

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.)

- ▶ Faculty and staff , and visiting researchers of Waseda University

2. Requirements for individual Use

●Faculty and staff may apply for use by presenting their faculty/staff ID card at the pool reception desk.

●Registration procedures for visiting researchers and others are conducted at the Competitive Sports Center (Building 37, 3rd Floor).

The following items (1) to (3) are required for registration

(1) Waseda University ID card

(2) Please submit a health examination result obtained at a medical institution within the academic year of your application, containing the following [Required Items].

【Required items】

①a chest X-ray

②urinalysis

③height and weight measurement

④blood pressure measurement

⑤visual acuity test and

⑥interview (medical examination as needed)

⑦ Electrocardiogram (ECG) examination (to confirm that there are no health issues preventing participation in swimming)

(3) One passport-sized photo (4cm × 3cm)

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. 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.

5. 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).

6. Valuables

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

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 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