

Don Cook Natatorium

Rules

All staff members, both Fort Bend ISD and any renter personnel, must follow these rules and exemplify them to the patrons. Violation of any one of these Rules, Regulations, Policies, or Prohibitions subjects the offender(s) to expulsion from the facility and their team from the competition. There is no appeal process.

Facility Rules:

- No one may use the facility without their supervisor present.
- No street shoes on deck (if they are worn outside, they are not allowed on deck)
- No food or gum on deck or weight room (drinks OK)
- No glass
- Rinse off completely before entering the water
- No running, horseplay, or other activities that could cause injury to self or others
- No non-participating persons allowed in locker rooms
- All patrons must shower before entering the pool
- Swimmers must stay off the lane ropes
- No cotton clothing in the water
- Only one-piece suits may be worn (a non-cotton shirt may be worn over suit as long as it is not see-through when wet)
- No one is allowed in the pool with sores, wearing of a bandage of any kind, evidence of skin disease, fever, cold, inflamed eyes, nasal or ear discharge, or having a communicable disease
- No tobacco, alcohol or illegal drugs on the premises, including the parking lot
- Non-participants should remain in the bleachers
- Patrons must be dry before entering the lobby
- Shaving is not permitted anywhere within the entire Don Cook Natatorium
- No pets or dogs (except registered service dogs) allowed in or around facility

Competitive Pool

All Facility Rules apply along with the following:

- No diving without supervision
- All patrons must be physically fit and able to swim 10 yards unassisted
- Do not swim under the bulkheads
- Diving Boards:
 - One person on the board at a time
 - No running on the board
 - One bounce on the board
 - Do not go off the board until the person in front has safely returned to the side
 - Swim directly to the area designated to exit the pool
 - Do not sit or stand on the railings

Warmup Pool

All Facility Rules apply along with the following:

- No diving at any time
- Do not sit or stand on the lift
- Must be warming up or cooling down during competitions
- Children who are not toilet trained are required to wear swim diapers