

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 food or gum allowed on deck or weight room (drinks allowed on deck only)
- No glass
- No running
- No Horseplay
- All patrons must shower before entering the pool
- Swimmers must stay off the lane ropes
- No t-shirts or cotton clothing in pool
- 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

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

Warm up 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