

**Sep.2022**

**Paul Rusch Athletic Center (IKebukuro)**

**St.Paul's Aquatics Center (Niiza)**

**Heated Indoor Swimming Pool Individual  
Use Guide**

**Rikkyo Educational Corporation**

This Guide provides the requirements for the individual use (use other than for class) of the heated indoor swimming pool. Please be aware of the contents of this handbook prior to using the swimming pool.

## 1. Opening Period and Times

### ◆ Please note:

- ◇ Pool hours are subject to change due to classes or events.
- The swimming pool may close due to reasons such as equipment inspection, change of water, etc.
- ◇ Please refer to the homepage for the latest information concerning swimming hours, etc.

① Paul Rusch Athletic Center

→ <http://s.rikkyo.ac.jp/prac>

② St. Paul's Aquatics Center

→ <http://s.rikkyo.ac.jp/spac>



【Paul Rusch Athletic Center】



【St. Paul's Aquatics Center】

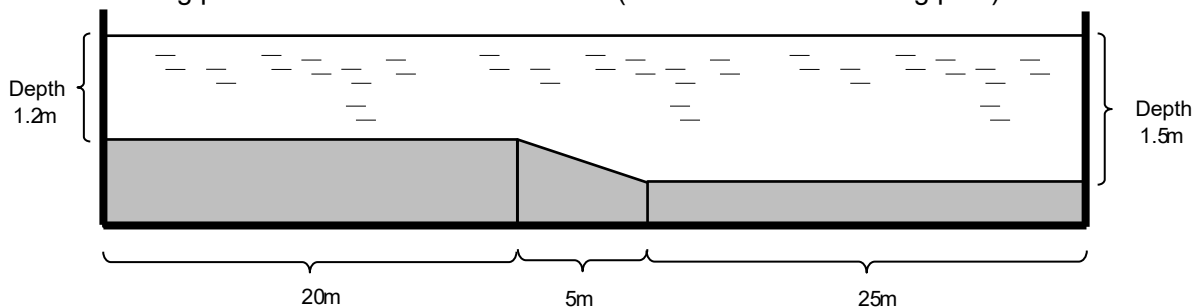
Last admission will be 20 minutes before the pool closing time.

- ◇ There will be cases where you will not be admitted to enter the swimming pool area when the number of users has reached its maximum capacity.

## 2. Swimming Pool Overview

### ◆ Paul Rusch Athletic Center (Ikebukuro)

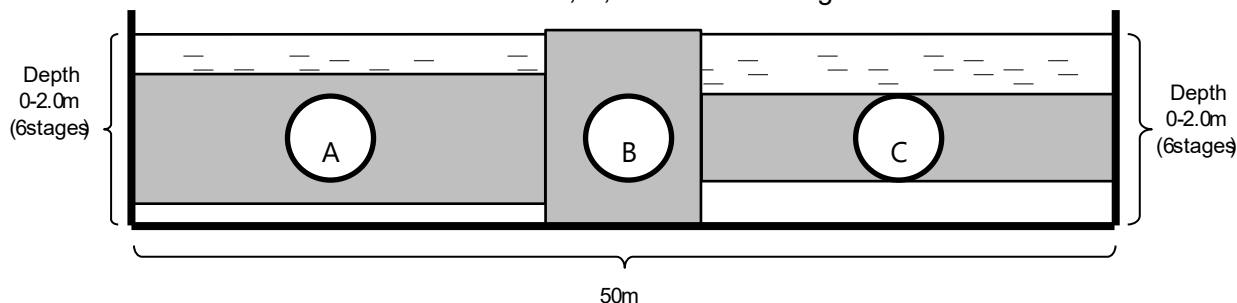
- ◇ Swimming pool structure: 50 m × 6 courses (heated indoor swimming pool)



### ◆ St. Paul's Aquatics Center (Niiza)

- ◇ Swimming pool structure: 50 m × 10 courses or 25m×8courses×2

The depth can be adjusted into 6 stages in the range of 0-2.0m by moving the floors A, B, C in the below figure.



## 3. Application and Renewal Procedure for Swimming Pool Use

Applications are accepted both in Ikebukuro and Niiza campus. Pool Pass will be issued after completion of the procedure. In addition, if you have had already issued a valid Pool Pass for PRAC from the day before 5/14/2015, you are welcome to use SPAC.

