

GENERAL AQUATICS PROGRAM INFORMATION

Purpose: To provide a basic overview of facilities, user groups, and programs in the aquatics program.

Scope: This overview is applicable to all staff in the aquatics program.

I. FACILITY OVERVIEW

	50 Meter/ Competition Pool	Instructional/ Recreational Pool	Diving Well/ Competition Pool	Spa
Dimensions	Length 50 meters Width 25 yards	Length 25 yards Width 20 yards	Length 25 yards Width 25 yards	Length 6 yards Width 2 yards
Volume of Water	844,000 gals	130,000 gals	525,000 gals	1500 gals
Temperature Range	79-81 F	82-84 F	83-85 F	100-103°F
Depth	8' - 9'	3.5' - 5'	16' - 17'	2.8'
Bather Load	512	187	234	12
Unique Features	2 moveable bulkheads, which allow for 4 different pool configurations 24 Competition Starting Blocks Spectator Seating capacity of 2000		2 - 1 meter springboards 2 - 3 meter springboards 5 Diving Platforms - 1, 3, 5, 7.5, and 10 meters Sparger system	

OPERATING HOURS

- a. Building Hours
 - Sunday: 12:00pm – 11:00pm
 - Monday – Thursday: 6:00am – 11:00pm
 - Friday: 6:00am – 11:00pm
 - Saturday: 9:00am – 9:00pm

- b. Aquatics Hours
 - Sunday: 3:00pm – 10:00pm
 - Monday – Thursday: 6:00am – 10:00pm
 - Friday: 6:00am – 10:00pm
 - Saturday: 9:00am – 8:00pm

II. USER GROUPS

- a. The Ramsey Student Center prides itself in being able to provide quality services to the communities of the University of Georgia and Athens-Clarke County. The following is a list of the groups the Aquatics area directly serves on a regular basis:
 - i. Athens Bulldog Swim Club (ABSC)

ABSC is a United States Swimming (USA) club which uses the Ramsey Center as their home pool. During the school year, ABSC practices in the evenings Monday - Friday, Sunday mornings and a couple mornings during the week. They typically practice twice a day, M-F, in the summers. ABSC members do not have to belong to the Ramsey Center to participate, but must adhere to ABSC practice times and lanes. ABSC members are permitted to use the whirlpool with a coach present.
 - ii. Club Swimming

Club Swimming is a sport club that utilizes the 50M pool for practices during the school year. Club Swimming has four, one hour practices Monday – Thursday, and one two hour practice on Sunday. There are many different ability levels at each practice. The club competes against other collegiate club teams.
 - iii. Georgia Diving Club (GDC)

GDC is a United States Diving (USD) club which uses the Ramsey Center as their home pool. GDC practices in the evenings during the week and on Saturday mornings. They typically practice twice a day, M-F, in the summers. They may use all diving boards and towers during practice as well as the trampoline, dry board and whirlpool when a coach is present. The lifeguard should be on deck in the Diving Well area when GDC is in the dry land area as we are responsible for emergency care in that area as well as the pool.

