permitted to use the natatorium without adult supervision.
5. A swim test is required to swim in water that is deeper than chest deep for patrons under 18 year of age.
6. Patrons who do not pass the swim test will be considered non-swimmers and will not be permitted in the water without adult supervision.
7. Parents/guardians are encouraged to have the child practice the swimming portion of the swim test with a supervising adult within arm's reach in the shallow area of the pool.
8. The swim test will be given by one of the natatorium's lifeguards or the assistant manager. Do to other duties a staff member may not always readily available to give the test and the patron may need to wait for a staff member to come available.
9. The swim test consists of the following skills: (This test is based on guidelines developed by the Aquatic Sub-council of the American Red Cross Scientific Advisory Council)
 - a. The swim test will be conducted in a minimum of 5 feet 4 inches of water.
 - b. Patron is to jump into the water from the edge of the pool and completely submerge underwater.
 - c. Patron must recover (surface without grabbing the wall or lane lines) and tread or float for one (1) minute with their head remaining above water.
 - d. Patron must turn completely around and swim to the far end of the lane and back (50 yards) without stopping using front crawl or breaststroke.
 - e. Patron must safely exit the water by pulling themselves up and over the side of the pool. The ladder or steps may not be used.
 - f. Upon successful completion of the swim test the parent/guardian will fully complete and sign the swim test card to be kept on file at the natatorium
10. A successfully completed swim test is good for the current semester (fall, spring or summer) and must be retaken and signed by a parent/guardian each time.
11. If at any time the assistant manager or lifeguards have reason to believe that the minor can no longer successfully complete the swim test they can require the patron to retake the swim test. If the patron cannot successfully complete the swim test they will be considered a non-swimmer and will need to practice and retake the test at a later date with a parent/guardian present.

Lap Swimming Rules

1. Patrons under the age of 18 who show evidence of being serious lap swimmer may be granted permission by the assistant manager to swim laps in the lap lanes during recreational swim or lap swimming times after successful completion of the swim test and also must be accompanied by an adult as required under the Age, Health and Safety Policies for the natatorium.
2. Lap swimming is allowed only in designated areas during specified time. The number of lap lanes available may be limited due to other activities in the pool (swim lessons, swim team practice, etc.).
3. Lap lane space is limited and will require patrons to share lanes.
4. Persons not actively swimming laps must relocate to other areas of the pool.
5. When there are two individuals swimming in a lap lane the custom is to swim to one side of the lap lane.
6. Several swimmers of similar speeds can effectively share a lap lane by "circle swimming". Swim counterclockwise near the lane lines and pass a slower swimmer on the left in the middle of the lap lane.
7. If a swimmer has completed his laps or is stopping, the swimmer should move to the end of the lap lane and clear the area to allow other swimmers to swim without interference.
8. Lane lines are not weight bearing; please refrain from using them as support.
9. Competitive and/or repetitive breath holding and prolonged underwater swimming for distance is not permitted. No prolonged underwater swimming or breath holding.
10. The use of the competitive diving/starting blocks is prohibited, except during natatorium approved activities and/or programs when the participating swimmers are directly supervised by swim coaches or instructional staff.

Diving Board Rules

1. For patrons under the age of 18, the swim test is required to use the diving boards.
2. Diving board users must be able to swim to the ladder unassisted. Other swimmers are not allowed in the diving well to "catch" or assist the diver in any way.
3. Head and cervical injuries can result from improper diving. To avoid such injuries, use caution when diving.
4. Goggles, masks, eyeglasses, prosthetic devices and flotation devices may not be worn when going off the diving board.
5. Divers may not make adjustments to the fulcrum.
6. Divers may not spring (bounce) more than once on the board.
7. Divers should not dive toward the shallow water. Dives should be straight down not out. Extended dives or dives for distance toward shallow water are prohibited.
8. Only one person is allowed on the diving apparatus (including ladder) at a time.
9. Diver must wait until the preceding diver has surfaced and reached the ladder before diving.
10. Dive straight off the end of the diving board. Do not dive off the sides of the board. Cart wheels and handstands off the diving boards are not permitted.
11. No inward dives are permitted.
12. Upon surfacing, the diver shall immediately swim to the nearest ladder and exit the diving well. Do not swim under the lane lines into the lap lanes or under the diving board at any time.

13. No general swimming is permitted in the diving well unless the diving board have been closed and the area opened for swimming by the assistant manager.
14. No hanging off the diving board or rails at any time.

