

Rules and Regulations of the Gdynia Maritime University Indoor Swimming Pool

Section 1

Organisational Provisions

1. These Rules and Regulations of the Gdynia Maritime University Indoor Swimming Pool (“the Rules and Regulations”) set out how the Gdynia Maritime University Indoor Swimming Pool (“the Pool”) operates, and the rights and responsibilities of everyone using it.
2. The Pool is a facility of Gdynia Maritime University.
3. The Pool is open daily as follows:
 1. Monday to Friday: 7:00–22:00
 2. Saturday: 7:45–15:15
4. The Pool is closed:
 1. during sports or leisure events announced on the noticeboard and the Pool website, for the duration of the event,
 2. on public holidays listed on the noticeboard and the Pool website,
 3. in the event of breakdowns and during maintenance/repair works.
5. Everyone on the Pool premises must follow instructions from Pool staff, especially the lifeguards on duty.
6. The Pool may temporarily restrict entry to the Pool area once the maximum number of users has been reached (48 people).
7. Any paid activity is prohibited on the Pool premises, especially sales, marketing and service activities, including handing out leaflets and selling goods.

Section 2

Applying the Pool Rules and Regulations

1. Before purchasing a service and entering the Pool, users should read these Rules and Regulations.
2. By purchasing a service, the customer confirms they have read and understood these Rules and Regulations and agrees to follow them.

Section 3

Using the Pool

1. The Pool may be used by:
 1. people who can swim,
 2. children aged 3–13 only under the constant care and supervision of an adult,
 3. people learning to swim or training under the supervision of an instructor who holds the required qualifications.

2. Disabled users who require direct assistance, and people prone to cramps or fainting, may use the Pool only with an adult carer.
3. The following people will not be admitted to the Pool:
 1. anyone who appears to be under the influence of alcohol or drugs,
 2. anyone with visible skin damage,
 3. anyone showing signs of illness that could create a risk of drowning,
 4. anyone with medical contraindications for water-based activity,
 5. anyone whose behaviour may pose a risk to other Pool users,
 6. anyone whose personal hygiene falls below generally accepted standards,
 7. anyone wearing dressings (plasters, bandages, etc.).
4. Pool users must:
 1. follow all mandatory, prohibition, warning and information signs,
 2. follow instructions and sound signals given by lifeguards on duty and other Pool staff,
 3. choose activities suitable for their skills, fitness, and health,
 4. take extra care on walkways and platforms, especially when wet,
 5. use Pool equipment only as intended and return it to the designated place after use,
 6. report immediately to lifeguards any accident, injury, or other incident that could affect their safety or the safety of others.
5. Children under 13 may stay at the Pool only under the constant care of an adult, who is fully responsible for the children in their care and for any damage they cause.
6. Pool activities take place in group and individual formats according to the Pool timetable and notices on the noticeboard.
7. Entry to the pool area follows the timetable. Time in the water is 45 minutes.
8. Users may enter the changing rooms no earlier than 10 minutes before the start of their pool session and must leave the changing rooms and return the locker key no later than 15 minutes after leaving the water.
9. Group activities take place in groups of up to 15 people per instructor, according to the timetable.
10. People who are not taking part in group sessions may stay in the pool area only on set days and at set times.
11. Individual swimming is allowed only when lifeguards are present. Swimming lessons and group sessions also require an instructor and a group supervisor to be present.
12. Anyone entering the wet area of the Pool (the pool area) and the changing room area must change into pool-only footwear (e.g., flip-flops). Outdoor footwear must be placed in a locker in the main pool lobby.
13. Users must leave outerwear in the changing rooms and take a locker key. No more than two people may leave outerwear in one place in the changing rooms. A fee of PLN 15 is charged for a damaged or lost locker key.
14. Users must store their belongings in lockable lockers. The Pool is not responsible for valuables unless they are handed to the instructor for safekeeping or placed in the deposit. After use, lockers must be locked again with the key.
15. Changing into swimwear must be done in the changing cubicles.
16. Before entering the water, everyone must wash their whole body thoroughly using soap/shower gel and pass through the foot disinfectant tray.
17. Wearing glasses or contact lenses in the pool area is at the user's own risk. If corrective glasses are worn, they must be secured so they cannot fall off.
18. Anyone who uses the toilet during swimming must wash thoroughly before returning to the water.