**(1) Fill-out the Application**

(1) Please submit the user registration application to use the swimming pool to the following offices:

■ Ikebukuro Campus

→ Reception desk of Paul Rusch Athletic Center

■ Niiza Campus

→ Management Office of St. Paul's Aquatics Center

※ Applications can be obtained at each office or it can be down-loaded from the homepage.

① Paul Rusch Athletic Center

→ <http://s.rikkyo.ac.jp/prac>

② St. Paul's Aquatics Center

→ <http://s.rikkyo.ac.jp/spac>



[Paul Rusch Athletic Center]



[St. Paul's Aquatics Center]

**(2) User Registration**

(2) The following documents are required:

① User registration application

② (Students) Student ID and commuter pass receipt  
(Confirmation of health exam within the last year)  
(Faculty members) Employee ID

③ ID photo: one, in size 3 × 2.4 cm, within 3 months

Application office: As mentioned above.

Application hours: : Weekday 9 : 00~17 : 00 (IKEBUKUO)  
9 : 00~16 : 30 (NIIZA)

Saturday 9 : 00~12 : 30 (IKEBUKUO)

9 : 00~12 : 00 (NIIZA)

Sunday Closed

※ **You may not be allowed to use the swimming pool if you do not have your Pool Pass.**

**(3) Renewal Process**

(1) User registration is valid for one year from the date of its issuance. If you would wish to continue using the swimming pool thereafter, you will need to re-register.

◆ Renewal period: You can renew your Pool Pass one month prior to its expiration date.

#### 4. Entering the Swimming Pool Area

◆ Please bring and present your **Pool Pass, Student or Faculty ID** to the attendant when entering the swimming pool.

※ If you forget either of these, you will not be allowed to use the swimming pool.

※ Your student or faculty ID is required when entering the Paul Rusch Athletic Center.

## 5. Using the Swimming Pool

### (1) Swimming Pool Users

Faculty members belonging to Rikkyo Educational Corporation and Rikkyo University students who have completed the predefined user registration process are allowed to use the swimming pool.

### (2) Procedure for Swimming Pool Use ① What to bring:

- A swim suit, a swim cap, a towel, your Pool Pass, and your student or faculty ID.
- ※ Swimming without a swim cap is prohibited for sanitary reasons.  
For your information, swim caps and towels are also sold at the swimming pool reception desk.

### ② Dressing and Shower:

- Change to your swim suit in the locker room. You will not be allowed to enter the poolside area while wearing clothes.
- You are required to take a shower before entering the poolside. Please make sure to wash off all hair dressing and make-ups.
- It is prohibited to use shampoo or other soap in the showers of the locker room, and to use the facility only for the purpose of re-dressing or for taking a shower.

### (3) Precautions for Swimming Pool Use

#### ① Stolen or lost property

- Swimming pool users should be responsible for their property with care so it is not stolen or lost. Please make certain that you lock your locker and take care of your locker key.
- Please wear the locker key on your wrist and make sure that you do not lose your locker key (You may be required to pay the cost of price of the key if it is lost).
- Do not take locker keys outside of the facility.
- The facility and its attendants assume no responsibility for any property which is lost or stolen inside the facility.

#### ② Healthcare

- Make sure to be aware of your health condition and use the swimming pool responsibly.
- Make sure to take appropriate breaks.
- Inform a lifeguard or staff member immediately if you feel sick or are injured while using the swimming pool facilities. First aid will be provided as necessary.
- Rikkyo Educational Corporation assumes no responsibility for accidents that happen while you are using the swimming pool facility. However, the “Personal Accident Insurance for Students Pursuing Education and Research” may apply for accidents while using the swimming pool facilities that involve current students of the school.

#### ③ Prohibited Conditions Anyone who is feeling ill

- Anyone under the influence of alcohol
- Anyone who is restricted by their doctor not to exercise
- Photography, food and drinks, smoking, etc. within the facility
- Underwater swimming or diving
- Running at the poolside or any other actions that could be deemed dangerous
- For safe operation of the swimming pool, Bringing metal and glass products as well as anything else which is deemed dangerous into the swimming pool area

#### ④ Other

- After dressing, please **pick up your Pool Pass at the reception** and promptly leave the facility
- Make sure to follow the instructions of lifeguards in the facility

Make sure you inform a lifeguard or staff member immediately if you discover anything unusual with the facility or equipment