

**PHYSICAL EDUCATION DEPARTMENT,**  
**NIT TIRUCHIRAPPALLI**

**Swimming Pool Rules and Regulations**

The following rules and regulations have been established for the benefit of all users of the swimming facilities to assure the safe operation of the pools and to provide enjoyable recreational opportunities for all. Patrons are requested to cooperate in observing these rules and to obey the instructions of the Aquatics staff. Patrons violating swimming rules are subject to the revocation of their swimming privileges. No refunds will be given.

**GENERAL RULES / ADMISSION POLICIES**

1. No one will be allowed in the swimming area unless the pool is officially open and atleast one lifeguard is on duty. Entering the pool area when it is not opened for public use is prohibited and may be considered as a trespass.
2. All persons entering the pool area must pay the appropriate admission fee or latest proof of a valid membership or program registration (e.g. program pass, designated lanyard, or receipt).
4. Organized groups must follow our group use policies, and must be directly supervised at poolside by an adult in swim attire. All groups must schedule their visits in advance.
5. Lifeguards and Natatorium staff have the authority to enforce all pool rules. Patrons who repeatedly violate the rules or reasonable requests of staff may be ejected from the facility.

## **FACILITY**

1. All bags and baskets are subject to inspection.
2. Food and drinks (other than water in an appropriate plastic container) are not permitted on the pool decks (indoors or outdoors).
3. Employees are the only persons allowed in staff rooms, filter room, chemical storage areas and offices.
4. The outdoor pools may be closed and cleared periodically for a safety check or to apply chemicals. This is a good time to head to the restrooms while our staff check and adjust chemicals to ensure proper sanitation of swimming pool water.

## **ATTIRE**

1. All patrons within the pool area must be attired in swimming apparel. No street clothes are allowed in the pool. Clothing such as cut-offs, gym shorts and underwear is not permitted as swimwear. Swimwear should not have been worn for exercising immediately prior to pool use as soiled clothing can create an unhealthy swimming environment. All clothing must be colorfast and lightweight material suitable for swimwear, such as Lycra, Spandex or nylon.
2. T-shirts (including those for modesty or sun protection) are not permitted. Rashguards, which are more tight-fitting, designed for in-water use and which offer protection from the sun, will be permitted.
3. Swimmers must wear the correct colored caps designated to them according to their fitness/expertise level.
  1. Red Color - Beginner/Learn to Swim
  2. Yellow Color - Amateur
  3. Green Color- Professional/Swimming team member

## **BEHAVIOR**

1. Socializing with or distracting pool staff, including lifeguards, is prohibited.
2. No person within the pool area shall behave in such a manner as to jeopardize the safety and health of himself/herself and others. Such behavior, including abusive or profane language, shall be grounds for expulsion.
3. Loitering will not be permitted on the pool grounds or within any of its facilities.
4. Running, boisterous or rough play, pushing, acrobatics, dunking, wrestling, offensive or disruptive splashing or yelling, diving or jumping without care and caution, snapping of towels, improper conduct causing undue disturbances on or about the pool area or any acts which would endanger any patron are prohibited.
5. Spitting, spouting water, blowing nose, urinating or defecating in the pool is prohibited.
6. No prolonged underwater swimming for time and/or distance. Competitive or repetitive breath holding can be deadly and is not permitted. Hyperventilation is absolutely not permitted.
7. Gum chewing is not permitted anywhere in the pool area for health and safety reasons.

## **AGE & HEALTH/SAFETY RESTRICTIONS**

1. Children below 6 years of age and adults who are incontinent are not permitted to use the Swimming Pool.
2. Children under 14 years old must be accompanied by an adult supervisor (age 18+).
3. Patrons who are tired, or have consumed alcohol or other drugs which induce sleepy feelings are not allowed to use the swimming pool. The life guards are to notice people who frequently yawn during swimming and advise them to take rest to ensure safe usage of the swimming pool.

4. Any injury occurring in the pool must be reported to a lifeguard or pool supervisor immediately.

**5. All patrons must take a cleansing soap shower before entering the water.**

6. Any person having a skin disease, sore or inflamed eyes, cold, nasal or ear discharge, communicable disease or who is wearing any kind of bandage or Band-Aid to cover an open (unhealed) wound will not be permitted in the pool.

