

GENERAL AQUATICS PROGRAM INFORMATION

Facility Overview

Aquatic Features

	50 Meter Competition Pool	Recreational Pool	Diving Well
Dimensions	Length 50 meters Width 25 yards	Length 25 yards Width 20 yards	Length 25 yards Width 25 yards
Volume of Water	844,000 gals	130,000 gals	525,000 gals
Temperature Range	79-81 F	82-84 F	83-85 F
Depth	8' - 9'	3.5' - 5'	16' - 17'
Bather Load	512	187	234
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

Building Hours

Sunday: 1:00pm – 11:00pm

Monday – Friday: 6:00am – 11:00pm

Saturday: 9:00am – 8:00pm

Aquatics Hours

Sunday: 1:00pm – 10:00pm

Monday – Friday: 6:00am – 10:00pm

Saturday: 9:00am – 7:00pm

User Groups

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:

- Athens Bulldog Swim Club
- Club Swimming
- Georgia Diving Club
- High School Swimming
- Kinesiology
- Physical Therapy
- Professional Swim Team
- Recreational Swimming
- UGA Athletics – Swimming and Diving
- UGA Athletics – Other Teams
- Water Fitness – Aqua Tabata
- Water Fitness – Deep Water Aerobics
- Water Polo Club
- White Water Club

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. ABSC members do not have to belong to the Ramsey Center to participate, but must adhere to ABSC practice times and lanes.

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. There are many different ability levels at each practice. The club competes against other collegiate club teams.

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. They typically practice in the morning, Monday through Thursday, in the summers. They may use all diving boards and towers during practice as well as the trampoline and dry board 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.

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.

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. Kinesiology also holds an Adaptive PE Lab on Tuesday evenings in the Rec Pool.

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. They may request using a pool which is not currently open. The manager will decide if enough staff members are available to accommodate them.

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. This team existence is at the discretion of UGA Swimming Head Coaches.

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. 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.

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.

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.

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 and Rec Sports Reservations. 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.

Water Polo Club

The Water Polo Club is a sport club that uses the Diving Well 2-3 times 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.

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. Aquatics staff will move the rightmost lane line to allow for a double wide lane for the class. 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.

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.

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:

- Open roll up door
- Make sure person knows they must be Ramsey Center members and will need to enter via the eye scanners in the main lobby
- Ask person to rinse off boat and/or gear

- Help person through silver doors to leave their supplies in Rec Pool (silver doors should NOT be propped open)
- Have person exit roll up door, move vehicle to legal parking space (not loading dock or EMS entrance!) and enter through the main lobby
- Close roll up door
- 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

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

Recreational Swim

Open swim times are available to Ramsey Student Center Members during posted Recreational Swim 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.

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 (double sided), Women's Locker Room, and the Men's Locker Room, the single door at the west corner of the 50 Meter (double sided), and double doors at the east corner of the 50 Meter (double sided).

Aquatics Programming

The Ramsey Student Center is a Licensed Training Provider with the American Red Cross to offer and teach the following Safety Courses:

- Lifeguarding Instructor
- Lifeguarding Instructor/Instructor Trainer Review
- Lifeguarding with CPR/First Aid/AED
- Lifeguarding with CPR/First Aid/AED Review
- CPR/AED for the Professional Rescuer
- CPR/AED for the Professional Rescuer Review
- Adult and Pediatric First Aid/CPR/AED
- Adult and Pediatric First Aid/CPR/AED Review

In addition to Safety Courses, Ramsey Aquatics offers the following options for Swimming Lessons utilizing an internal Ramsey Swimming Program:

- Private Swimming Lessons
 - o Packages of 6, 12, or 18 Lessons

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:

- Using our online Fusion Shop
- Calling the Ramsey Business Office: Monday – Friday, 8:30am – 4:30pm

- Visiting the Ramsey Student Center: Monday – Friday, 8:30am – 4:30pm

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.

Lifeguarding Program

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.

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.

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.

Special Events

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:

- NCAA-Sanctioned Swimming and Diving Dual Meets
- NCAA-Sanctioned Swimming and Diving Invitationals
- Swimming and Diving Conference Championships (upon special assignment)
- NCAA Swimming and Diving Championships (upon special assignment)
- USA-Sanctioned Swimming and Diving Meets
- Georgia High School Association (GHSA)-Sanctioned Swimming and Diving Meets

During events, host teams have the option to use the following features:

- Hospitality in 119
- Lobby for apparel/swag/sales
- Athlete, coach, and/or staff check-in at the spectator entrance or hallway
- Live streaming
- Athlete-only entrance (reserved for SEC and NCAA Championship meets)
- Priority parking in E03/E04 for vendors, providers, etc. (coordinated with Parking Services)

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

Access to Special Features

Diving Boards and Dryland Training Equipment

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.

Starting Blocks

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:

- UGA Swimming
- ABSC
- UGA Swimming Club
- Swimming Lessons

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

Endless Pool and Cold Tub

Due to the increased risk associated with extreme temperatures and swimming in currents, the endless pool and cold tubs are restricted to use by the UGA Swim Teams. They may only use these during or after reserved times for practice. For use of the cold tub, supervision is not required but at the endless pool, supervision by a coach is necessary.

Facility Rules

In addition to Ramsey Student Center rules:

General Aquatics Rules

- A Lifeguard must be properly positioned in the stand before swimmers or divers can enter the water
- Children (under 18 years of age) shall not use the pool without an adult in attendance. A parent or guardian must remain on deck, close to the child.
- 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.
- Clean swimming attire is required; we recommend a bathing suit with a commercial liner.
 - o No cotton clothing. Exceptions for modesty and religious garments may be allowed.
- Do not hang, swim across, or adjust lane lines.
- Do not adjust backstroke flags.
- Do not hang on ladders, railings, or backstroke flagpoles.
- Do not swim if you have an infectious/communicable disease or any open wounds.
- For your safety, only U.S. Coast Guard approved flotation devices are allowed.
- Long distance underwater swimming, hyperventilation, and static apnea are prohibited.

- Weighted/resistance style training is prohibited.
- No food, drink, or trash except water shall be permitted within ten feet of the pool.
- No glass articles in or around the pools.
- No pets allowed.
- No saving lanes for others.
- No running, rough play, or excessive noise in the Natatorium, showers, or locker rooms.
- No spitting, spouting of water, or blowing nose in pools.
- Patrons using the facility are expected to comply with the requests of the Lifeguard and all other Aquatics staff members.
- Swim diapers or plastic pants are required for children who wear diapers.
- 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.
- 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.

50 Meter Pool Rules

- Do not swim under the bulkheads.
- Do not use starting blocks.
- 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.
- Only swim in the area designated for Rec Swim.
- Do not adjust any competitive training or timing equipment that may be in/around the pool.

Recreational Pool

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

Diving Well (used for lap swimming on special occasions)

- 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.
- Diving boards are not for public use: Do not use or enter onto the diving boards and platforms.
- Do not adjust heaters.
- Do not dive to the bottom of the pool.
- Swimming and training equipment next to the pool is for instructional use only.
- Swim only in the area designated for Rec Swim.

Aquatics Organizational Structure

