

HISD is committed to the health and safety of all patrons. The Lamar HS Natatorium utilizes advanced training and technology and has adopted the Centers for Disease Controls (CDC) "Healthy Swimming Policy". This policy protects our patrons and spectators from poor air or water quality hazards typical with indoor swimming pools caused by microorganisms and chloramines. The cornerstone of this policy is based on guidelines which mandate safe practices such as requiring all participants to shower before entering the HISD Natatorium

### **Rules, Regulation, Prohibitions, and Deck Access**

All participants must follow the CDC "Healthy swimming policy" and shower before warm-up, no exception.

- Shaving is not permitted anywhere within the entire CISD Natatorium Complex.
- No chewing gum, food or color based drinks will be allowed on the pool deck, water only.

Lifeguards and Security personnel are empowered to enforce any and all regulations that have been established by HISD Natatorium Policy.

- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators and parents must remain in the grandstand.
- Participants must use proper swimming attire t-shirt, cut-offs and non color-fast clothing is not allowed.
- Participants in bathing suits are not allowed to be in the grandstand, climb over banister / railings, or pass any posted barriers.
  - Participants and spectators are not allowed to use other areas of the Lamar Natatorium complex
- Absolutely no tobacco, alcohol products, or glass containers are allowed anywhere on Houston School District property. This applies to the parking lot.
- Coolers are allowed, provided they do not contain glass items.
- Betting and gambling is strictly prohibited.
- Teams are expected to police & clean their respective areas at the conclusion of the competition and practice.
  - Running or any other sort of activity that might be interpreted or described as "horseplay" is prohibited throughout the entire HISD Natatorium Complex.
    - Diving equipment such as trampoline, spotting rigs, and dry-board apparatus are not to be used.
    - The use of flash cameras at the start of any race is prohibited.
    - Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergency is prohibited.
    - Lamar HS swimming equipment such as kick boards, paddles, swim buoys, and fins are not to be used.
    - Underwater distance swimming and breath holding are not permitted.
    - Diving is not allowed in water less than 9 feet deep.
    - Inflatable swim aids are not allowed.
  - Students are not allowed /permitted where posted such as: the coach's office, the conference meet room, and the adult only restroom/ locker room adjacent to coach's office on deck

