

**ITU DEPARTMENT of PHYSICAL EDUCATION**  
**BEB 101 – BASIC SWIMMING SKILLS LEARNING**  
**BEB 102 – SWIMMING TECHNIQUES SKILLS LEARNING**  
**PHE 101 – PHYSICAL EDUCATION**  
**SWIMMING POOL USAGE RULES**

**COURSE PRACTICE, HEALTH AND SAFETY INFORMED CONCENT FORM**

- 1) Be finished with eating at least 1 (one) hour before entering the pool.
- 2) Please go to the toilet before entering the pool. Take shower, especially paying attention to foot cleaning.
- 3) Do not use the pool if you have skin infection or open wounds.
- 4) Only bring your swimming equipment around the pool. Do not enter the pool area with daily clothes, slippers worn outside the pool, shoes, bags or similar items.
- 5) If you cannot enter the pool due to your health conditions, you should enter the pool area only with your shorts, t-shirts and slippers.
- 6) Do not bring any food or beverage to the pool area other than water. Do not leave your water bottle in the pool area when you are leaving the pool.
- 7) Students are only allowed to wear one-piece swim suits, made from fabric special to pool usage during the course. Jeans, soccer shorts, beach / surf shorts, etc. made with materials other than fabrics special to pool usage would not be allowed to the practice part of the course.
- 8) Do not wear underwear under your swim suits.
- 9) You cannot enter the pool area with shoes or slippers worn outside the pool.
- 10) Do not enter the pool without swim cap.
- 11) When you come to the pool for practice out of the class hours, inform the lifeguard about your swimming status and show yourself and place you are practicing to the lifeguard. If necessary, the lifeguard can change your place. Please obey the lifeguards' warnings and directions.
- 12) If course lecturer is not ready in the pool area, do not enter the pool even it's your class hours.
- 13) It is strictly forbidden to run around the pool area, to push people or horseplay in the pool, Use the stairs to enter the water, or after you have sat by the pool side, enter the water without leaving your hands from the pool side.
- 14) Do not leave the pool side during the course as long as the lecturer does not say the opposite.
- 15) Masks, fins and snorkels may only be used for special practices which are allowed by the pool management. Apart from those whose eyes are allergic, the swim goggles will not be used during the class as long as the lecturer permits.
- 16) It is forbidden to bring play materials (sea ball, inflatable sea bed, lifeboat etc.) into the pool.
- 17) Before entering the pool, remove all your jewelry and watches.
- 18) Do not throw foreign objects into the pool.
- 19) The middle lanes are for fast swimmers, the lanes on the pool side are for inexperienced swimmers. Use the lane that is appropriate for your swim statues or the one lifeguard directed you to. During the course, do not use lanes out of the lane reserved for the course.
- 20) Use the right-hand side of the lane as long as you are not told to do otherwise by the lecturer during the course.
- 21) Do not press, sit on lane dividers/separators.
- 22) Do not sit on the pool sides unless you are told to do so by the lecturer. Use the seats in the pool are for resting.
- 23) Middle lanes are fast lanes. It is forbidden to wait in the middle of the lanes out of the lanes 0 (zero) and 9 (nine).
- 24) Use the pool lanes longitudinally. Do not change your lane crossing the pool vertically.
- 25) Do not practice holding your breath under the water. Apnea or free diving trainings can only be done with special permission from the pool management.
- 26) Before entering the pool, throw your chewing gum into the garbage bin.
- 27) Individuals and groups should use the session and lane allocated for them in the program. You can only enter the class that you are registered for.
- 28) Students cannot enter to the spectator seating area with their swim suits.
- 29) Students cannot enter to the pool area with their daily cloths and shoes.
- 30) Students have to obey to the lecturer's and the lifeguards' warnings and directions.
- 31) Those who are continuing disobeying to the lecturer or the lifeguards will be asked to leave the pool. Students who are asked to leave the pool area in this way cannot use the pool even if they pay the fee for that hour.
- 32) ITU and the lecturer are not responsible for any accident or loss of personal belongings in case of violation of the rules.
- 33) If you have any health conditions, it is advised to consult a doctor previously. Those who have a health condition that may cause problems in the pool should report their situations to the lecturer and the responsible lifeguards before entering the pool.
- 34) It is forbidden to shoot photos, videos, etc. without authorization from the authorities in the pool area.
- 35) Replace the equipment you used during your practice after you finished your workout.
- 36) Users are responsible to compensate for the damages they caused in the materials they were using.
- 37) Smoking is absolutely forbidden in the facility.
- 38) The rules outlined above are for your and nearby individuals' health and safety. By entering the facility, students agree to obey these rules.
- 39) Except for the lecturer, the lifeguards are the only authority in the pool area.
- 40) Every student must obey the lecturer's and lifeguards' warnings and directions.
- 41) The lecturer and the lifeguards may take and enforce any precautions related to the health and safety of you and / or the nearby individuals for the situations that are not written above,

**NOTICE 1:** During the class, physical contact between the instructor and the student is required to establish a secure position, to show the movements, to correct the technique and to prevent an injury or administer necessary first aid procedures.

**NOTICE 2:** During the class, the swimming pool and the instructor are monitored and recorded with CCTV video surveillance system by the Pool Administration to establish the general security of the facility and the recorded footage are deleted by the Administration after a period if not subjected to any complaint.

Do you have any health conditions/problems  YES  NO

If you have any health-related issues, please specify below.

By signing this informed consent, I declare that I do not have any health conditions that will prevent me to participate in physical education and sports related exercises and I have fully read and informed by the lecturer about the information written above before the class.

**STUDENT'S**

Name and Surname :	Class/CRN :
Faculty :	
Department :	Date :
Grade :	
Student ID No. :	Signature :
Blood Type :	
Information of the Contact Person in Case of Emergency:	