

Aquatic Rules and Regulations

- **LAP SWIM ONLY**, Stony Brook University Pool is designated for lap swim only.
- Loitering in the pool is not permitted.
- Lifeguards have the responsibility to enforce regulations and have the authority to remove anyone for unsafe or inappropriate behavior.
- Proficient swimming ability is required. Lifeguards may assess swim ability and remove those patrons who pose a hazard to themselves or others.
- No running or rough play is permitted in the pools or aquatic equipment.
- Clean, appropriate attire designed for swimming is required. Street clothes and see through swimwear are prohibited. Swimwear appropriate attire is acceptable in hallways connecting pools and locker areas.
- Take a shower before entering the pool.
- Spitting, spouting of water, blowing the nose and similar behavior in the pool is prohibited.
- Do not enter the pool with a cold, skin or body infection, open wound, diarrhea or any other contagious condition.
- Swimming or use of the pool deck is prohibited unless the pool is open and university-approved lifeguards are on duty.
- Emergency signal: 1 long whistle blow = exit pools immediately and follow aquatic staff instructions
- All training and fitness equipment are to be used in the manner for which it was designed.
- Kickboards and pull buoys are available to use for workouts.
- No personal display of affection in pool areas.
- No diving in shallow areas and where marked 'NO DIVING'.
- Glass, food, beverages, gum or tobacco products are prohibited.
- Water in sealed plastic containers are allowed on deck.
- Do not hang on or swim across lane or life lines.
- Do not block the stairways.
- Hyperventilation or the holding of one's breath underwater for an extended period of time is prohibited.
- Lap swimmers may be required to circle swim when lane use exceeds two persons.
- Swimming or diving instruction may be provided solely by individuals approved by SBU Campus Recreation & Wellness
- Patrons should keep personal belongings secure at all times. Campus Recreation is not responsible for the loss, damage or theft of items worn in the pool or left in the locker room.
- All other general facility policies apply.