**Rodale Aquatic Center Pool Health and Safety Rules**

***All persons using the facility are required to follow our health and safety rules***

1. All persons using the facility must check in at the front desk, be registered in a program and have a signed Rodale Aquatic Center waiver on record prior to entry.
2. Use the restrooms and shower before entering pools.
3. Modest attire specific to aquatic fitness and swimming required.
4. Do not enter either pool area without a lifeguard, ready on the specific deck.
5. Persons under 18 years must be directly supervised by a guardian/parent always.
6. No running on deck, in locker rooms or lobby areas.
7. Inform lifeguard, instructors, Aquatic Center personnel in the event of medical/health concerns or issues immediately. Discuss your aquatic program participation with your doctor.
8. No flips, backward entries, or inverted or forward dives from the pool decks into the pool. No diving in shallow water.
9. Diving from diving blocks and deep end deck (7 feet) permitted only under the direct supervision of pool personnel.
10. Only Cedar Crest College swim training equipment permitted. No personal scuba fins, weights, belts or other personal scuba equipment. Mask and snorkel may be used at top of water, surface swim only.
11. No underwater training, breath holding, hyperventilation or prolonged underwater techniques or swims.
12. If you are a non-swimmer or do not swim well, seek instruction, stay in shallow water.
13. No recording devices, cameras, video cameras, cell phone or other recording devices are permitted to be turned on in locker rooms, rest rooms, pool areas.
14. Cedar Crest College employees reserve the right to refuse admittance when deemed necessary for the health, welfare and safety of its program participants
15. When safety drills occur in the Aquatic Center, all persons are to follow staff and security instructions to complete shelter in place, fire, evacuation and all other safety drills.

**COVID-19 WARNING, RULES AND REQUIREMENTS**

1. You recognize that the danger of exposure to the coronavirus that causes COVID-19 exists.
2. By entering the aquatic center and pools, you take responsibility for your own protection and for disinfecting your hands and anything you touch in the pool area and common spaces.
3. You are not permitted to enter the aquatic center and use the pools if you have a cough, fever above 100.0 Fahrenheit or other symptoms of COVID-19 or you have been exposed to any individual with COVID-19 within the prior seventy-two hours.
4. You must maintain at least 6 feet between you and other people who are not a part of your household.
5. You must wear a face covering when you are not in the swimming pool.

Please initial you have read and understand these rules \_\_\_\_\_\_