FACILITY RULES AND REGULATIONS

1. **Patron Identification.** Facility use is restricted to authorized USC students, faculty, staff, and guest memberships. Possession of a USC ID and/or a USC Recreational Sports Guest Membership card is required at all times. Unauthorized, counterfeit, or expired ID’s will be confiscated and privileges may be revoked. Any student or participant who has his/her card confiscated for misuse of their ID must pay a $20 retrieval fine and may be referred to the Student Judicial Affairs and Community Standards Office for additional discipline.

2. **Age Requirement.** No Patrons under the age of eighteen (18) are permitted to use the USC Recreational Sports indoor facilities. Only USC-sponsored programs and events are allowed to have patrons under the age of 18 provided there is direct supervision and prior approval. Proper ID is required for entrance into and use of the facility.

3. **Unsupervised Swimming.** Swimming is permitted only while lifeguards are on duty. This includes USC/Club Swimmers, Water Polo players, and Divers without a coach on deck. Coaches who choose to swim must follow the same rules as Patrons and Athletes. They are not allowed to swim unless supervised by on-deck approved personnel. They may not ask the other “down” guard to watch them in another pool as that guard is responsible for the current patrons.

4. **Staff Directives.** Members are required to follow the directions of all USC Recreational Sports staff members.
   a. Aquatic settings: Do not distract lifeguards. Upon a whistle blast signal from lifeguards, stop what you are doing and follow the lifeguard’s directive.

1. **Facility Hours.** The facility hours are subject to change in the event of athletic competitions, special events and university holidays.

2. **Profanity.** The use of abusive and/or profane language is prohibited. If you hear it, please politely ask them to refrain from further use. (This includes any music played over the speakers during recreational swim times)

3. **Coaching and Personal Training.** All USC Recreational Sports facilities may not be used for outside coaching, teaching or training purposes, other than those approved by the USC Recreational Sports Department.
   1. All space reservation inquiries must be submitted through the USC Recreational Sports website; no reservation is standing unless approved.

4. **Training Equipment.** No outside personal equipment is allowed in the USC Recreational Sports facilities, with the Training equipment (i.e. kickboards, pull buoy, paddles, and fins) that available for rent from the LRC are prohibited from leaving the aquatic areas. Equipment should be used in the manner in which it was designed for and returned to the proper location following use. To ensure safety, all outside equipment must be approved by the lifeguard on duty. Water polo and swim team equipment may only be used by the specified teams during scheduled practice time under the supervision of a coach. (i.e. water polo balls are prohibited outside of practice hours unless the water polo team members are under the supervision of a coach in a separate pool)

5. **Inclement Weather.** In the event of inclement weather, Lifeguards may close the entire pool due to visual and safety limitations. Lifeguards reserve the right to refuse or revoke admittance as a safety precaution. Inclement weather includes but is not limited to: lightning, thunder and/or hail storms, earthquakes, etc.

6. **Pool Availability.** Patrons are encouraged to check the online schedule for the most up-to-date information on specific pool availability. Members who desire a certain pool should use the schedule while planning their visit to ensure it will be open for recreational swim when they arrive. Requests from patrons to switch pools (ie. move recreational swim from the dive pool to the competition pool) will not be accommodated.
7. **Pre-Swim Showering.** All pool users are required to shower prior to entering the pool or spa. Users must also shower after using the spa, and before re-entering the pool. If it is not apparent that users have showered (e.g. hair is not wet), lifeguards will ask that they shower again.

8. **Horseplay.** Running, pushing, dunking, water fighting, chicken fights, hanging on the backs of other swimmers, breath holding contests, hypoxic breathing, etc. are prohibited in the water, on the deck and around the building.

9. **Breathing Exercises.** No extended breath-holding, hyperventilation, prolonged underwater swimming, or motionless flotation exercises are permitted.

10. **Recreational Swimming Etiquette.** Proper pool etiquette is expected. Swimmers must share lanes and circle swim.

11. **Diving.** Diving from the pool deck is permitted in the deep end of the pool at the discretion of the lifeguards. Only approved swimmers under the supervision of a coach may dive or jump off of the starting blocks. Only approved dive team members may dive off of the dive platforms and spring boards under the supervision of the dive coach.

12. **Floatation Devices.** U.S. Coast Guard approved personal flotation devices are permitted on a case by case basis. All other flotation devices are prohibited unless approved for a USC sponsored program or event.

13. **Training Equipment.** Training equipment (i.e. kickboards, pull buoy, paddles, and fins) that available for rent from the LRC are prohibited from leaving the aquatic areas. Equipment should be used in the manner in which it was designed for and returned to the proper location following use. To ensure safety, all outside equipment must be approved by the lifeguard on duty. Water polo and swim team equipment may only be used by the specified teams during scheduled practice time under the supervision of a coach. (i.e. water polo balls are prohibited outside of practice hours unless the water polo team members are under the supervision of a coach in a separate pool)

14. **Emergency Equipment.** Emergency equipment, such as but not limited to: lifesaving equipment, first aid supplies, aquatics telephone, is to be used by authorized personnel only.

15. **Bodily Fluids.** Spitting, blowing the nose, or urinating in the pool is prohibited. If any bodily fluids are spilled on the deck, contact FMS or front desk for the appropriate clean up.