7. Any adult or child who is experiencing even a mild case of diarrhea may not use the pool. Persons with diarrhea should wait two weeks after symptoms end before returning to the pool. Pathogens of concern may still be shed up to two weeks following the end of symptoms.

8. Patrons who are tired from other sports activities, and those who have heart or nerve related problems are not allowed to use the swimming pool.

9. A medical background checkup would be done by the doctor in the NITT Hospital using the roll number of the patron regarding the presence of any serious conditions such as fits, chest pain or muscle cramps, etc.

## **EQUIPMENT / TOYS**

1. Swim toys, balls and the like may be used at the discretion of the supervisor on duty.

2. Inner tubes, inflatable boats and rafts, or inflatable bathing suits are not permitted in the pools.

3. Coast Guard approved and labeled lifejackets designed to provide vertical support may be worn. Water wings (“swimmies”) may not be worn. No back floats, bubbles, rings (including those built into bathing suits) or one-sided floatation devices are permitted.

4. Face masks and snorkels may not be used by children except during approved instructional programs. Goggles are permitted.

5. The use of starting blocks is restricted to approved swim practices, swim meets and instructional programs only under the direct supervision of a properly trained instructor/coach.
6. Headphones/ear buds must be worn when listening to musical entertainment devices.

## **RULES FOR RECREATIONAL & LAP SWIMMERS**

1. Note & Float policies and procedures must be followed. Persons who cannot pass the swim test will be restricted to shallow areas of the pools. Those under 4 feet tall must wear a lifejacket.
2. No diving will be permitted in water less than 5 feet deep.
3. Lanes will be reserved for those persons wishing to swim lengths undisturbed. Persons not swimming lengths should remain in other pool areas.
4. **Lap lanes are intended for multiple swimmers.** Lap swimmers should arrange themselves by speed in the lanes. Challenges arise when you insert yourself into a lane that is too fast or too slow for your speed.
5. For effective use, lap swimmers should swim counterclockwise near the lane markers and pass in the middle when more than 2 swimmers are in a lane. Much like driving, swimmers should stay to the right while swimming in the lane, and pass on the left.
6. Stop only at turning walls. Move to the side to allow others to turn and continue. Turns are made in the center of the lane at the wall.
7. Lifeguards may ask you to move to another lane to more closely match your swimming pace. Please comply with this to make everyone's swim more enjoyable.

## Procedure to get the Swimming Pool Pass:

1. Print the Medical fitness form and get it sign from Dr. E .Navaneetha Kannan (for Boys) and Dr. Mathivadhani (for Girls) from the NITT Hospital.
2. The Undertaking form signed by the swimmer (as per the category).
3. Check the forms with Mrs. V. Lalitha (Senior SAS Assistant), Sports Center, Department of Physical Education, NIT, Trichy.
4. Pay the Fees in the Cash counter of our Institute.
5. Submit the Chelan along with the above two forms and get the ID card from Mrs. V. Lalitha (Senior SAS Assistant), Sports Center, Department of Physical Education, NIT, Trichy.
6. For further clarification, Please contact the Physical Director or the Sports Convener.

Contact No's: 0431-2503790, 91, 42.

**Note:** Forms are given below.

**HOSPITAL, NIT TIRUCHIRAPPALLI**

**MEDICAL FITNESS FORM**

**STUDENT/STAFF/WARD/GUEST DETAILS**

Name : \_\_\_\_\_

Roll Number : \_\_\_\_\_

Date of Birth : \_\_\_\_\_

Phone Number : \_\_\_\_\_

Parent's Name : \_\_\_\_\_

**MEDICAL HISTORY**

- 1. Chlorine Allergy : Yes / No
- 2. Asthma : Yes / No
- 3. Heart Attack : Yes / No
- 4. Heart Failure : Yes / No
- 5. Seizures (Fits) : Yes / No
- 6. Visually Impaired : Yes / No
- 7. Hearing Impaired : Yes / No
- 8. Prone to muscular cramps : Yes / No
- 9. Hemorrhoids (Piles) : Yes / No
- 10. Physically Disabled : Yes / No
- 11. History of incontinence? : Yes / No
- 12. Any other conditions? : \_\_\_\_\_

Summarizing,

Is he / she medically fit to swim ? Yes / No

I, Dr. \_\_\_\_\_, hereby declare Mr./Mrs./Ms. \_\_\_\_\_ to be medically fit to swim, and that he/she does not possess a history of any serious medical disorders.

