

**In addition to Ramsey Student Center rules:**

- A lifeguard must be properly positioned in the stand before swimmers or divers can enter the water.
- Children (under 18 years of age) shall not use the pool without an adult in attendance.
- Children who cannot swim must be within arm's reach of an adult. When necessary, a lifeguard will determine the skill level of a child by how well the child swims 25 yards of the pool.
- Clean swimming attire is required, we recommend a bathing suit with a commercial liner.
- Do not hang or swim across lane lines.
- Do not swim if you have an infectious or communicable disease.
- For your safety, only U. S. Coast Guard approved flotation devices are allowed.
- Long distance underwater swimming, hyperventilation, and static apnea are prohibited.
- No food, drink or trash shall be permitted within ten feet of the pool or spa.
- No glass articles in or around pool.
- No pets allowed.
- No running, rough play or excessive noise in the Natatorium, showers and locker rooms.
- No spitting, spouting of water or blowing nose in pool.
- Patrons using the facility are expected to comply with the requests of the Lifeguard and all other Aquatics staff members.
- Swim diapers or plastic pants are required for children who wear diapers.
- Use of the Facility by Children: During the regular academic year, children are allowed to use the facility after 5:00 pm on Fridays and during any open rec swim hours on Saturday and Sunday. These hours are expanded during summer and vacation periods. These changes are included on Aquatic Facility Hours and Special Events flyers.
- The Spectator Seating area of the Natatorium is reserved from 6am-8am and 2pm-5:30pm for use by UGA Swimming and Diving. Stair running is prohibited during this time.



### **50 Meter Pool**

- Do not swim under the bulkheads.
- Starting blocks are for competitive team and instructional use ONLY.

### **Recreational Pool**

- Feet first entry only.
- Unsupervised use by children is prohibited.

### **Diving Well and Accessories**

- Dive straight off the diving board.
- Divers must be able to exit the water without assistance.
- Divers must exit the diving area after completing the dive.
- Dives in which the head rotates back toward the board (such as inwards and gainers or reverses) are strictly prohibited during recreational diving.
- Do not swim under the diving boards or towers.
- Landing area must be clear of other patrons before diving is permitted.
- Lifeguards have the ability to prohibit unsafe diving activity.
- One diver at a time on the board.
- Only one bounce is allowed on the board.
- Patrons may use the inside 1 meter and 3 meter boards. Use of the boards closest to the sides of the pool or use of the platforms is prohibited. Platform use will be permitted only for authorized activities and user groups.
- Dry land board and trampoline are to be used exclusively by members of the UGA diving team and their affiliated programs. An approved coach or instructor must be present.
- Recreational Diving is permitted during posted hours only.
- Sit down; handstand and sailor dives (head first, arms at side) are strictly prohibited.
- The sparger is to be used by authorized personnel only.
- UGA swim events may require use of the dive well as a warm-up/cool-down pool for athletes. In these instances, diving board and platform use is strictly prohibited.
- During diving warm-ups, UGA swimmers and their guests must stay inside the lane lines.



## **Hot Tub**

- Hot tub use is restricted for intercollegiate athletes and approved program participant use ONLY.
- Do not use hot tub under the influence of alcohol, narcotics or other drugs that cause sleepiness, drowsiness or raise/lower blood pressure.
- Individuals who are pregnant, elderly or suffering from heart disease, diabetes, epilepsy, high or low blood pressure should not use the spa without prior medical consultation and permission from their doctor.
- Enter and exit slowly. Shallow water - NO DIVING.
- Limit exposure to 15 minutes. Overexposure to hot water may result in nausea, dizziness, fainting or heat related illness.
- Small children should not use hot tub prior to medical consultation.
- Unattended solo use is prohibited.
- Unsupervised use by children is prohibited.