16. **Contagious or Infectious Conditions.** Use of the pool may be refused to anyone appearing to have a contagious or infectious condition, such as a cold, athlete’s foot, ringworm, boils, and other skin infections.

17. **Existing Injuries.** Persons with bandages or open sores are not allowed in the pools.

18. **Stomach Illness.** Swimming is discouraged if members are experiencing or have experienced stomach illness within the past two (2) weeks.

19. **Diarrhea.** Persons having currently active diarrhea or who have had active diarrhea within the previous 14 days shall not be allowed to enter the pool water.

20. **Required Swimwear.** For females, appropriate swimwear is that which covers breasts, gluteus maximus, genitals, and the pubic region. For males, appropriate swimwear is that which covers the gluteus maximus, genitals, and the pubic region. Street clothes, cut-off jeans, shorts below the knees, thongs and see-through swimwear are prohibited. Shirts that are worn in the pool must be clean and white or apparel designed for aquatic use. Members with concerns regarding modesty may wear clean, covering garments that do not interfere with their safety in the water within these guidelines.

21. **Sunbathing.** Nude sunbathing is prohibited.

22. **Slip and Fall Protection.** For your safety and the safety of others, members should dry off before entering the facility locker rooms. Patrons should walk on deck.

23. **Changing.** Pool users must use the appropriate locker room to change into/out of swim attire. Deck changing is NOT allowed.
26. **Personal Items.** Recreational Sports is not responsible for lost or stolen items. Personal items must be secured in designated storage areas. Lost and found items will be held at the Lyon Center offices for a period of 10 business days.

27. **Lockers.** The lockers located in the men and women’s restrooms are available for rent and day use. Lockers can be purchased online or at the front desk.

28. **Towels.** Towel service is available from Proshop inside LRC for an additional fee each semester. Please check out your towel prior to changing into swimming attire. Used towels should be returned to the used towel bin at Proshop.

29. **Trash.** Please dispose of waste in the receptacles provided. Do not leave trash on the pool deck or in the locker rooms.

30. **Swimming Ability.** At the lifeguard-on-duty’s discretion, anyone who does not demonstrate the ability to swim safely in deep water will be required to pass a swim test before use of the lap pool. The test entails swimming, without resting on the walls or grabbing the lane line for support, two (2) lengths (50 meters) in the Dive and PED Pools or one length (50 meters) in the Competition Pool, depending on which pool is being used at the given time. The swimmer must demonstrate controlled breathing, coordinated movement, and forward momentum on the surface of the water, while on his or her stomach. If the test is not completed to the lifeguard’s satisfaction, the swimmer will not be allowed to use the UAC Pools, but is encouraged to practice in PED until they feel comfortable enough to retest. In the case of special events refer to the following guidelines:
   1. **UAC Special Events - Persons that enter the Dive or Competition Pool (swimming or in a flotation device) need to demonstrate the ability to swim before they are allowed to participate in the event.**
   2. **PED Special Events – Persons that enter the PED that do not possess the ability to swim can use the PED pool in the shallow end. Lifeguards will need to identify individuals who cannot swim based on the swim test standards.**

31. **Eyewear and Goggles.** Eyeglasses worn in the pool should be worn with a safety strap. All goggles and masks must be well fitted.

32. **Fins.** Fins of any size are permitted only in designated lap swimming areas unless otherwise permitted by the lifeguard.

33. **Unauthorized Areas.** Patrons’ belongings should not be left in the aquatic offices, storage rooms, maintenance areas and on or under the lifeguard towers. Patrons should also not enter these areas unless they are accompanied by a staff member.

34. **Dive Well.** When the diving boards are in use, the dive well (south side of the dive pool) may NOT be used for lap swimming. All swimmers must stay within the lane line boundaries.

35. **Lane Lines.** Hanging and sitting on the lane lines is prohibited.

36. **Footwear.** It is recommended that members wear shoes/footwear to and from the pool area.

37. **Glass Containers.** Glass and other shatterable containers are prohibited in the aquatic facilities.

38. **Alcohol, Tobacco, Drugs.** Alcohol, tobacco products, and illegal substances are strictly prohibited from the aquatic facility. Use of the pool or spa while under the influence of alcohol, narcotics, illegal drugs or medicines is prohibited.

39. **Transportation.** No bikes, skateboards, rollerblades, scooters, hoverboards or motorized vehicles inside the facility or on the pool deck.

40. **Pets.** Pets are prohibited in the aquatic facilities unless they are service animals with the proper identification card.

41. **Recording of Images.** Using electronic or other means to make a video or photographic record in any facility is strictly prohibited without explicit permission from USC Recreational Sports. The storing, sharing, and/or distributing of such unauthorized records by any means is also prohibited.

42. **Athletic Practices.** During athletic practices, coaches reserve the right to enact a closed practice and clear the stadium seating surrounding their designated practice area.
43. **Additional Assistance.** If additional assistance is needed, please notify the aquatics staff. In the case that a patron asks you a question which you cannot answer, direct them to the front desk. If they have any further issues or inquiries, direct them to the website. However, if they wish to directly speak to a full time staff, direct them to the Aquatics Director.