



MIT Recreational Sports Aquatic Rules and Regulations

ZESIGER AND ALUMNI POOLS

- The use of any MIT aquatic facility is prohibited unless supervised by a Massachusetts Institute of Technology Lifeguard or other certified Aquatic staff person(s).
- A cleansing shower is required before entering the water in accordance with MA pool code.
- Appropriate swim attire required. For females, appropriate swimwear is that which covers the breasts, buttocks, genitals and pubic regions. For males, appropriate swimwear is that which covers the buttocks, genitals and pubic region, i.e., specifically street clothes, thong and see-through swimwear are prohibited. Only clean footwear is permitted on deck.
- No person with a communicable disease is allowed to use the pools.
- Lifeguards have the final authority on all matters concerning safety management and emergency situations in the Zesiger Sports and Fitness Center and Alumni pool until relieved by proper authorities.
- Emergency Alert System is two, long whistle blasts. Upon hearing this, all patrons must exit the pool immediately.
- Direct Adult supervision is required for children 17 and younger in the same pool area.
- Running on the pool deck is prohibited.
- Hyperventilation and holding breath under water for an extended period of time are strictly prohibited; underwater swimming for a maximum of 20 yards is acceptable.
- No food or glass allowed anywhere on deck.
- Swim masks with glass lenses are prohibited. Shatter-proof masks or competitive swim goggles are allowed.
- Eyeglasses may be worn in the pool only if they have plastic or safety glass lenses and are worn with a safety strap.
- The use of non-Coast Guard approved flotation (aid) devices by non-swimmers is prohibited. This includes, water wings, float swim suits, noodles, aqua jogging belts, baby floats, inner tubes, kick boards, bull-buoys, etc. **Exception:** Persons who possess proficient swimming ability engaged in exercise or training programs and persons with disabling conditions, if appropriate.
- Starting blocks are for the sole use of the swim teams and other approved groups with a coach on deck.
- Sinking aides such as rubber bricks, rings, and pucks are acceptable with proper use during open swim, as determined by the lifeguard(s) on duty. Throwing hard objects is prohibited. (Rocks, coins or metal objects that will rust are not permitted).
- Water polo or other water games which use a ball shall not be permitted in any of the pools without prior authorization. **Exception:** One person practicing dribbling skills in an area large enough as to not conflict with recreational swimmers is permitted, upon approval from lifeguard – ball passing not allowed.
- Hanging onto lane lines is not permitted.
- Demonstration of swimming ability must be performed at the request of the lifeguard. Sample swim test to use 50M pool would be to swim 25 yards without stopping or touching the side/bottom.
- No chicken fighting or rough housing in or around the pools.
- Those not toilet trained must wear vinyl/rubber pants with tight fitting elastic openings over a diaper/swim diaper.
- Chewing gum is not permitted in the pool area.
- Kick boards and pull buoys are not to be used as toys and should only be used for fitness training.
- MIT Recreational Sports allows the use of equipment that is in the blue bins on the pool deck (kickboards, pull buoys, aqua jogging belts, fins). All other equipment is for classes or special events.
- When two people share a lane, swimmers should circle swim unless they have agreed to split the lane. If three or more people share a lane, swimmers must circle swim. When the 50 M is set up in long course all swimmers must circle swim at all times.

50 METER POOL (Zesiger Sports and Fitness Center)

- No swimming under the bulkhead at any time.
- Only authorized personnel are allowed to walk across the bulkhead.

DIVING AREA (Zesiger Sports and Fitness Center)

- Only one person is allowed on the diving board at a time.
- Only one bounce on the board is allowed for recreational divers.
- No back flips, reverse or inward dives or twisting dives allowed, without approved instructional supervision.
- Sit down and sailor dives (head first, arms at side) are prohibited.
- Diving deemed unsafe in the judgment of the lifeguard will be prohibited.
- Fulcrum must be used in the forward position during recreational diving.
- Patrons should jump straight off the board, not to the side or toward the wall.
- Exit the pool via the nearest ladder/ stair immediately after diving.
- Patrons able to swim may use the one-meter boards during designated recreational diving times.
- Platforms are restricted to scheduled coached activities.
- The only place that patrons can swim in the diving area during water fitness classes, diving practices, or diving times is in the lanes
- Dive Team members are restricted to recreational diving when a coach is not present.