Pool Rules – State Pool
Iowa State University
Recreation Services
www.recservices.iastate.edu

General Policies
• DO NOT enter the pool area unless a lifeguard or qualified instructor is present.
• Swimsuits must be worn; street clothing is not allowed in the water (t-shirts are allowable).
• Please shower before entering the pool.
• No food or beverage allowed (NO GUM).
• No diving into the shallow areas (lanes, vortex or spa) or in other areas marked “NO DIVING.”
• Jumping from the deck to the play area is not allowed.
• No running on the deck or pool enclosure area.
• No rough play in or around the swimming pool.
• Swimming lessons are prohibited in the pool unless scheduled or as part of a family open swim time.
• Use of the swimming pool by anyone with a contagious disease or open sore is prohibited.
• Please remove all band-aids before entering the water.
• Do not swim after the consumption of alcoholic beverages.
• Lane lines, handicap chair, time clock, radio, television and other pool equipment are to be handled only by the lifeguard staff.
• Hanging on the backboard, rim (dunking) or volleyball nets prohibited.
• Non-Coast Guard approved flotation devices are prohibited.
• Recreation Services is not responsible for lost, stolen, or damaged personal property.
• Decisions rendered by the lifeguard staff are final.

3 Meter Platform Policies
• One person at a time – next diver must wait on the pool deck until the person has gone off the platform.
• No handstands, back flips or cartwheels are allowed.
• Go straight off the board and exit the water immediately (stairs located on the east side of diving well).
• The use of goggles or masks while diving is prohibited (can be placed on the wrist while diving).

Spa Policies
• Persons with a medical condition, including pregnancy, should not use the spa without first consulting with a physician.
• Anyone having a contagious disease shall not use the spa.
• Persons shall not use the spa immediately following exercise or while under the influence of alcohol, narcotics, or other drugs.
• Persons shall not use the spa alone or without supervision.
• Children shall be accompanied by an adult.
• Persons shall not use the spa longer than ten minutes.
• No one shall dive or jump into the spa.
• A maximum of 25 people are allowed in the Spa at one time.

Lap Swimming Etiquette
For the Health and Enjoyment of all swimmers, please abide by the following:
• Expect to share a lane. If there are 3 or more swimmers, you must circle swim.
• Try to swim with others of your own pace.
• Swim in a counterclockwise direction staying on the right side of the lane.
• Pass only when the passing lane (middle of lane) is clear.
• Avoid congregating at the end walls. Please move to the extreme right corners of the lane if stopping for a moment.
• Be considerate of others and their individual workouts.