

Keeler Indoor Pool Rules

Bldg 9993

Lifeguards are responsible for your safety and must deal with circumstances not specifically posted. Please help by following their directions. Feel free to contact the pool manager if you have any questions.

GENERAL RULES

1. Please walk at all times
2. No diving into the shallow end.
3. Underwater swimming & breath holding are prohibited, includes bobbing.
4. Clean swim suit, PT uniform or ACU's required for pool training. (ACU's must be rinsed off before entering the pool.)
5. Please do not change on deck, use locker rooms.
6. Place gum in trash before swimming.
7. Misuse of equipment will result in the loss of privileges.
8. Back dives and somersaults of any kind are not permitted off the pool deck.
9. Do not block exits and doors with any type of equipment.
10. Parking near entrance for Emergency Vehicles only.
11. Three or more personnel utilizing the pool are required to fill out a Risk Assessment or you not be allowed in the pool.

MILITARY TRAINING

12. The tower is for military approved training only.
13. You must wear boots or tennis shoes to jump off the tower.
14. No flips or diving off of tower. Enter feet first only.
15. Wait at bottom of stairway until previous swimmer touches the wall.
16. One person at a time on the tower.
17. Non-swimmers are NOT allowed to use the tower.
18. Underwater swimming or breath holding is permitted ONLY IF:
 1. It is mission related
 2. An HJB 2031 requesting the pool for training has been completed and approved.
 3. Pool staff have the original Risk Assessment prior to training, detailing all events to be conducted.
 4. Unit must provide a medic, oxygen and backboard.
 5. A qualified safety swimmer is provided for EVERY person that is swimming underwater or breath holding.
 6. During training the medic must be on deck and directly observing the underwater operations at all times.
19. Military training is scheduled one moth out, please see pool staff to schedule training for the pool.



(Revised July 2014)

