

# University of Alabama University Recreation (UREC) Aquatics Healthy Swimming Packet

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**Mission Statement:** University Recreation encourages healthy interaction through active lifestyle opportunities for students and the greater University community that strengthens learning and personal growth.



The University Of Alabama  
University Recreation Aquatics  
415 Paul Bryant Drive  
Tuscaloosa Alabama, 35401  
(205) 348-5244

## Group Use Policy

## Safety is Priority One

FOR THE SAFETY OF YOUR CHILDREN AND FOR YOUR GROUP TO HAVE A SAFE & ENJOYABLE TIME AT OUR POOLS, THE FOLLOWING RULES AND REGULATIONS SHALL APPLY TO ALL USER GROUPS, INCLUDING BUT NOT LIMITED TO UNIVERSITY AFFILIATED AND NON-AFFILITAED CAMPS AND RENTAL GROUPS.

**Advanced Reservations required for all groups.** This allows us to schedule the number of lifeguards as may be needed. Groups showing up without advance reservations may be denied admittance.

**One Group Leader** shall be designated by the group to act as the liaison to the aquatic safety team. The Group Leader must be at least **21 years of age**.

**Direct supervision of group members must be maintained at all times while the group is in and/or near the water.** This means that a group leader shall be **physically present** with the group and in a position where the Supervisor can see, hear, direct and assess the activities of the group.

LIFEGUARDS ENFORCE FACILITY RULES AND RESPOND IN EMERGENCIES; PARENTS AND GROUP CHAPERONES ARE PRIMARILY RESPONSIBLE FOR THE SAFETY AND BEHAVIOR OF CHILDREN IN THEIR GROUPS.

**Group Leaders of Youth Groups age 10 years and younger must be in swimming attire** and must be either in the water with the children or at the edge of the pool where children are playing / swimming.

**Lifeguards and Aquatic Safety Staff remain in charge at all times.** Group Leaders/Chaperones are expected to support the aquatic staff in the enforcement of all pool rules and regulations. Groups whose members or leaders fail to follow facility rules and regulations may be asked to leave the pool and may be denied future admittance. No refunds will be provided. Please keep in mind that lifeguards are present to help, to enforce rules and regulations and to respond to emergencies. They have more than just one person to watch over. Please do your part in regulating your group's behavior so that our lifeguards can concentrate on the water rather than on those few individuals with behavioral issues.

**Swim test.** UREC administers a swim test program, wherein children who may have questionable swim skills and wishing to swim without a lifejacket must pass our facility swim test. Swimmers who pass the assessment will be provided identification swim band that must be worn the duration of the visit. Non-swimmers under 4-feet tall must wear a U.S. Coast Guard-approved lifejacket.

**Required Supervision Ratios.** The group shall be solely responsible for providing sufficient adults to meet the following chaperone: participant ratios

Toddlers:	1-3 years	1 adult: 2 children
Preschool:	3-5 years	1 adult: 5 children
Young School-aged:	6-10 years	1 adult: 10 children
Middle School-aged:	11-14 years	1 adult: 15 students
High School-aged:	15-18 years	1 adult: 25 students

### Group Leaders

Pool rules exist to help ensure that all pool users safely enjoy the aquatic facilities. What may seem fun to one person may have negative consequences to another. Our pool rules exist to balance safety and "fun" for the overall enjoyment of all users. Please review the **Pool Rules & Regulations** with all group chaperones to ensure that the group and our aquatics staff can work together to keep it a fun and safe day at the pool for all. Aquatic staff will present a brief safety orientation at the start of children's parties.

### General Pool Rules

### Waterslide Rules

- ❖ Warning: The entire pool is shallow water (less than 4 feet) and therefore **NO DIVING** of any type is permitted in any area of the pool.
- ❖ Failure to comply with the safety guidelines and policies will result in loss of membership privileges.
- ❖ Non-swimming/floatation dependent children must be within arm's reach by an adult caregiver at all times. Only U.S. Coast Guard Approved Personal Flotation Devices are permitted.
- ❖ Proper swim attire is required.
- ❖ The children's pool is for children under the age of 7, and is not lifeguarded; parents/guardians are responsible for the safety of their children.
- ❖ Children requiring the use of diapers during normal daily activities must wear disposable swim diapers while using UREC aquatic facilities.
- ❖ Alcohol, tobacco products, and illegal drugs are not permitted at UREC facilities.
- ❖ Running, diving, and horseplay are not allowed.
- ❖ Certain large floatation devices may not be permitted. Flotation devices are not allowed in the children's pool.
- ❖ Glass and breakable containers are not permitted in the pool area.
- ❖ UREC aquatic facilities may not be used for private instruction or to provide services not approved in writing by UREC, e.g. private swim or diving lesson.
- ❖ The use of profanity is prohibited.
- ❖ Swimmers are encouraged to shower before entering the pool.
- ❖ Children 4 years of age or older are not permitted in opposite sex bathrooms. The family changing rooms are located around the corner from the large clock.
- ❖ Dunking and hanging on the basketball rim is not permitted.
- ❖ A long whistle blast from the lifeguards is used to clear the pool in the event of an emergency or severe weather, always follow instructions from the lifeguards.
- ❖ Any activity deemed unsafe or 'not in the best interest of our patrons' by the lifeguards or supervisory staff is not allowed.
- ❖ **HAVE FUN!**

- ❖ All riders must be at least 48" tall.
- ❖ Riders must ride feet first while lying on their backs with arms crossed across their chest at all times. Follow the instructions of the slide attendant at all times.
- ❖ No combs/foreign objects are allowed in pockets and no jewelry can be worn while riding the slide. **NO** cutoff jeans, only swimsuits allowed.
- ❖ Riders must enter the slide in a sitting position and wait for instructions from the guard stationed at the slide starter tub. Do not pull or propel yourself into the ride.
- ❖ Only one rider at a time. Absolutely no trains or chains or riders permitted.
- ❖ No tubes, mats, or lifejackets are permitted on the waterslide.
- ❖ The line should form from the deck with one rider on each landing and one rider in the starter tub. Wait until landing area is clear before entering.
- ❖ Non-swimmers are not permitted. Riders must be in good health. Pregnant women or individuals with heart or back conditions should not use this ride.
- ❖ Do not use this slide while under the influence of alcohol or drugs.
- ❖ No running, standing, kneeling, rotating, tumbling. Or stopping in the flume. Arms and hands must remain inside the flume.
- ❖ Leave plunge pool promptly after entering.
- ❖ **WARNING:** water depth is 3 feet 6 inches. **NO DIVING FROM THE SLIDE.**
- ❖ The Slide will close during Safety Break.

### We Treat Everyone Equally

*Our aquatic staff is trained to treat all groups, patrons and members equally. The same rules apply to all groups, including swim teams, youth camps, sport camps, special programs and private rentals. Failure to follow safety rules and staff instructions can result in serious injury to yourself or others. University Recreation reserves the right to refuse admittance to, or dismiss from its premises, any persons failing to comply with health and safety regulations. **No refunds will be given.***