

AY2025 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 comply the rules and regulations described below.

1. Status of individual Users of the Pool

The following persons who have completed the prescribed user registration procedures will be considered as users. (The term “the user” will be used in the following text.)

- ▶ Students of Waseda University (undergraduate, graduate, non-degree student, exchange student).

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-up at the University or an outside medical institute that includes bellow(①~⑥) for the relevant one-year term of user registration.

【Required items】

- ①a chest X-ray
- ②urinalysis
- ③height and weight measurement
- ④blood pressure measurement
- ⑤visual acuity test and
- ⑥interview (medical examination as needed)

- ▶ If you have undergone a Health Check-up at the university in the relevant academic year, please check "the results of your health checkup" on MyWASEDA. And please show the MyWASEDA screen to complete the registration.

«Note»

The results of the Health Check-up will be available on MyWASEDA around mid-May. If you wish to register for the use of Takaishi Memorial Swimming Pool before then, please present the form “Confirmation of having undergone the Health Check-up and ECG test” at the health check-up site. This stamped form can be used for the registration. We cannot stamp unless your name and student ID are written. If you forget to bring this form on the day of your health check-up, please register to use Takaishi Memorial Swimming Pool after you can view your Health Check-up result on MyWASEDA. Stamping can only be done on the same day. It will not be available later.

<https://waseda.box.com/shared/static/kapm7z0uyig8r5thmyvtzj9cra009gy.pdf>

(2) The user must have undergone an electrocardiogram (ECG) test and been cleared for swimming.

【About electrocardiogram(ECG) test】

- Results of ECG test from within 3 years of application

(*The user needs an ECG test at least once while attending university.)

- Please show the Student ID when you undergo the test at the University .
 - Graduate school students who have graduated from undergraduate school of Waseda University need to have “Health Check-up ” and “ ECG test ” again.
 - If the user have been enrolled for more than 4 years, you need to undergo an electrocardiogram(ECG) test again.
 - The user can **only** receive an ECG test during the regular health checkup period.
- If you are unable to receive an ECG test during the regular health checkup period, please receive an ECG test at an outside medical institute and submit the results.

(3) The user must complete the procedures stipulated herein and comply with all conditions.

★About international student's Health Check-up and Electrocardiogram(ECG) test★

①1st semester students

The students will not be able to receive regular Health Check-ups and ECG tests conducted by the university, please receive a Health Check-up and an ECG test that includes the above 【Required items】 at an outside medical institute and submit the results.

②2nd semester or more students

The students can receive regular Health Check-ups and ECG tests conducted by the university. Please check the notification from your faculty/graduate school or Health Support Center carefully, as there is a limited period during which you can take the ECG test free of charge.

- Only students who have undergone regular Health Check-ups may have ECG tests outside the above period by appointment. However, the actual cost will be charged.

Please contact the Health Service Office for details. [お問い合わせ – 早稲田大学 保健センター](#)

3. About the Pool

▶Pool size: 25 m × 6 lanes

- Lanes are separated for beginner, intermediate, and advanced use
- Please note that the pool is 3 m deep from approximately 5 m away from the diving board

▶Opening period

- As a rule, the pool is open from the second week of each term to the last day of classes.

▶Capacity/Opening hours: Please visit our website for details.

- As a rule, we plan to post the next month's opening dates by the end of the previous month.

▶The Center will be closed

- on Sundays and public holidays during the class period

(*except public holidays when classes are held)

(*may be closed by effects of COVID-19 or social situation)

- during summer/winter, temporary holidays set by the university.

➡The latest information will be updated on the website from time to time, so please be sure to check the website before using!

4. User Registration Procedure

If you agree to the conditions of use stated herein, please proceed with the user registration procedure described below. Registration Card* (valid for one academic year) will be issued after completion of the procedure.

*Registration Card is not reissued, so please do your best not to lose your card.

▶Apply at the Takaishi Memorial Swimming Pool (Bldg. No. 38, 1F).

▶Applications are accepted during term time.

▶The following documents are required to complete this procedure.

①Student ID

②User Registration Application and Letter of Intent

③Results of a health checkup within the academic year in which you apply for user registration

④Results of ECG test from within 3 years of application

>>>Please refer to “**2. Requirements for individual Use**” for details on ③ and ④.

➡Registration is valid for one year only. Users who wish to renew must reapply.

5. Pool Use *Tickets are 300 yen per one use.

(1) Purchase a ticket at the ticket machines located in the Takaishi Memorial Swimming Pool, department offices and other locations.

(2) You will be required to show the followings and give the ticket to the pool staff. □

①Student ID

②Registration card

(3) Comply with “**7. Precautions for Use of Swimming Pool,**” and keep the locker room and pool area clean and safe.

If you go outside the pool and use it again on the same day, you will need to pay the usage fee **again.

6. 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

Center 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 Center Office as injury compensation may be made available using "Injury and Accident Compensation Program for Waseda University Student" (Student Affairs Section).

7. Valuables

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

8. 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.)
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- 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 infections
- 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