



Pool Rules



=We aim to offer the pool you enjoy yourself safely. We would like to obtain your understanding and cooperation. =

~Conditions of entry~

- 1) **Any person under the influence of alcohol will not be permitted to enter.**
- 2) **All children aged 8 years (2nd grade of elementary school) and under must be accompanied by a parent or legal guardian or person aged at least 16 years.** These may supervise a maximum of 2 children aged 8 and under.
- 3) Any person who belongs to a gang will not be permitted to enter.
- 4) Any person tattooing will not be permitted to enter, except wearing a rash guard to hide the tattoo.
- 5) The pool visitor (attendant visitor), please purchase "a use ticket" with a ticket vendor like a pool public user.

~Use of change room~

- 1) A ¥100 coin must be inserted into the locker before locking and removing the key. **(The coin will be returned upon unlocking the locker.)**
- 2) Valuables (rings, earrings, necklaces, watches, game devices, sound devices etc) should **be kept in the locker for safety.**
- 3) **No shampoos and soaps are permitted to use** in the shower room.

~Prohibited use/items~

- 1) **Smoking is not permitted anywhere within the premise.**
- 2) **Food and drinks will not be taken onto the poolside except 500ml bottled water to prevent heat stroke.** (They should be kept far enough from the pool for public hygiene. Empty bottles should be taken home with you.)
- 3) **Taking photos and videos are not permitted to protect privacy of other visitors.** Cameras, mobile phone cameras and other recording devices are not permitted.
- 4) Clothing such as t-shirts and casual wear are not permitted whilst swimming in the pool except in the poolside. Towels and hats (straw hats, baseball caps) can be taken onto the poolside.
- 5) Large aquatic items such as body boards and floating mat are not permitted. Swim rings and beach balls may be used in **25m pool only.**
- 6) **Beach sandals provided by the City Pool may be worn on the poolside.** They should be taken off before swimming. They are provided at the entrance of the change room.
- 7) **Silver jewelries such as watches, necklaces, bracelets and earrings should be taken off** before swimming to prevent injuries caused by collision. These items should be kept in the locker.
- 8) No glass items, bottles and tins are permitted.
- 9) No toys are permitted. **Toys provided by the City Pool may be used in the toddler pool only.**

~Before swimming~

- 1) **Try stretching exercises before swimming.** Feel free to use stretch poles and mats and try some exercises shown at the pool entrance.
- 2) All persons are **encouraged to shower thoroughly before entering the pool** for hygiene purposes. No sun tan oils, sunscreens, hair wax and makeup are permitted. Please remove them thoroughly before entering the pool.
- 3) Swimming with inappropriate swimwear is not permitted.
- 4) Clothing such as t-shirts and casual wear are not permitted whilst swimming in the pool. No towels may be used in the pool.

~Prohibited activities~

- 1) **No running.** The poolside may be slippery.
 - 2) **No diving. Diving is considered to be dangerous.**
 - 3) **No excessive swimming or underwater activities involving hyperventilation.** (spending continuous lengths extensive time underwater)
 - 4) **No dangerous activities such as playing tag, standing on the head, spins, somersaults, jumping over the other swimmers and bombings.**
 - 5) No staying around the drain. (The safety check has been done before opening.)
 - 6) No getting over, leaning against and hanging on to lane ropes. (Lane ropes might get broken.)
 - 7) No throwing goggles, locker keys and other swimmers.
- * Please respect other swimmers. Abusive or offensive behavior is not permitted.

~Supervision requirements~

- 1) Swimming nappies may be worn with swimsuits **in the toddler pool only.**
- 2) All children aged 8 years and under and non swimmers are to **be within arms and eyes reach of the supervising adult at all times.**
- 3) All children with inflatable items are not necessarily assured of their safety, such as in case the item gets damaged. They should be kept the under the continuous supervision of a responsible person.

~25m pool area~

- 1) **No sitting in the swim ring.**
- 2) Glasses may be worn with a retainer. (An elastic band will be provided.)

~Toddler pool area~

- 1) Available for **children aged 8 years and under, and their parents or guardian only.**
- 2) All children are to **be within arms and eyes reach of the supervising adult at all times.**

~Slide pool area~

- 1) No running up the stairs.
- 2) Only allowed to go down the slide **in sitting position and feet first.**
- 3) **No sitting in the swim ring.** (Inflatables will be unavailable when crowded.)
- 4) Glasses may be worn with a retainer. (An elastic band will be provided.)
- 5) No getting over a lane rope and **entering in the landing pool** to prevent collision. No hanging on to lane ropes to prevent being broken.

~50m pool area~

- 1) Available for person **at least junior high school students. (Kids who are 3rd grades and over of elementary school and have passed the swim test are allowed.)**
- 2) Entering of the pool from diving boards side will not be permitted when crowded to prevent collision.
- 3) Swimmers who are not tall enough in the pool should keep staying shallow area. (Lifeguards will guide swimmers to shallow area.)
- 4) No diving. Diving is considered to be dangerous.
- 5) Swimming fins and swimming gloves (no paddles) are permitted in the 50m pool only.
- 6) **No excessive underwater swimming or hyperventilation.**
- 7) **No inflatables are permitted.**
- 8) Turns (flip turn) and swimming course will be regulated in the free lane when crowded.

~Others~

- 1) There is a **10 minute-break- time from 50 to 00 every hour** for health care and check of the pool safety.
- 2) **Please feel free to talk to lifeguards when injured or feeling unwell.**
- 3) **Swimming will be stopped during rough weather, lightning, low temperature and other bad conditions.**
- 4) Please be aware of the emergency exit for emergency. For emergency, please obey lifeguards and cooperate to evacuate smoothly.
- 5) **Please respect other swimmers by not pushing, swearing, and littering. Abusive or offensive behavior is not permitted.**
- 6) City pool accepts no responsibility for lost or stolen belongings; lockers are available for use.
- 7) **Please wash your eyes, gargle your throat and take shower thoroughly after swimming.**
- 8) Please check in the locker and surroundings that you have not left anything behind when leaving.
- 9) **Please take litters home with you.**
- 10) Lifeguards may warn you when the pool rules are not followed or any trouble is caused to keep safety and good order of the pool.

Please feel free to ask lifeguards when you need further information
We thank you for your understanding and cooperation.