- iv. **Kayak Roll Sessions**
The Outdoor Recreation program offers roll sessions for kayaks. These will take place in the Rec Pool. All lane lines should be removed prior to their session. The number of boats permitted in the pool at one time is up to the discretion of the lifeguard. Most boats should have a spotter standing in the pool. The emergency or distress signal is to knock on the kayak with both hands.
- v. **High School Swimming**
Several Athens area high schools use the Ramsey Student Center as their practice facility beginning in October and running through February. They also host meets each season at the Ramsey Center between December and February. High School teams typically practice Monday – Friday in the evenings during ABSC practice times.
- vi. **Kinesiology (KINS)**
The Physical Education department offers a few instructional swimming classes throughout the week. They generally use the 50 Meter or Rec Pool. Occasionally they will request to play water polo in the diving well. This can be done if the diving well is not scheduled with another group and the Lifeguard can move to the dive well.
- vii. **Physical Therapy**
University Health Center physical therapists occasionally provide water therapy for their patients. They use the pool that is open for Open Rec swimming. A patient may use the whirlpool when accompanied by a therapist. They may request to use a pool which is not currently open. The manager will decide if enough staff members are available to accommodate them.
- viii. **Professional Swim Team**
The Professional Swim Team trains under the supervision of the UGA Swimming Coaching staff and typically practice twice a day, Monday – Friday, and Saturday mornings. The “Pro” Team may overlap practice times with the UGA Swimming Team, and has the same access as the UGA Swim Team, aside from athlete locker rooms and the athlete lounge. If a Pro athlete is training outside of the reserved practice time, they must swim in Rec Swim lanes and adhere to all Rec Swim rules and policies.
- ix. **Ramsey Members**
Rec Swimming is available to all University students, staff and faculty who are members of the Ramsey Center, and for guests who have purchased a Day Pass. Lanes are designated for Rec Swim during all building hours. The pool closes one hour prior to the close of the building. Children may access the pool under the direct supervision of their parents during the following times: Fridays after 5pm, all day Saturday, and all day Sunday. During the Summer, the minor access hours are extended to all operating

hours. The only exception is if a child is enrolled in a RecSports Program (example: Swim Lessons), they may be in the facility outside of the “Minor Hours”. Please note that children under 18 years of age MUST be with their parent/guardian when they are here. See Pool Rules for more details.

x. UGA Athletics – Swimming and Diving

The UGA Men’s and Women’s Swimming and Diving Teams typically practice twice a day: in the early morning and in the afternoon. During these times they have the 50 meter pool and the diving well to themselves. Other athletic team members must have the swimming and/or diving coaches permission to use the facility during UGA team time. The diving team may use all diving boards and towers, as well as the dryland training equipment (springboard, tumbling mats, and trampoline). The Lifeguard should be on deck in the Diving Well area when the dry land equipment is in use. We are responsible for emergency care in that area as well as the pool. When the towers are being used, no swim team member is permitted to swim outside of the two lanes, and the backstroke flags may not be suspended over the pool in any areas. Any athletic team member may use the whirlpool before 8pm nightly and not during water polo.

If any Swim or Dive athletes come to practice or rehab outside of the designated UGA Athletic time, they must swim in Rec Swim lanes and adhere to all Rec Swim rules and policies. Please note UGA Divers may not utilize the dryland training equipment, diving platforms, or springboards without their coach present during their reserved practice times.

xi. UGA Athletics – Other

The UGA Athletics program may utilize the pool spaces for therapeutic or additional training for other sports teams throughout the year. Examples include but are not limited to Baseball, Softball, Track and Field, Football, and Basketball. These teams will always be accompanied by at least one coach and athletic trainer, and will have arranged to use the space with the Aquatics Professional Staff. Typically, these teams will utilize the Rec Pool, but may also use the Diving Well or 50M Pool if they are conducting aqua-jogging sessions. These sessions will be conducted to adhere to all Rec Swim rules and policies, unless otherwise stated by Aquatics Professional Staff. These reservations may be made with less than 24-hours’ notice, and staff will be notified of changes to the pool schedules. If a UGA Athlete chooses to use the pool on their own time, outside of an organized practice, they must adhere to all Rec Swim rules and policies.

- xii. **Water Polo Club**

The Water Polo Club is a sport club that uses the Diving Well once a week for a two-hour practice during the school year. They may require assistance in removing lane lines and installing water polo goals. When moving goals, be careful not to chip tile on the deck and wear shoes. Balls and equipment are kept in the athletic storage room. At the end of practice, replace all lane lines and put away all equipment.
- xiii. **Water Fitness – Aqua Tabata**

Offered through Fitness and Wellness Group Training, Aqua Tabata is held once a week on Wednesday's around noon in the Rec Pool. They may require assistance moving the lane line closest to the Diving Well over, to clear the first to lanes in the pool for their activity. Lifeguards should also ensure the Portable Assistive Lift (PAL) is accessible if needed. Participants in the water may wear running-style athletic shoes in the water, and this is permitted only for this class. The Water Fitness Instructor will gather and return all class materials from around the Natatorium. Staff will need to move the lane lines back at the conclusion of the class.
- xiv. **Water Fitness – Deep Water Aerobics**

