

# **Sky Pool Guide**

## **2021**

Updated: May 2021

## **Foreword**

The rules and regulations of the Tokyo American Club Sky Pool and Kids' Water Park aim to provide all users with a general guide to the swimming facilities.

The rules and regulations are posted on the Sky Pool section of the Club website. Printed copies are also available upon request at the Pool Office or Recreation Desk.

The Club reserves the right to modify, revoke or add terms whenever necessary. Any amended terms will be posted online.

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# 1. General Rules and Regulations

## 1.1 Hours of Operation

- 1.1.1 The daily, year-round operating hours of the Sky Pool are as follows:  
Sky Pool: 6am–10pm  
Sky Pool Office: 9am–6pm
- 1.1.2 The seasonal operating hours of the Kids' Water Park are as follows:  
Daily: 6am–sunset  
Winter: closed from the end of October (reopens in April)
- 1.1.3 The Club swim team has been allotted all six lanes between 5:30pm and 6:45pm.  
No lap lanes or open-swim lanes are available during this time.
- 1.1.4 The Sky Pool manager may close the pool area immediately at any time if the facilities are deemed unsafe or must be closed for such reasons as inclement weather.

\* For latest information, please refer to the website.

## 1.2 Eligible Users

The pool area is open to Tokyo American Club Members in good standing.

Registered domestic helpers and one-day helper pass holders can access common pool areas, Family Changing Rooms, Splash!, the Kids' Water Park and decks surrounding the pools. They are not permitted to swim without paying of guest fees. For details, please refer to the House Rules.

## 1.3 Guests

Guests are not permitted to use the Sky Pool at this time.

## 1.4 Lessons and Programs

A range of aquatic activities and programs are available year-round for swimmers of all ages and levels. For details of lessons and programs, visit the Aquatics page of the Club website ([www.tokyoamericanclub.org](http://www.tokyoamericanclub.org)).

## **1.5 Restrictions and Prohibited Items**

### 1.5.1 General

- (a) The following persons are not allowed to enter the Sky Pool facilities:
  - i. Any person suffering from conjunctivitis (pink eye) or other contagious diseases.
  - ii. Any person under the influence of alcohol or drugs.
  - iii. Any person with open sores or large bandages.
  
- (b) All Sky Pool users are required to check in and out of the Sky Pool with their membership card.
  
- (c) All Sky Pool users must shower before entering the Sky Pool. Heated showers are located at the pool entrance and behind the Sky Pool Office.
  
- (d) Except for water carried in a clear, plastic bottle, no food or drink is allowed in or around the pool area. No glasses or breakable containers are permitted anywhere in the pool area or in the Family Changing Rooms.
  
- (e) Animals are not permitted in or around the pool area.
  
- (f) Smoking is not permitted in or around the pool area.
  
- (g) Diving is prohibited except during specific Sky Pool programs.
  
- (h) Running, pushing, rough play, splashing, shouting, excessive noise or creating a disturbance is not permitted in or around the pool area.
  
- (i) Voice communication is allowed. The use of audio, video, photographic or similar devices for recording is prohibited.

- (j) The use of personal flotation devices for small children is permitted only under direct adult supervision. Large flotation devices are allowed only in the open-swim area, except when the pool is crowded or the flotation device impede the lifeguard's view of any area of the Sky Pool.
- (k) Swimmers should not sit on or weigh down the lane ropes.
- (l) Strollers or similar equipment for children are not permitted in the Sky Pool area, the outdoor sundeck, elevator hall or Kids' Water Park. Strollers should be left at the Club's designated stroller parking areas. Strollers are allowed in Splash! and at the Family Lobby (1F).
- (m) Breastfeeding is permitted in the Kids' Water Park area only.
- (n) Families should utilize the Family Changing Rooms.
- (o) Diaper changing is allowed only in the Family Rooms area on the second floor or in the changing area at the fifth floor.
- (p) In the case of an emergency, users must evacuate the pool and await further instruction from the pool staff.
- (q) The Club does not claim any responsibility for the loss or destruction of valuables or personal property.
- (r) Users must follow the instructions of managers and lifeguards on duty.
- (s) Sky Pool management reserves the right to refuse entry to the pool to anyone considered to be in a condition that compromises safety and to eject any users for misconduct or violation of the Club's General Rules. Management may report incidents to the Club's Swim Committee for further action, if necessary.

### **1.5.2 Dress Code**

- (a) Face masks must be worn at all times for ages 3 and above (except when

in the water or sunbathing on the outer deck areas).

- (b) Any person not wearing appropriate swimwear is prohibited from entering the pool.
- (c) Outdoor footwear is not allowed on the Sky Pool deck. If Sky Pool sandals are unavailable, Members should use their own.
- (d) Swimming in non-swimwear apparel, including cutoff jeans, Bermuda shorts and Club rental shorts, is not permitted.
- (e) Nudity and topless sunbathing are prohibited in all Sky Pool areas.