Doctor's Signature

Date:

**PHYSICAL EDUCATION DEPARTMENT, NIT TIRUCHIRAPPALLI**

**LETTER OF UNDERTAKING BY STUDENT/FACULTY WARD**

I, Mr./Mrs./Ms. \_\_\_\_\_, Roll. No. (\_\_\_\_\_) son/daughter/wife/husband of \_\_\_\_\_, residing at \_\_\_\_\_, hereby confirm that I have read the rule-book of the NITT Swimming Pool, and am aware of the rules and regulations to be followed by me in the NITT Swimming Pool. I am also aware that the rules and regulations are for my own benefit and improvement.

I hereby declare that:

1. I do not have a history of any serious medical conditions such as seizures (fits), heart failure, asthma, etc.
2. I am solely responsible for my actions inside the Swimming Pool premises.
3. The Management shall not be held responsible in the event of any mishap due to my negligence/non-compliance with the NITT Swimming Pool rules in the Swimming Pool premises.

I understand that if I fail to comply with the terms, I will be liable for suitable action as per the College rules and regulations. I undertake that I will strictly follow the rules and regulations NITT Swimming Pool.

Signature of the Student/Faculty Ward

I fully endorse the above undertaking being signed by my son / daughter / husband / wife for using the Swimming Pool at NITT premises. I also ensure that he / she complies with the stipulated rules for the Swimming Pool.

Signature of the Parent/Faculty

Date: \_\_\_\_\_

Name and address with Phone Number



**PHYSICAL EDUCATION DEPARTMENT, NIT TIRUCHIRAPPALLI**

**LETTER OF UNDERTAKING BY FACULTY/STAFF**

I, Dr./Mr./Mrs./Ms. \_\_\_\_\_ (Staff No. \_\_\_\_\_),  
residing at \_\_\_\_\_,  
hereby confirm that I have read the rule-book of the NITT Swimming Pool, and am  
aware of the rules and regulations to be followed by me in the Swimming Pool. I  
am also aware that the rules and regulations are for my own benefit and  
improvement.

I hereby declare that:

1. I do not have a history of any serious medical conditions such as seizures (fits), heart failure, asthma, etc.
2. I am solely responsible for my actions inside the Swimming Pool premises.
3. The Management shall not be responsible in case any accident or mishap in the Swimming Pool premises.

I understand that if I fail to comply with the terms, I will be liable for suitable action as per the College rules and regulations. I undertake that I will strictly follow the rules of the NITT Swimming Pool.

Signature of the Faculty/staff

Date: \_\_\_\_\_

Name and address with Phone Number

# PHYSICAL EDUCATION DEPARTMENT, NIT TIRUCHIRAPPALLI

## LETTER OF UNDERTAKING BY GUEST

I, Mr./Mrs./Ms. \_\_\_\_\_, guest of \_\_\_\_\_ (Staff No. \_\_\_\_\_) hereby confirm that I have read the rule-book of the NITT Swimming Pool, and am aware of the rules and regulations to be followed by me in the Swimming Pool. I am also aware that the rules and regulations are for my own benefit and improvement.

I hereby declare that:

1. I do not have a history of any serious medical conditions such as seizures (fits), heart failure, asthma, etc.
2. I am solely responsible for my actions inside the Swimming Pool premises.
3. The Management shall not be responsible in case any accident or mishap happens in the Swimming Pool premises.

I understand that if I fail to comply with the terms, I will be liable for suitable action as per the College rules and regulations. I undertake that I will strictly follow the rules of the NITT Swimming Pool.

Signature of the Guest

I fully endorse the above undertaking being signed by my Guest for using the Swimming Pool at NITT premises. I also ensure that he / she complies with the stipulated rules for the Swimming Pool.

Signature of the Staff

Date: \_\_\_\_\_

Name and address with Phone Number