19. Swimwear (any colour) is required in the pool area:
 1. women: one-piece or two-piece swimsuit,
 2. men: swim briefs or close-fitting swim shorts (no pockets),
 3. all users: swimming caps fully covering the hair.
20. Swimming in beach shorts, loose swim shorts, or Bermuda shorts is not allowed.
21. Children under 3 must wear disposable swim nappies while on the Pool premises. Neoprene swim pants are also recommended to help prevent any contamination of the water.
22. Swimming instructors and lifeguards may enter the Pool premises only in swimwear and pool footwear. Instructors and lifeguards wear clothing labelled respectively: “INSTRUKTOR” and “RATOWNIK”.
23. Glass containers (e.g., cosmetics in glass bottles) must not be used in the changing rooms and showers.
24. Organised groups may use the Pool only in the presence of an instructor, coach or other authorised person.
25. Organised groups must notify the pool in advance of their entry, the size of the group, and the name of their supervisor before entering the swimming pool. Organised groups enter the pool area together.
26. The group supervisor or instructor must check the headcount before and after the session. Late arrivals will not be allowed into the pool.
27. Group supervisors must ensure proper hygiene is followed and that participants use the changing rooms and showers. After the group has washed, the supervisor escorts the group to the pool and hands them over to the instructors. Sessions run on a rotation system: the finishing group leaves the pool area so the next group can enter straight away. Lost property found on the premises should be handed in at the changing rooms. Changing room staff will return lost property after the owner has identified it.

Section 4

Safety

1. The following sound signals apply in the pool area:
 1. a series of short signals – ALARM – everyone must immediately leave the pool and follow further instructions from the lifeguards or other Pool staff,
 2. one long signal – end of session – everyone must immediately leave the water,
 3. one short signal – attention – users must pay attention to announcements from the lifeguard and Pool staff.
2. Water depths in the different zones are shown using pictograms on or near the pool walls.
3. All Pool users and accompanying persons must keep order, cleanliness, and quiet. In the pool area, participants must strictly follow the instructor’s and lifeguard’s instructions.
4. Any cuts, injuries, hazards or irregularities must be reported to the lifeguard immediately.

5. If someone breaches public order or these Rules and Regulations, Pool management may remove them from the Pool premises, regardless of whether the matter is referred for minor-offence proceedings.
6. After sessions, instructors must return sports and rescue equipment to the designated places.
7. Pool management or an authorised staff member may inspect activities taking place at the Pool and, if issues are found, may prohibit further use of the Pool.
8. For the safety and hygiene of Pool users, the following are prohibited:
 1. entering the water against a lifeguard's instructions, when there is no lifeguard service, or during a rescue operation,
 2. sitting on the pool edge, starting blocks, or entry ladders,
 3. running, pushing, or throwing people into the water,
 4. jumping into the water,
 5. bringing in alcohol or drugs,
 6. bringing in or consuming food or drinks, and chewing gum,
 7. raising false alarms,
 8. leaving a child unattended,
 9. littering or dirtying the changing rooms, showers, cubicles, or the pool,
 10. entering or leaving the pool anywhere other than the designated points,
 11. urinating or otherwise relieving oneself anywhere other than the toilets,
 12. creating a dangerous situation for Pool users, especially long-distance underwater swimming and breath-hold exercises,
 13. running on the poolside areas around the pool,
 14. making excessive noise,
 15. bringing dogs or other animals onto the Pool premises,
 16. leaving bicycles on the Pool premises in non-designated areas,
 17. bringing in or using inflatable swimming equipment (e.g., dinghies/rafts, air mattresses), lifebuoy-type floats, diving equipment, or any equipment that may endanger other users, without the consent of Pool management.

Section 5

Liability

1. The Pool is not responsible for belongings, money, or items left unattended.
2. The Pool is not responsible for items left in lockers that are not properly locked.
3. Any damage to the facility's equipment, and any damage, loss, or destruction of items provided for use, must be paid for in full, covering the total value of the damage.
4. Anyone who damages Pool equipment or pollutes the pool water is financially liable for the damage caused.
5. Complaints and suggestions should be submitted to Pool management.
6. The Pool is not responsible for accidents caused by failure to follow these Rules and Regulations.

Section 6

Payment Regulations

1. The basis for charging for use of the Pool is the Swimming Pool Price List.
2. Ticket fees are charged in advance.
3. The Pool may be used by holders of entry tickets (till receipt) or passes purchased at reception, and by groups that have previously booked the Pool or part of it under an agreement.
4. The entry ticket (till receipt) or pass must be kept for inspection until the end of the stay on the premises.