

Cornell Pool Rules

1. DO NOT enter the water unless a guard is on deck.
2. All persons must take a shower before entering the pool enclosure.
3. Proper swim attire is required. No street clothes, unless required for religious reasons. Swimming in underwear, compression shorts, sports bras, thongs or see through suits is prohibited.
4. Swim tag must be visible to lifeguards.
5. Spitting, spouting water, blowing the nose, or discharging bodily waste in the pool is strictly prohibited.
6. Persons having open wounds, sores, etc... are not permitted to use the pool.
7. Persons who have 'flu or have had a gastrointestinal illness in the past two weeks are not permitted to use the pool.
8. Glass containers, sharp objects and any other items which might cause injury or accidents are not allowed in the pool or pool area.
9. Gum and Band-Aids must be deposited in the trash before entering the water.
10. Lap swim is for continuous swimming. Please be considerate of others in the lane. Please circle swim when more than one individual is utilizing that lane.
11. Starting blocks and diving boards can ONLY be used for competitive swimming or PE classes.
12. Cornell PE & Wellness equipment can ONLY be used by authorized personnel or authorized groups.
13. No hanging on lane lines, ropes or ladders.
14. No running on the deck.
15. No pushing, shoving, horseplay or other inappropriate behavior is allowed.
16. No diving in depths less than 8 feet. .
17. Back dives and flips from the edge are not allowed.
18. Hypoxic training or breath holding is strictly prohibited.
19. Children under the age of 18 are ONLY allowed at Family Swim and must be accompanied by an adult at all times. Children who cannot swim must be within arm's reach of an adult and remain in the shallow end. There must be one adult per child who cannot swim.
20. Children must be toilet trained; NO swim diapers.
21. Individuals who cannot swim are only allowed in the shallow end.
22. Only service animals permitted in the pool area; other pets are not allowed.

***Please obey all lifeguard instructions; failure to do so may result in patron being asked to leave.**

***One long whistle blast may signal an emergency. Exit the pool immediately and look to the lifeguard for further instruction**