

Wellness Center Aquatics

Rules & Regulations



UNIVERSITY OF NEBRASKA AT OMAHA
WELLNESS CENTER

Pool

Lifeguards instructions are to be followed at all times

Behavior that is deemed to be unsafe by the lifeguards is prohibited

No person is allowed in the pool without a lifeguard on duty

No person shall be permitted to use the pool without first having taken a shower

No person with an obvious communicable disease, skin eruption, cut, sore, or lesion, eye, ear, nose, or throat infection will be permitted to use the pool

No glass, food, or tobacco products are permitted on the pool deck

The pool phone is for emergency use only

All swimmers are required to wear a proper bathing suit (e.g. No gym shorts, bras, or underwear)

Children under the age of 16 must be accompanied by a parent or guardian

Non-swimming children must always remain within arm's reach of a responsible adult

When people are waiting for lane space, you may be asked to share your lane and circle swim

A lane is not considered full until there are four adults in the lane

No running

No horseplay, dunking, splashing, or spitting

No profanity

Excessive Public Displays of Affection is prohibited

Diving Board

Lifeguards instructions are to be followed at all times

Behavior that is deemed to be unsafe by the lifeguards is prohibited

One person is permitted on the diving board at a time

Only one bounce is permitted

Diving to the side is prohibited

Hanging on the diving boards is prohibited

No swimming under the diving boards while they are in use

Reverse dives and gainers are prohibited

Spa

Children under 16 are prohibited from using the spa

No person is to use the spa without first having taken a warm shower

Appropriate swim wear must be worn: thongs, cut offs, t-shirts, or boxers are prohibited

Individuals may not completely submerge themselves in the spa

Pregnant women, elderly persons, and persons suffering from heart disease, diabetes, or high or low blood pressure should not enter the spa/hot tub without prior medical consultation and permission from their doctor

Do not use the hot tub while under the influence of drugs or alcohol or other drugs that cause drowsiness or that raise or lower blood pressure

Do not use at water temperatures greater than 104 degrees Fahrenheit

Do not use alone

Enter and Exit slowly

Observe reasonable time limits(10-15min), then leave the water and cool down before returning for another brief stay

Long exposure may result in nausea, dizziness, or fainting

Keep Breakable objects out of the area

People with open wounds or infectious diseases are not permitted in the hot tub

Public Displays of Affection are prohibited

Maximum number of people in the spa is 22

Steam Room/Sauna

Avoid using alcohol and medications before and after using a sauna.

If you have any medical conditions or are pregnant, consult with your health care provider before having a sauna session.

No shaving, oils and scented soaps are not allowed in steam room or sauna.

No children under of age of 16.

Long exposure may result in nausea, dizziness, fainting or death.