

**The Vanderbilt Dayani Center for Health and Wellness**  
**Aquatics Safety Guidelines**

**Children**

Because we are a medical fitness center, children are not allowed in the pool unless in a clinical program. All children must be accompanied by an adult. Children who are not potty trained must wear leak proof swim diapers.

**Attire**

Appropriate swimming attire must be worn at all times. Bathing caps are recommended for swimmers with long hair.

Aquatic shoes are highly recommended for anyone participating in water aerobics classes or water walking. Diabetics are required to wear aquatics shoes, unless they are swimming laps.

Street shoes are not allowed on the pool deck. No flip flops allowed in the water or on the stairs.

All bathers are required to take a cleansing shower before entering the pool.

**Safety Rules**

No food or drinks (other than water in unbreakable bottles) are allowed in the natatorium area.

No diving or head-first entry is allowed. Head trauma, neck injury or possibly paralysis or fatal injury could result.

No horseplay, face down floating, or excessive public displays of affection are allowed.

The aquatic lift is only to be used with the assistance of a trained lifeguard or exercise specialist.

No animals, other than service animals, are allowed in the natatorium area.

Breath-holding and underwater swimming may be hazardous, especially to those who have lung disorders, such as asthma or COPD.

In the event of nearby lightning or thunder strikes, the lifeguard or exercise specialist on duty will close the pool and all swimmers must exit the pool and deck. Swimmers must then wait for lifeguard or exercise specialist clearance to return to aquatic activities.

## **Please Share**

Please reserve the lap lanes for lap swimmers. Walkers and group exercise classes are to use the wide lane. If all swim lanes are full, swimmers should double-up in the swim lanes before using the wide lane to swim laps. Lifeguards may ask walkers to exit a swim lane if more than two lap swimmers are present.

## **NEVER SWIM ALONE!**

**If you are alone in the pool area and a lifeguard is not available, please alert the exercise specialist on the exercise floor if you wish to use the pool.**

Thank you for your cooperation.

If you have any questions, please ask the lifeguard or call the exercise specialist on duty at 322-6555