Hello Everyone,

Welcome to the CSULA Kinesiology pool.

To sign in for open swim using the QR codes posted on the doors of the locker room or the entrance of the pool deck.

Students are not allowed on deck until guards are on deck.

For safety purposes any students, faculty and staff, that wants or needs to go into the deep pool must pass a swim test.

- They need to be able to swim across the long length of the warmup pool (wall to wall shallow pool) without touching the floor.
- Any students that have Asthma are required to bring their inhalers on deck and inform the guards of where they have left it.

As for proper swim attire, bathing/swimsuits are a mandatory requirement for all individuals entering the pool.
The best fabrics are polyester/elastane blends, for example Spandex, Lycra, Nylon.

- Females can opt for one-piece or two-piece swimsuits,
- Males have their choice of swim trunks, jammers, or speedos.
- Rash guards are also allowed however, not recommended for beginners since they create a lot drag (resistance) and make the experience much harder for them.
- The swim attire should feel like a second skin to not impede range or motion.
- Appropriate swim attire images provided below

Regular clothing is **NOT** permitted in the water:

- t-shirts,
- basketball shorts,
- boxers,
- sports bras
- regular bras etc.

Any clothing that can release any microscopic fibers that can clog the pool filters i.e., cotton is not permitted in the water.
Since incorporating these regulations, the pool has not had to be closed due to malfunctioning filters. Therefore, anyone not wearing proper swim attire will not be permitted in the pool.

If anyone has any further questions or require links to purchase swim attire feel free to reach out,

Jazmin