### **1.5.3 Safe Swimmer Requirements**

- (a) Ages 5 to 9 who have passed the Sky Pool's safe swimmer test can use the Sky Pool without adult supervision in the water. However, a parent or guardian is requested to be in the pool area at all times while the child is in the water. Pool staff administering the test will judge the competency of the swimmer. Check the Aquatics webpage or contact the Sky Pool Office for details.
- (b) Ages 5 to 9 who have not passed the Sky Pool's safe swimmer test must be accompanied by an adult (ages 18 years or above) who is no farther than an arm's reach away at all times while in the water.
- (c) Ages 4 and under must be within an arm's reach of an adult (18 years or above) at all times while in the water.
- (d) Safe swimmer test qualification requirements:
  - Aged between 5 and 9.
  - Ability to swim any style for 25 meters to demonstrate endurance and water competence.
  - Ability to float or tread water for 30 seconds to demonstrate ability to control and change body position while unassisted in deep water.

- Ability to retrieve a pool ring from the bottom of the Sky Pool (1.4-meters deep).

#### **1.5.4 Double-Diaper Policy**

In order to maintain high levels of hygiene in the pool and comply with recommendations by the Centers for Disease Control and Prevention in the United States, children who are not toilet-trained must comply with the Sky Pool's double-diaper policy. A Club-approved, disposable swim diaper should be worn underneath a reusable, elastic-legged and elastic-wasted over-diaper. These items can be purchased from the Sky Pool Office.

#### **1.5.5 Kids' Water Park**

- (a) The Kids' Water Park is for children ages 5 and under.
- (b) Lifeguards are not stationed at the Kids' Water Park. Parents or guardians are expected to watch their children at all times.

#### **1.5.6 Lap Swimming Etiquette**

Lap swimmers are encouraged to follow Sky Pool guidelines for safe and enjoyable workouts:

- Be courteous to other swimmers.
- Join a lane that matches your speed and ability.
- Get the attention of other swimmers before entering their lane
- Circle swim (counterclockwise) at all times.
- When resting, keep to the corners of the lane.
- Faster swimmers have the right of way.
- Overtake on the left and move back to the right as quickly as possible.
- If overtaken at the wall, proceed only when the other swimmer has pushed off.

#### **1.5.7 Sky Pool Closure**

- (a) Contaminated Water



To prevent recreational water illnesses (RWI) caused by germs from contaminated water, the Sky Pool will be closed temporarily if the water becomes contaminated by fecal matter, vomit or other potentially harmful substances.

(b) Thunderstorms

In the event of a thunderstorm or lightning, the outdoor decks and Kids' Water Park will be evacuated. They will reopen 30 minutes after the thunderstorm has ended.

## **1.6 Equipment and Property**

- 1.6.1 Swimmers may borrow swimming equipment to use in the Sky Pool.
- 1.6.2 Equipment must be returned immediately after use. Sky Pool users are responsible for the equipment at all times and will be liable for any loss or damage to equipment as determined by the Sky Pool Office.
- 1.6.3 Sky Pool users are liable for any damage to pool property, including windows, floors and furniture. Any damage to pool property or equipment must be reported to the Sky Pool Office immediately.

## **1.7 Changing Rooms and Lockers**

- 1.7.1 Towels can be borrowed from the Recreation Desk or Sky Pool.
- 1.7.2 Lockers are available in the Changing Rooms (5F) and security lockers are available on the Sky Pool deck.

## **1.8 Lost and Found**

All swim or pool-related items found at the Sky Pool will be held at the Recreation Desk (2F) at the end of the day. All other items will be dropped off and held at Member Services (B1).

## **1.9 First Aid and Liability for Accidents**

A first-aid kit is located at the lifeguard station and an AED (automated external defibrillator) is located next to the Sky Pool Office. The Club is not responsible for injuries in or around the pool area resulting from personal negligence, with respect to the rules listed herein or through noncompliance with the lifeguards, instructions or other Club staff.

### **1.10 Facility Capacity Standard**

User capacity: 80 users at any given time (applies to main pool, Kids' Water Park and pool decks). For the open-swim area, the maximum number of swimmers permitted in any two-lane area is 25. This area will be expanded by one lane for every additional 15 swimmers. As a result, the number of lap lanes may be reduced to accommodate more family users during the summer months, national holidays or between the hours of 9am and 5pm.

## **2. Retail**

An assortment of swimwear and accessories are sold at the Sky Pool Office counter.

## **3. Contacts**

Sky Pool facilities and programs are under the direction of the Sky Pool manager. The Recreation director oversees Sky Pool operations and policies. The Swim Committee acts as a membership liaison for all matters related to the Sky Pool. Comments or questions can be directed to the Swim Committee or Sky Pool management.

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