PENN STATE AQUATICS

GROUP USE POLICY
COUNSELOR EXPECTATIONS
HEALTH & SAFETY INFORMATION
NOTE & FLOAT PROGRAM
RULES & REGULATIONS

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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 Day Care Centers and Sport Camps:

Advance Reservations Required for all groups with six or more children under the age of fifteen years. This allows us to schedule additional lifeguards as may be needed and helps us balance use to avoid overcrowding. Groups showing up without advance reservations may be denied admittance.

One Group Supervisor shall be designated by the group to act as the liaison to the aquatic safety team. The Group Supervisor must be at least 18 years of age. Additional supervisors must be at least 16 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 staff person 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.

Safety is our top priority

Lifeguards enforce facility rules and respond in emergencies; Parents & Group Supervisors are primarily responsible for the safety and behavior of children in their groups.

Supervisors of day care groups must be in bathing suit attire and must be either in the water with the children or at the edge of the pool where the children are playing.

If the group supervisor decides to move to a different location, the entire group must move. Children must not be separated from their supervising adult.

Lifeguards and Aquatic Staff remain in charge at all times. Group supervisors are expected to support the aquatic staff in the enforcement of all pool rules and regulations. Groups whose members or supervisors fail to follow facility rules and regulations may be asked to leave the pool(s) and may be denied future admittance. No refunds will be provided.

Swim test required. PSU follows the national Note & Float program, wherein anyone wishing to swim in deep water must pass our facility swim test. Non-swimmers will be provided a wrist band that must be worn at all times. 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 staffing to meet the following staff : participant ratios per Policy AD39. For Non-Resident Camps, these ratios are as follows:

- Preschool: 4—5 years
  1 Staff : 6 Children
- Young School-Aged: 6—8 years
  1 Staff : 8 Children
- Older School-Aged: 9—14 years
  1 Staff : 10 Children
- Older Participants: 15—17 years
  1 Staff : 12 Children

KEY POINTS

- Advance reservations required
- One group supervisor (18+ years)
- Additional supervisors must be at least 16 years of age
- Direct supervision required at all times
- One supervisor required for each:
  - 6 preschool children (4-5 yrs)
  - 8 young school-aged children (6-8 yrs)
  - 10 older school-aged children (9-14 yrs)
  - 12 older participants (15-17 yrs)
- All campers must take a swim test
- Supervisors must be in swim attire
- Groups must remain together with group supervisor
- Lifeguards remain in charge
- Swim test required
- Non-swimmers less than 48” tall (4 feet) must wear a life jacket
  - Non-swimmers under 8 years of age must stay within arm’s reach of a supervisor
  - Non-swimmers 8—12 years of age must be actively supervised by a supervisor

Group Use Policy
SAFETY FIRST

Group supervisors (including coaches, counselors, etc.) must maintain control over their group and stop any dangerous behaviors that put group members at risk of injury.

LIFEGUARDS ARE NOT BABYSITTERS

Please keep in mind that lifeguards are present to help enforce rules and to respond to emergencies. They have more than just your group 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.

STAY WITH YOUR GROUP

Group supervisors must be physically present with their group, either in the water or at the edge of the pool providing direct supervision. Supervisors who distance themselves from their group (remaining in the grass or on benches) will forfeit all swimming privileges for their group.

CAMP COUNSELORS / GROUP SUPERVISORS ARE ROLE MODELS

We at Penn State entrust that the group supervisors and camp counselors working with children will serve as role models for our youth. Coaches, counselors and group supervisors are expected to follow all facility rules and regulations. Inappropriate behavior or language may result in loss of swimming privileges and expulsion of the group (participants and supervisor) from our aquatic facilities.

GROUP SUPERVISORS MUST PROVIDE PROPER SUPERVISION

If children are not being properly supervised, our aquatic staff reserves the right to revoke your group’s swimming privileges for the day, ejecting the entire group from our facilities. Continued misbehavior of group members or lack of supervision on the part of group supervisors/counselors/coaches may result in permanent loss of all swimming privileges.

GROUP SUPERVISORS MUST KNOW & ENFORCE POOL RULES

Pool rules exist to help ensure that all pool users safely enjoy our aquatic facilities. What may seem fun to one person may have negative consequences to another. Our pool rules seek to balance safety and “fun” for the overall enjoyment of all users. Please review the Pool Rules & Regulations with all group supervisors to ensure that the group and our aquatic staff can work together to keep it a fun and safe day at the pool for all.

