JCCSF Pool Party Guidelines

BEFORE ENTERING THE WATER:
• Pool party participants should enter the JCCSF and check-in at the Front Desk. An Aquatics staff member will be present to greet you. The Aquatics staff member will notify the group of the after pool party room available, feel free to drop off any items in this room at this time. The Aquatics staff member will then escort the party to the Family Changing rooms.
  o At this time, the Aquatics staff member will collect the Youth Activities Consent and Release of Liability Waiver for all participants
  o **All participants must have a completed waiver to enter the pool**
    ▪ Waivers are available in the Aquatics office
  o Late arrivals:
    ▪ It is the responsibility of the coordinating parent to be aware of who’s late and making sure the Aquatics staff member is aware of these persons
    ▪ Lake arrivals must alert the front desk of the name of the party they are coming for and will be directed to the Aquatics Center
• Pool party participants are to use the Boy’s and Girl’s changing rooms located at the end of the family changing area. The men’s and women’s locker rooms should not be used by pool party participants.
  o Please remember that this is a public space and the JCCSF is not responsible for lost or stolen belongings. Keep valuables locked up or at home.
• Once changed, participants should make their way to the Aquatics Center bleacher where an Aquatics staff member and lifeguard will review the pool rules with the entire group. A swim test will be conducted for any participant wishing to go into the deeper sections of the pool.
• All children 5 feet or less are required to take a swim test, or stay in the shallow end of the pool.
  o Any children over 5 feet tall, or who have passed the swim test, will receive a wrist band which signifies that they are allowed into the deeper water.
  o Swim tests will be conducted at the start of the party and only at that time. This is for the safety of all party goers as lifeguards need to remain vigilant on all patrons in the Aquatics Department at all times
• **Children are required to visit the bathroom and shower before they enter the pool deck.**
• **Any late arrivals must check in with an Aquatics staff member and lifeguard before they are allowed to enter the pool.**

POOL TIME GUIDELINES & PARENTAL SUPERVISION:
• The Pool Party Coordinator and Aquatics Staff (not lifeguards) are present in the Aquatics Office if emergencies occur or any Aquatics specific questions need to be addressed.
• The **Lifeguards and Aquatic Staff have the ultimate authority in the Aquatic Facility.** Children are expected to follow their direction at all times. Parents are expected to help reinforce this with their groups.
• **At least 2 parents must be present in the Aquatics Center for the entire duration of the Birthday Pool Party**
• Depending on the age of all the participants, a parent or adult (ages 18 and up) will be required to be in the water to help with assuring the safety of all participants. The age groups are:
  o Ages 12 and up:
    ▪ At least two parents/adults are expected to be on deck walking around the side of the pool **actively watching the party participants.**
  o Ages 7 – 11:
    ▪ One to twenty children requires one parent/adult to be in the water. Parties larger than fifteen kids will required two parents/adults to be in the water. An
additional parent/ adult must be present on deck *actively watching the party participants*.

- Ages 5 – 6:
  - One parent/adult is required to be in the water for every five children. At least one parent/ adult must be present on deck *actively watching the party participants*.
- Ages 4 and under:
  - One parent/adult is required to be in the water for every two children and be no more than an arm's distance away from them at any time. At least one parent/ adult must be present on deck *actively watching the party participants*.

- The role of these parents/adults is to *actively monitor ALL children in the water*, particularly looking for children that need help and also to reinforce the pool rules (illustrated below).
- In addition to the parents/adults in the water, one parent will be needed to actively stand and walk the perimeter of the pool looking for children in need of assistance. This person is also responsible for escorting children to the bathroom; no child should go to the locker room by themselves.
- Some examples of what parents/adults should be looking for:
  - A distressed swimmer, someone tired or cramping.
  - Someone flailing their arms, bobbing up and down or grabbing others frantically.

  **When you see anyone in distress signal loudly to a lifeguard for help.**

**POOL RULES:**

- The following are the primary pool rules that need to be monitored and enforced:
  - Lifeguards are present to enforce pool rules and survey all bodies of water. Follow lifeguards instructions at all times and do not engage in unnecessary communication.
  - No running on the pool deck, or dunking/splashing other swimmers.
  - No diving headfirst in the pool at any time. Jumping into the pool is only allowed from designated areas (Lifeguards will identify these areas).
  - No hanging or climbing on other swimmers (either children or adults).
  - No roughhousing, water wrestling, piggy backs or “chicken fighting”.
  - No hanging on the pool lane lines or ropes.
  - No excessive yelling or screaming.
  - No food or drinks (other than bottled water) allowed on the pool deck.
  - Use of the hot tub is not permitted.
  - All swimmers must wear appropriate swimming attire: no cutoffs, shorts or t-shirts.
  - Only Coast Guard-approved life vests are permitted. Other than Coast Guard-approved life vests no other outside floatation devices or toys are allowed in any pool.

**Post-Pool Use Guidelines:**

- Aquatics staff and lifeguards will provide a 5 minute warning to staff and parents before their pool time ends and will blow their whistle when the pool time is up.
- Exit the water in an orderly and gather on the pool bleachers. An Aquatics staff member will recount your group to ensure everyone is out of the water.
- Once everyone is accounted for, the Aquatics staff member will direct the group back to the appropriate locker room.
- Parents must help children change quickly; other pool users will be following your group.
- Once dressed, children can “stage” (with supervision) on the bleachers in the pool area. Once everyone is dressed and accounted the group is free to move up into their designated room.
- Parents are expected to clean-up after their children in the locker rooms. Please make sure there are no belongings left unattended.
Room Guidelines:

- Aquatics Staff will remind the party of their assigned room and may assist the group up to the room if directions are needed
- Party rooms are equipped with tables, table cloths, chairs and water only
  - All other items are brought by the party participants
- The Aquatics staff member will review the room rules with the group
  - Room time is 3pm – 4pm
  - Locations of nearest restroom
  - Number to contact Aquatics staff in the event of an emergency (ex 1545)
    - Please dispose of all garbage and recycling in proper receptacles
    - Please leave the room as you found it
    - No hanging items from the walls/ceilings
    - No glitter or confetti
    - No writing on walls, tables, chairs, etc.