Offered through Fitness and Wellness Group Training, Deep Water Aerobics is offered twice a day, at 6:15 am and 12:15 pm, Tuesdays and Thursdays, in the Diving Well. Lifeguards should ensure all ladders are placed in the pool, lane lines have been moved out of the way, and the Portable Assistive Lift (PAL) is accessible if needed. The Water Fitness Instructor will gather and return all class materials from around the Natatorium.
- xv. **Whitewater Club**

The White Water Club is a sport club that uses the pools (primarily the Rec Pool) for roll sessions. They may have kayaks, canoe, or other watercraft that they bring into the facility through use of the roll up door. When club members arrive to drop supplies off for practice, guard should:

 1. Open roll up door
 2. Make sure person knows they must be Ramsey Center members and will need to enter via the eye scanners in the main lobby
 3. Ask person to rinse off boat and/or gear
 4. Help person through silver doors to leave their supplies in Rec Pool (silver doors should NOT be propped open)
 5. Have person exit roll up door, move vehicle to legal parking space (not loading dock or EMS entrance!) and enter through the main lobby
 6. Close roll up door
 7. Remove all lane lines from the Rec Pool/move lane lines to the side

At the conclusion of practice, all Rec Pool lane lines should be placed in the pool

1. Return all lane lines to the Rec Pool
2. Open roll up door to assist with removing equipment
3. Ensure all Whitewater equipment is removed from the facility/stored appropriately
4. Close roll up door

III. RECREATIONAL SWIM

- a. Open swim times are available to Ramsey Student Center Members during all Aquatics Operating Hours, unless otherwise specified due to a special event. Recreational Swim will be offered daily in either the 50 Meter Pool, Recreational Pool, or both. The Diving Well may occasionally be used to offer Recreational Swim on special occasions at the discretion of the Professional Staff. The schedule is updated weekly to best reflect the upcoming hours for that week; however, they are subject to last minute change at the discretion of the Ramsey Professional Staff.
- b. Rec Swim Schedules are posted weekly on Mondays in the following locations: RecSports Website, at the Aquatics Manager desk, outside the Lifeguard Office, Rec Pool Entrance, Women's Locker Room, and the Men's Locker Room.

IV. AQUATICS PROGRAMMING

- a. The Ramsey Student Center is a Licensed Training Provider with the American Red Cross to offer and teach the following Safety Courses:
 - i. Lifeguarding Instructor
 - ii. Lifeguarding Instructor/Instructor Trainer Review
 - iii. Lifeguarding with CPR/First Aid/AED
 - iv. Lifeguarding with CPR/First Aid/AED Review
 - v. CPR/AED for the Professional Rescuer
 - vi. CPR/AED for the Professional Rescuer Review
 - vii. Adult and Pediatric First Aid/CPR/AED
 - viii. Adult and Pediatric First Aid/CPR/AED Review
- b. In addition to Safety Courses, Ramsey Aquatics offers the following options for Swimming Lessons utilizing an internal Ramsey Swimming Program:
 - i. Private Swimming Lessons
 1. Packages of 6, 12, or 18 Lessons
 - ii. Adult Swimming Lessons
 1. Beginner to Advanced Swimming Skills

- iii. Youth Learn-to-Swim
 - 1. Parent/Child: 6 months – 2 years
 - 2. Preschool: 3 years – 5 years
 - 3. Youth: 6 years – 12 years

- c. All programs are advertised on our website at: recsports.uga.edu/aquatics. Additional signage is posted around the Ramsey Student Center, on our social media accounts, and across campus. Participants may register for classes by:
 - i. Using our online Fusion Shop
 - ii. Calling the Ramsey Business Office: Monday – Friday, 8:00am – 4:45pm
 - iii. Visiting the Ramsey Student Center: Monday – Friday, 8:00am – 4:45pm

- d. All members registering for a program must fill out and sign a Program Participant Waiver, which they will receive at the time of purchase. Anyone under the age of 18 years old participating in a Ramsey program must complete additional paperwork as a part of our Minors on Campus Policy. All programming paperwork is completed by the Ramsey Business Office.