WE TREAT EVERYONE EQUALLY

Our aquatic staff are trained to treat all groups, patrons and members equally. The same rules apply to all groups, including swim teams, day care centers, swim camps, special programs and private rentals. Persons refusing to cooperate with staff in matters of safety or discipline will be asked to leave. No refunds will be given.
**“PLEAS” FOR HEALTHY SWIMMING**

**Please don’t swim when you have diarrhea.** Diarrhea can contain disease.

**Please don’t swallow pool water.** Most waterborne illnesses occur from swallowing water with germs in it.

**Please take frequent bathroom breaks, every 30—60 minutes.** Remember to fully clean young children to reduce the chance of fecal contamination and urine in the pool.

**Please wash your hands with soap and water after using the toilet or changing diapers.**

**Please change diapers in the restrooms and not at poolside.** This reduces germs on the pool deck.

**Please shower and wash with soap and water before swimming, especially the rear end.** This reduces the amount of fecal residue, sweat and lotions carried into the pool.

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**SUN SAFETY—EVEN ON CLOUDY DAYS**

Exposure to the sun carries potential long-term ill effects. We strongly recommend that sunscreen (SPF 15+ UVA/UVB Protection) be applied in the morning before getting dressed. Waterproof sunscreen should be used. Applying sunscreen at poolside is not very helpful as even waterproof sunscreen needs time to absorb into the skin—at least 30 minutes! Remember to reapply sunscreen every two hours or after getting out of the water.

**BEAT THE HEAT**

If you feel thirsty, you are already dehydrated. Drink plenty of water even when you are not thirsty. This will help prevent heat cramps, heat exhaustion and potentially life-threatening heat stroke. Avoid caffeinated beverages which dehydrate the body. Remember that if you feel sick to the stomach or you are starting to get a headache, you are likely dehydrated and beginning to suffer a heat emergency.

**LEARN TO SWIM**

Swimming is a life-long skill that offers both fitness and safety benefits. All children and adults should learn basic swimming skills. Penn State offers swimming lessons year-round to people of all ages and abilities. Visit our website to learn more about our American Red Cross Learn to Swim Program and our Private Swimming Lessons.

**THINK SO YOU DON’T SINK**

Many injuries at our pools can be avoided. Never dive head-first into water less than 9 feet deep unless under the careful supervision of a qualified instructor or coach. Don’t swim when you are tired. Always swim when a lifeguard is present. Avoid running on the pool deck, as people with open cuts will not be allowed into the water. Always obey the lifeguards—they are there for your safety.
Piloted here at Penn State, the National Note & Float™ Water Safety Program aims to identify all non-swimmers who enter the facility and then “float” them with an appropriately-sized lifejacket.

How the Note & Float Program Works

1. **ALL** non-swimmers must be registered at the facility prior to or upon entry.
2. Parents/Guardians/Supervisors will receive written and verbal site-specific water safety instructions.
3. Parents/Guardians/Supervisors (at least 16 years of age) will be advised to **ACTIVELY SUPERVISE** their children and keep young non-swimmers (seven years of age and under) within arm’s reach (“touch supervision”).
4. **Anyone** who wishes to access deep water (greater than five feet deep) must pass the facility swim test or wear a U.S. Coast Guard-approved lifejacket.
5. Non-swimmers **less than four feet tall** or **seven years of age and under** must wear a USCG-approved lifejacket, and must remain in designated shallow water areas. A clearly identifiable **wrist band** may also be provided.
6. Non-swimmers ages **eight through twelve** must wear a clearly identifiable **wrist band** and a USCG-Approved lifejacket, and must be **actively supervised** by a swimming parent/guardian/supervisor (at least 16 years of age).

Please note that the use of a lifejacket is not fail-safe and cannot replace active supervision of parents/guardians/ supervisors—children can still float facedown and drown while wearing a lifejacket. Lifejackets are never a substitute for close and active supervision of non-swimmers.
SELECT POOL RULES & REGULATIONS

While all of our pool rules and regulations must be enforced, we ask groups to pay particular attention to the following common issues that may result in customer complaints, injury or death:

- No head-first entries / diving into water less than 9 ft deep
- No repeated breath holding competitions or prolonged underwater swimming
- No rough play in water, on deck or on the grass: e.g. throwing, pushing, dunking, fighting, running
- One person at a time on the diving boards or platforms
- Non-swimmers must remain in the marked shallow water area
- Face masks are not permitted; goggles may be used
- No hanging on lane lines or diving boards or playing on or near pool ladders
- No flipping of towels (“rat tails”)
- No profanity (bad language)
- No spitting in the pool or on the pool deck
- Everyone must shower before entering the pool
- Swim suits required; cut-off clothing or t-shirts are not permitted
- Swim toys may be used at the discretion of lifeguards on duty
- No smoking, alcohol or glass within the pool enclosure

Thank you for your cooperation in enforcing our pool rules.