Training Pool Rules

1. The training pool is for instructional purposes and is to be used only under the direct supervision of an instructor with a lifeguard on duty.
2. The training pool is shallow water and no diving of any kind is permitted.
3. Please enter and exit the pool by the steps or ladder. Unless instructed otherwise by your instructor.
4. Instruction of the lifeguards and instructors or to be followed at all times.
5. Spectators are not permitted on the pool deck. Parents bring children for swimming lessons are allowed on the pool deck (without street shoes) during the first and last scheduled classes of the session.

Hydrotherapy Pool Rules

1. Lifeguards are not in this area. It is not recommended to use alone. This area is under video surveillance.
2. Maximum limit of 16 users at one time.
3. Hydrotherapy pool use is restricted to adults 18 years and older. Individuals under 18 years of age with a medical prescription and a release form signed by a parent/guardian may use the facility (a responsible adult 18 years or older must remain in the area while the facility is being used by a minor).
4. Maximum use per sitting is 15 minutes. Observe this limit to help avoid nausea, dizziness or fainting. It is recommended that Senior Citizens not exceed 5 minutes. Do not exceed total daily use of 30 minutes. Do not use for more than 15 minutes in any hour.
5. Enter and exit slowly by designated area only.
6. For safety, do not go underwater. This increases the danger of hyperthermia or heat exhaustion.
7. For safety, swim caps are not recommended to be worn while in the hydrotherapy pool.
8. Please do not stand or sit on or near the drains.
9. Please do not reach into the skimmers.
10. It is recommended for users not to use the swimming pool immediately after leaving the hydrotherapy pool to help avoid any symptoms of nausea, shock, etc.
11. Pregnant women and persons suffering from heart disease, diabetes or high blood pressure should not enter the hydrotherapy pool without prior medical consultation.
12. Do not use the hydrotherapy pool while under the influence of any type of alcohol, drug, anticoagulant, antihistamine, vasoconstrictor, vasodilator, stimulant, hypnotic, narcotic or tranquilizer.
13. If a patron has a known medical condition, and has obtained written clearance from a health care provider to use the hydrotherapy pool, the patron must sign an "Assumption of Risk and Release Form" releasing the college and the natatorium staff from liability. Medical clearance must remain on file with the Assistant Manager.

Weight Room Rules

1. College activities have priority use of all areas of the natatorium at all times. Use of areas of the natatorium will be limited to patrons at these times.
2. Persons using the weight room must be 18 years of age or older unless under adult supervision. Youth 14 years of age and over may use the weight room when directly supervised by a responsible adult 18 years old or older.
3. Patrons must sign an "Assumption of Risk and Release Form" before using the weight room.
4. Proper gym attire required (no jeans, dress shoes, open shoes, etc.)
5. Wet swimming suits are not permitted in the weight room.
6. Shirts and athletic shoes are required at all times in the weight room.
7. Use of the exercise treadmills, bikes, climbers, etc. is limited to 30 minutes when others are waiting.
8. Electronics devices (Cell Phones, Radios, MP3 Players, etc.) may be used in the weight room provided headphones are used and the volume is such that the device cannot be heard by others.
9. Do not drop weight stacks when lifting.
10. Patrons must use all equipment in accordance with the manufacturer's intended use.
11. No person shall conduct themselves in the facility in such a manner as to jeopardize the safety and health of themselves or others. The use of abusive or profane language shall be grounds for expulsion.
12. Only college scheduled activities and programs are permitted. No one is allowed to function as a coach or personal trainer. Anyone acting in this capacity will be asked to leave the natatorium without a refund.

Racquetball and Basketball Court Rules

1. All courts are rented on an hourly basis.
2. Reservations will be taken for the courts. Without reservations, courts are rented on a first come first serve basis. Please arrive at least 15 minutes prior to your reserved court time.
3. No more than four players are allowed on the court. Switch out of players is not permitted.
4. All players must be registered at the front desk.
5. Children under 16 years of age must be directly supervised by a responsible adult 18 years old or older.
6. Proper gym attire required (no jeans, dress shoes, open shoes, etc.)
7. Wet swimming suits are not permitted in the courts.
8. Shirts and athletic shoes are required at all times in the courts.
9. Please leave the court immediately at the conclusion of your court time in order for oncoming players to begin play and to avoid being charged for an additional hour of court time.
10. Eye guards are strongly recommended to reduce the risk of serious eye injury.
11. Hanging on the rim or throwing the ball at the glass wall is prohibited and is grounds for expulsion.
12. No person shall conduct themselves in the facility in such a manner as to jeopardize the safety and health of themselves or others. The use of abusive or profane language shall be grounds for expulsion.
13. Only college scheduled activities and programs are permitted. No one is allowed to function as a coach or personal trainer. Anyone acting in this capacity will be asked to leave the natatorium without a refund.

