

UIC 游泳馆入馆须知

一、上泳课期间，学生要听从教师安排，池中练习时应相互照看，注意安全。对外开放期间，游泳者需遵守体育馆各项规章制度，听从工作人员指挥，文明游泳。

二、游泳者需凭本人有效证件、场地使用单、游泳票、或着会员卡入馆，非开放时间除本馆工作人员外，任何人不得擅自进入游泳馆，禁止在无救生员的情况下下水游泳。

三、患有肝炎、皮肤癣疹（包括脚癣）、重症沙眼、急性结膜炎、肠道传染病、中耳炎等传染性疾病者，精神病、癫痫病患者，心脏病及严重心脑血管疾病患者、酗酒者谢绝入内；高龄体弱的老人、儿童、孕妇等自我保护能力较差的顾客需由会游泳的成人陪同。

四、严禁携带易燃易爆、易腐蚀、金属或玻璃尖锐物等危险品及宠物入内；请勿将洗漱用品带入游泳区域，禁止在泳池馆内饮食、喝有色饮料，游泳馆内禁止吸烟。

五、请妥善保管好个人物品和更衣柜钥匙，贵重物品请勿放到更衣柜内，因钥匙遗失或保管不当造成的损失，本馆概不负责。

六、进入淋浴区请穿防滑拖鞋，以免滑倒，眼镜等易碎物品请妥善保管，以防打碎扎伤人。

七、游泳者必须先淋浴，赤脚经过浸脚池消毒后方可进入泳池，游泳时需穿泳装，佩戴泳帽、泳镜。

八、严禁擅自触动救生、消防等设备，请勿随意搬动馆内服务设施。

九、游泳时请直线靠右游行，禁止横游、乱穿插，以免撞到他人；严禁跳水、潜水、压泳道线等危险动作；禁止使用玩具水枪、冲浪板、潜水器具。初学者请勿进入深水区和长泳区，以免发生危险。

十、1、2、3、4号水道为长泳区，是技能熟练泳者的锻炼水道，中间不能停留戏水、聊天、玩耍等，以免影响其他人锻炼，发生碰撞等安全事故。

十一、请勿在馆内大声喧哗、追逐打闹嬉戏；请勿随地吐痰、乱扔杂物，请爱护环境，做文明游泳者，离馆时请清点和带走自己的物品。

Entrance Rules of UIC Swimming Pool

1. During swimming class, students must listen to teachers' arrangements. When practicing in the pool, everyone should look after each other and pay attention to safety. For open hours, swimmers must obey the rules and regulations of Gymnasium and obey instructions of Gymnasium staff and swim civilly.
2. Swimmers must present valid ID cards, venue usage vouchers, swimming tickets or membership cards to enter in the swimming pool. Except for Gymnasium staff members, **no one is allowed to swim when the swimming pool is closed and without lifeguards.**
3. **Those with hepatitis, ringworm/rash (including athlete's foot), trachoma, conjunctivitis, tympanitis, intestinal infections, or other infectious diseases, mental illness, epilepsy, heart disease, severe cardiovascular and cerebrovascular diseases or alcoholics are forbidden to use the swimming pool. Elderly people, children and pregnant women must have an adult who can swim to accompany them when entering in the swimming pool.**
4. Flammable, explosive or corrosive materials are forbidden. Metals, glass, or objects with sharp points and other dangerous items are forbidden. Please do not bring any hygiene products into pool. Do not eat, drink or smoke in pool area.
5. Please take care of your belongings and locker keys. Please don't keep valuable items in lockers. The Gymnasium assumes no responsibility for any lost due to lost keys or inappropriate care.
6. Swimmers must shower before swimming, and feet should be disinfected in the disinfecting pool before swimming. When swimming, a swimsuit is necessary, along with a swimming cap.
7. When in the shower area, please wear non-slip flip-flops to avoid slipping. Take care of eyeglasses and other fragile articles to avoid hurting others.
8. It is forbidden to touch lifesaving and firefighting equipment. Please do not move equipment or machines in the Gymnasium.
9. When swimming, please swim straight on the right side and do not swim across the pool, to avoid hitting others. Jumping and diving are forbidden. Stay off the lane line. Water guns, surfboards or diving equipment are not allowed to use. Beginners should not enter the deep area to avoid danger.
10. Lane 1, 2, 3 and 4 are distance swimming lanes, which are used for training of skilled swimmers. Do not stay in the middle of the lane, chat or play, to avoid disturbing training or hitting others.
11. Please do not yell, roughhouse, spit or litter. Protect the environment and be a civilized swimmer. Please count and take away your belongings when leaving the swimming pool.