

AY2015 Takaishi Memorial Swimming Pool: Individual Use

Guide

This guide provides important information about the individual use (use other than for a class) of the Takaishi Memorial Swimming Pool. Pool users are required to abide by the rules and regulations described below.

1. Status of individual Users of the Pool

An individual who has completed the prescribed user registration procedure will be considered an individual user (hereinafter referred to as the “user”).

2. Requirements for individual Use

The following conditions must be met for individual use of the pool.

- (1) The user must have received a health check from the University or an outside medical institute that includes ① a chest X-ray, ② urinalysis, ③ height and weight measurement, ④ blood pressure measurement, ⑤ visual acuity test, and ⑥ interview (medical examination as needed) for the relevant one-year term of user registration.
- (2) The user must have received an electrocardiograph examination and been cleared for swimming.
- (3) The user must complete the procedures stipulated herein and comply with all conditions.

3. Opening period and Time

April 13(Mon.),2015-February 4(Thu.),2016

Operation in summer, winter, and spring vacation will be different from regular season in each semester.

Date		Time	Lanes	Capacity	Note	Note
Mon	Period 3	13:00-14:30	3	30		Shared use; Swimming club, Waseda High School Waseda Junior High School
	Period 4	14:45-16:15	3	30		
	Period 5	16:30-18:00	3	30		
Tues	Period 3	13:00-14:30	3	30		
	Period 4	14:45-16:15	6	60		
Wed	Period 4	<u>14:50</u> -16:15	3	30	Start time is different from school hour	
Thurs	Period 4	<u>14:50</u> -16:15	3	30	Start time is different from school hour	
Fri	Period 4	14:45-16:15	6	60		
	Period 5	16:30-18:00	3	30		
Sat	Period 3	13:00-14:30	6	60		
	Period 4	14:45-16:15	3	30		Shared use; Waseda High School

4. About the Pool

- (1) Pool size: 25 m × 6 lanes (lanes are separated for beginner, intermediate, and advanced use) (note that the pool is 3 m deep from approximately 5 m away from the diving board)
- (2) Capacity: 60 swimmers (number of users may be restricted if necessary)
- (3) Opening hours: Posted separately
- (4) Opening period: As a rule, the pool is open from the second week of each term to the last day of classes. (Summer, winter, and spring vacation operation will be announced separately.) Please be advised that the pool may be closed due to maintenance, construction or other circumstances, or as deemed necessary or appropriate by university authorities.

5. User Registration Procedure

If you agree to the conditions of use stated herein, proceed with the user registration procedure described below. A Registration Card (valid for one academic year) will be issued after completion of the procedure. As a rule, Registration Card is not reissued, so please do your best not to lose your card.

- (1) Applications are accepted during term time.
- (2) Apply at the Athletic Centre Office (Bldg. No. 33, 1F).
- (3) The following documents are required to complete this procedure.
 - ① Student ID
 - ② User Registration Application and Letter of Intent (* Your name seal is required to complete this form.)
 - ③ Name seal(* If you are an international student does not have name seal, your signature can be regarded as signature's alternative.)
 - ④ Student Health Card of Waseda University or Health Certificate which satisfies the conditions "2. Requirements for Individual Use (1)" described at the left.
 - ⑤ Results of electrocardiograph examination from within 3 years of application
*Graduate school students who have graduated from undergraduate school of Waseda University need to have "health checkup" and "electrocardiograph examination" again.)
- (4) Registration is valid for one year only. Users who wish to renew must reapply.

6. Pool Use

- (1) Purchase a ticket (100 yen per one period each) at the ticket machines located in the department offices and other locations.
- (2) You will be required to show the followings and give the ticket to the pool staff.
 - ① Student ID
 - ② Registration card
- (3) Comply with "7. Precautions for Use of Swimming Pool," and keep the locker room and pool area clean and safe.

7. Precautions for Use of Swimming Pool

The precautions include (1) what users should do, (2) what users are prohibited from doing, and (3) individuals who are not allowed to use the pool. Users should comply with the precautions to ensure a clean and safe pool environment and enjoyable use for everyone. In order to make the pool safe and enjoyable, please follow the instructions of lifeguards and staff. Your cooperation is appreciated.

(1) Please ensure you do the following:

- Complete all application and registration procedures
- Be responsible for your health
- Follow the instructions of lifeguards and staff (you may be asked to leave the premises if swimming is not possible for sanitary or supervisory reasons)
- Be responsible for your belongings, including cash and valuables
- Lock your locker
- Shower before entering the pool
- Warm-up before swimming
- Wear a swimming cap
- To prevent slipping, do not run along the poolside
- Be aware that the deepest part of the pool is 3 m
- Do not overexert yourself
- Water is circulated through the drain in the deepest part of the pool. Stay away from the inlet.
- Take a break for a minimum of 10 minutes every hour
- Request help from lifeguards or staff if you are hurt or feel sick
- Exit the pool 20 minutes before closing time
- After swimming, take a shower and wash your face
- Report damaged equipment in the facility to lifeguards or staff immediately

(2) The following is prohibited:

- Taking pictures, eating or smoking on the premises
- Using shampoo and soap in the shower or footbath; washing clothes
- Jumping into the pool and other dangerous activities
- Putting towels into the pool
- Entering the pool area with clothes on
- Bringing in metal, glass or other items that may be dangerous into the pool area (for example, wet suits, diving equipment (oxygen tank), flippers, snorkels, mats, watches, glasses, contact lenses, floats, etc.)
- Unauthorized entry to the staff office or reception counter
- Other behavior that may cause a nuisance to others
- Behavior that presents safety or sanitary problems

(3) The following individuals are not permitted to use the pool:

- Individuals who have been prohibited from swimming by a doctor
- Individuals who have been prohibited by a doctor from participating in sports because of heart disease, irregular heartbeat, or heart or circulatory conditions
- Individuals with a tendency to develop cerebral anemia or apoplexy
- Individuals with high blood pressure, and individuals who are recuperating from illness or injury, or are restricted from physical activity for health reasons
- Individuals with kidney disease
- Individuals prone to develop muscle spasms or blackouts, and individuals suffering from beriberi
- Individuals with visual or hearing impairments
- Individuals with a viral infection, such as a cold, or other infectious disease
- Individuals under the influence of alcohol, those with a fever, those requiring sleep or who are fatigued, and those who do not feel well

8. Accidents during Pool Use

- (1) Should you feel ill or if you are injured while using the pool, seek immediate help from the lifeguard or staff. First-aid will be provided as needed. You will be referred to the Health Centre if necessary.
- (2) The University is not responsible for any accidents during the use of the pool. Accidents during the use of pool should be reported to the lifeguard, staff or Athletic Centre Office as injury compensation may be made available using "Injury and Accident Compensation Program for Waseda University Student" (Student Affairs Section).

9. Valuables

- (1) Cash and valuables are the responsibility of the individual. Always lock your locker. The University assumes no responsibility for theft.

Waseda University, Athletic Centre

To University Full-time Faculty or Full-time Staff who would like to use Takaishi memorial swimming pool

See the Website of "Salaries and Welfare Section" or "Cultural and Sporting Facilities" on Waseda-net portal. You may use the swimming pool with registration as an individual user. More detail, see "5.User Registration Procedure" and "6.Pool Use".

* You may be exempted for showing your health examination to our staff.