V. LIFEGUARDING PROGRAM

- a. The Ramsey Student Center's Lifeguarding program follows the standards, guidelines, and recommendations set by the National American Red Cross. These have been created based on the scientific evidence provided by national and international agencies that evaluate the program every 5 years through the Scientific Advisory Council.

- b. All policies at the Ramsey Student Center that are set for staff and patrons are based on the American Red Cross Lifeguarding program and Lifeguard Management training. As an American Red Cross Licensed Training Provider that follows the American Red Cross Lifeguarding Program, the Department Professional Staff are responsible for adhering to all Benchmarks for Lifeguarding and Lifeguarding Operations. The Aquatics Professional Staff will hold all Aquatics staff members to American Red Cross standards at all times.

- c. All standard operating procedures have been created from the American Red Cross Lifeguarding program, and made to be facility-specific to the Ramsey Student Center. The Aquatics Professional Staff will provide all Aquatics staff with the necessary tools, supplies, and training to meet the American Red Cross Lifeguarding Benchmarks. All Aquatics staff members are responsible for maintaining their training skills and knowledge of the American Red Cross Lifeguarding program during their time of employment.

VI. SPECIAL EVENTS

- a. The Gabrielsen Natatorium is the training and competition facility for a variety of athletic teams. Throughout the year, in addition to regular practices, the facility will host swimming and diving events in capacities to include:
 - i. NCAA-Sanctioned Swimming and Diving Dual Meets
 - ii. NCAA-Sanctioned Swimming and Diving Invitationals
 - iii. Swimming and Diving Conference Championships (upon special assignment)
 - iv. NCAA Swimming and Diving Championships (upon special assignment)
 - v. USA-Sanctioned Swimming and Diving Meets
 - vi. Georgia High School Association (GHSA)-Sanctioned Swimming and Diving Meets

- b. During events, host teams have the option to use the following features:
 - i. Hospitality in 119
 - ii. Lobby for apparel/swag/sales
 - iii. Athlete, coach, and/or staff check-in
 - iv. Live streaming
 - v. Athlete-only entrance (reserved for SEC and NCAA Championship meets)
 - vi. Priority parking in E03/E04 for vendors, providers, etc. (coordinated with Parking Services)

- c. During any and all events hosted, Aquatics Staff do not have access to event features unless given permission from Aquatics Professional Staff (including hospitality).

VII. ACCESS TO SPECIAL FEATURES

a. Spa

- i. Due to increased risks of health conditions/complications, the spa is for competitive team and instructional use only during their reserved practice times. Only the following groups have access to utilize the Spa:
 - 1. UGA Swimming and Diving
 - 2. GDC
 - 3. ABSC
 - 4. UGA Swimming Club and Water Polo Athletes
 - 5. Water Fitness Classes
 - 6. Swimming Lessons

Anyone utilizing the Spa must be under the supervision and guidance of the appropriate coach/instructor.

- b. Diving Boards and Dryland Training Equipment
 - i. Due to the increased risk associated with high-impact activities, the diving boards and platforms are restricted for use only by the UGA Diving and GDC teams. The dry land training board, mats, and trampoline are the property of UGA Athletics and are for the exclusive use of UGA Diving or GDC teams.

Any athletes using the diving boards and dryland training equipment must be under the direct supervision of a team-affiliated coach during their reserved times.

- c. Starting Blocks

- i. Due to the increased risk associated with the high-impact, headfirst entry, starting blocks are for competitive team and instructional use only during their reserved practice times. Only the following groups have access to utilize the starting blocks:

1. UGA Swimming
2. ABSC
3. UGA Swimming Club
4. Swimming Lessons

Anyone using the starting blocks must be under the direct supervision of a team-affiliated coach/assigned instructor.

