

Sky Pool Guide

Updated: October 2024

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 until the end of March
- 1.1.3 The Club swim team has been allotted all six lanes between 5:30pm and 6:45pm. Lap lanes and open-swim lanes are not available when classes are in progress or during swim team training.
- 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 other reasons such as inclement weather.

1.2 Pool Courtesy

- 1.2.1 **Be Kind and Considerate**
We ask all pool users to be thoughtful of fellow members and staff. Simple acts like sharing lanes during busy times, being mindful of personal space, and keeping noise at a respectful level contribute to a harmonious atmosphere. Your kindness and patience make the pool a better place for everyone.
- 1.2.2 **Changing Room & Shower Room Etiquette**
To ensure the availability of changing and shower rooms for all members please adhere to the following:
 - No Holding Rooms: Holding rooms in advance is not permitted. Use facilities on a first-come, first-served basis.
 - Efficient Use of Time: Please limit your time in showers and changing rooms, especially during peak hours.

1.2.3 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 the 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.

1.2.4 Respect for Lifeguard Authority

For the safety and enjoyment of all, lifeguards hold the authority to make decisions on pool operations. They ensure that safety protocols are followed and that the pool is used to its full capacity during peak times. Please respect their instructions, as they are trained to act in the best interest of every member's safety.

1.3 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 guest fees. For details, please refer to the House Rules.

1.4 Guests

1.4.1 Members may bring guests to the facilities. Members are required to register their guest at the entrances or at any Recreation outlets.

- (a) Guests must always be accompanied by a host Member when using the pool. Guests must observe all applicable Rules and Regulations. Members are responsible for their guests' conduct and all expenses incurred.
- (b) Guest fees will be charged automatically to the hosting Member's account before the close of the day. Charges are non-refundable.

1.4.2 Guest Fees

Jan–May/October–December

Adults (ages 20+): ¥2,750

Children (ages 2–19): ¥1,100

June–September

Adults (ages 20+):

¥4,400 (weekdays)/¥6,600 (weekends and national holidays)

Children (ages 2–19):

¥2,200 (weekdays)/¥4,400 (weekends and national holidays)

- 1.4.3 Members who fail to register guests will be reported to [House Committee].

1.5 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, click to following links:

[Youth & Kids](#)

[Adults](#)

1.6 Restrictions and Prohibited Items

1.6.1 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.
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- (b) 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.
 - (c) Except for water carried in a clear, plastic bottle, no food or drink is allowed in or around the pool area. No glass or breakable containers are permitted anywhere in the pool area or in the Family Changing Rooms.
 - (d) Animals are not permitted in or around the Kids' Water Park & Main pool area.
 - (e) Smoking is not permitted in or around the Kids' Water Park & Main pool area.
 - (f) Diving is prohibited except during specific Sky Pool programs.
 - (g) Running, pushing, rough play, splashing, shouting, excessive noise or creating a disturbance is not permitted in or around the pool areas.
 - (h) Voice communication is allowed. The use of audio, video, photographic or similar devices for recording is prohibited.
 - (i) 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 impedes the lifeguard's view of any area of the Sky Pool.
 - (j) Swimmers should not sit on or weigh down the lane ropes.
 - (k) 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).

- (l) Breastfeeding is permitted in the Kids' Water Park area only.
- (m) Families should utilize the Family Changing Rooms.
- (n) Diaper changing is allowed only in the Family Rooms area on the second floor or in the changing area at the fifth floor.
- (o) In case of an emergency, users must evacuate the pool and await further instruction from the pool staff.
- (p) The Club is not liable or responsible for any loss or destruction of valuables or personal property.
- (q) Users must follow the instructions of managers and lifeguards on duty.
- (r) 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 user for misconduct or violation of the Club's General Rules. Management may report incidents to the Club's Swim Committee and House Committee for further action, if necessary.

1.6.2 **Dress Code**

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

1.6.3 **Safe Swimmer Requirements**

- (a) Users ages 5 to 9 who have passed the Sky Pool's safe swimmer test can use the Sky Pool without an accompanying adult 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 page](#) or contact the Sky Pool Office for details.

- (b) Users ages 4 and under and those 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) in the pool, who is no further than an arm's reach away at all times while in the water. Users ages 9 to 13 who cannot swim must be actively supervised by an adult (ages 18 years or above).

- (c) 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).

1.6.4 **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.

1.6.5 **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.

1.6.6 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.

1.7 Equipment and Property

- 1.7.1 Swimmers may borrow swimming equipment to use at the Sky Pool. All swimming equipment is located on the Sky Pool deck.
- 1.7.2 Equipment must be returned immediately after use. Sky Pool users are responsible for the equipment borrowed at all times and will be liable for any loss or damage to equipment as determined by the Sky Pool Office.
- 1.7.3 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.

1.8 Changing Rooms and Lockers

- 1.8.1 Towels are available at the Recreation Desk or Sky Pool.
- 1.8.2 Lockers are available in the Changing Rooms (5F).

1.9 Lost and Found

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

1.10 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.

1.11 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. Swim team hoodies and t shirts are also sold at the Sky Pool Office.

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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