



**GREAT OUTROARS**

**Pool Guidelines**

- All MRC policies and regulations apply in the Great OutRoars
- No one may enter the pool area without a TAMUC Campus Recreation Lifeguard present
- Approved reservations will assume facility space priority
- The Emergency Alert System is ONE LONG WHISTLE blast
  - All patrons must exit the pool immediately upon hearing one long whistle blast
- Do NOT converse with or distract lifeguards while they are actively engaged in surveillance duties
- Aquatic staff have the responsibility to enforce policies and the authority to remove anyone for unsafe or inappropriate behavior
- ONLY feet first entries are permitted in the recreational pool, spa, lap lanes, and lazy river
- Enter and exit the pool and spa areas slowly
- It is required that all patrons shower before entering the water
- Do NOT swim if you have been ill with diarrhea within the past two weeks
  - Persons with sores, open wounds, or infectious diseases should not use the pool
- Band-Aids or casts may NOT be worn into the pool
- Do NOT pass items through the fence
- Food and drinks are ONLY allowed under the pavilion, on the upper spa deck, or at the tables on the lower deck
- Appropriate swimwear is required at all times (bathing suit material)
  - No running shorts, basketball shorts, denim cutoffs, socks, or cotton t-shirts allowed
- Hyperventilation or the holding of one's breath underwater for an extended period of time is PROHIBITED
- Lanes are reserved for lap swimming
- Lap swimmers may be required to circle swim when lanes exceeds two patrons
- No hanging on lane ropes
- All training equipment is to be used in the manner for which it was designed
- Children who are NOT toilet trained must wear a swimsuit over a swim diaper
  - Disposable or cloth diapers are PROHIBITED
- All patrons 15 and under MUST be accompanied and closely supervised by a parent or legal guardian
- An adult 18 years of age or older MUST actively supervise and be within arm's reach of children under the age of 6 and/or children who require a lifejacket
- Only U.S. COAST GUARD APPROVED personal life jackets are permitted for patrons whom require a lifejacket
- Flippers that connect the feet are PROHIBITED
- Admission to the pool can be refused to anyone with an open sore or appearing to have a contagious or infection condition
- Patrons under the influence of alcohol or other drugs that alter awareness are RESTRICTED from the premises
- Horseplay and exhibitions that could jeopardize personal safety or the safety of others are PROHIBITED

**Spa Guidelines**

- Limit spa usage time to 15 minutes and allow at least 5 minutes of cool down before using the spa
- Patrons who are pregnant, elderly, or have diabetes, heart disease, abnormal blood pressure, or other serious illnesses should consult a doctor before using the spa
- Enter each spa deck using the stairs
  - Climbing over the walls of the spa is PROHIBITED

**Basketball Court Guidelines**

- Closed-toe shoes are recommended when using the outdoor basketball courts



**Campus  
Recreation**  

---

**A&M-COMMERCE**

**The following is prohibited:**

- Diving
- Running on the pool or spa deck
- Breath holding games
- No glass containers
- No gum
- Smoking tobacco, vapor, e-cigarettes or other products
- Use of body lotions, or oils

**For safety reasons, The Great OutRoars will close for:**

- If the outside temperature is 44 degrees F and below
- If the spa water temperature is 102 degrees F and above
- For chemical imbalances – the pool and spa will reopen once appropriate levels have been reached
- If there is inclement weather the pool and spa will close

\*For safety reasons, The Pool will close if water temperatures drop below 65 degrees.

\*For safety reasons, the Spa will close if the water temperature rises above 102 degree.