VIII. FACILITY RULES

- a. In addition to Ramsey Student Center policy, General Aquatics Rules

- i. A Lifeguard must be properly positioned in the stand before swimmers or divers can enter the water
 - ii. Children (under 18 years of age) shall not use the pool without an adult in attendance.
 - iii. Children who cannot swim must be within arms' reach of an adult. When necessary, a Lifeguard will determine the skill level of a child by performing a swim test. If the child is noted as a weak or non-swimmer, the Lifeguard may recommend using a Life Jacket.
 - iv. Clean swimming attire is required; we recommend a bathing suit with a commercial liner.
 - 1. No cotton clothing.
 - v. Do not hang, swim across, or adjust lane lines.
 - vi. Do not adjust backstroke flags.
 - vii. Do not hang on ladders, railings, or backstroke flagpoles.
 - viii. Do not swim if you have an infectious/communicable disease or any open wounds.

- ix. For your safety, only U.S. Coast Guard approved flotation devices are allowed.
- x. Long distance underwater swimming, hyperventilation, and static apnea are prohibited.
- xi. Weighted/resistance style training is prohibited.
- xii. No food, drink, or trash shall be permitted within ten feet of the pool or spa.
- xiii. No glass articles in or around the pools or spa.
- xiv. No pets allowed.
- xv. No saving lanes for others.
- xvi. No running, rough play, or excessive noise in the Natatorium, showers, and locker rooms.
- xvii. No spitting, spouting of water, or blowing nose in pools.
- xviii. Patrons using the facility are expected to comply with the requests of the Lifeguard and all other Aquatics staff members.
- xix. Swim diapers or plastic pants are required for children who wear diapers.
- xx. Use of the facility by children: During the regular academic year, children are allowed to use the facility after 5:00 pm on Fridays and during any open rec swim hours on Saturday and Sunday. These hours are expanded during summer and vacation periods.
- xxi. The Spectator Seating area of the Natatorium is reserved from 6:00 am – 8:00 am, and 2:00 pm – 5:00 pm for use by UGA Swimming and Diving. Stair running is prohibited during this time.

b. 50 Meter Pool Rules

- i. Do not swim under the bulkheads.
- ii. Do not use starting blocks.
- iii. Standing, headfirst entry or feet-first entry in a forward motion from the side of the pool deck only. No back entries, running entries, twists, or flips permitted.
- iv. Only swim in the area designated for Rec Swim.
- v. Do not adjust any competitive training or timing equipment that may be in/around the pool.

c. Recreational Pool

- i. Feet first entry only.
- ii. Toys, swimming accessories, and training equipment located in the pool area are for competitive team and instructional use only during their reserved times.
- iii. No climbing, hanging, or playing on bleachers.
- iv. Do not touch UGA Swim team training equipment and swim bags.
- v. Do not adjust pace clocks.
- vi. Do not block designated emergency exits.

- d. Diving Well (used for lap swimming on special occasions)
 - i. Standing, headfirst entry or feet-first entry in a forward motion from the side of the pool deck only. No back entries, running entries, twists, or flips permitted.
 - ii. Diving boards are not for public use: Do not use or enter onto the diving boards and platforms.
 - iii. Do not adjust heaters.
 - iv. Do not dive to the bottom of the pool.
 - v. Swimming and training equipment next to the pool is for instructional use only.
 - vi. Swim only in the area designated for Rec Swim.

- e. Spa
 - i. Hot tub use is restricted for intercollegiate athletes and approved program participant use ONLY.
 - ii. Do not use hot tub under the influence of alcohol, narcotics, or other drugs that cause sleepiness, drowsiness, or raise/lower blood pressure.
 - iii. Individuals who are pregnant, elderly, or suffering from heart disease, diabetes, epilepsy, or high/low blood pressure should not use the spa without prior medical consultation and permission from their doctor.
 - iv. Enter and exit slowly. Shallow water – NO DIVING
 - v. Limit exposure to 15 minutes. Overexposure to hot water may result in nausea, dizziness, fainting, or heat related illness.
 - vi. Small children should not use hot tub prior to medical consultation.

IX. AQUATICS ORGANIZATIONAL STRUCTURE

