

# Aquatic Facility Guidelines

Calgary Recreation is committed to a safe and respectful environment. Your courtesy and patience towards patrons and staff is appreciated.

## Drop-in Classes

All classes are first come, first served. If there is a maximum for the class, a signup sheet is at the front desk.

## Latecomers to Classes

The safety and wellbeing of our patrons is very important to us. Our fitness classes are designed to include a warm-up, workout and cool-down component. We ask all participants to arrive before the class begins, and stay to benefit from all components.

Out of respect for fellow participants, and due to the specific nature of the following classes, latecomers will not be permitted to join: **Mind-Body, Yoga, Body Bars n' Stuff, Pure Strength** and **Tethered Deep Water Workout** classes once the class has begun. Arriving late is disruptive and can negatively impact other participants' experience.

## External Swim Instruction within a City of Calgary facility

For the safety of all patrons, the City of Calgary does not permit individuals or external groups to provide swim instruction in our facilities. Swim instruction is restricted to Calgary Recreation qualified and certified swimming instructors. Arrangements can be made for private instruction by contacting an onsite staff member. Individuals or external groups suspected of providing swim instruction or exhibiting the behaviors listed below, will be asked to cease the activity.

- Demonstrating or explaining specific skills to an individual or a group either on the deck or in the water.
- Providing feedback and correction to individuals or a group as it relates to a specific skill including assisting a patron with technique.
- Writing and/or designing a lesson plan for an individual or a group.

## \*\*\*NEW\*\*\*Pool adult/child ratios

Beginning **January 1, 2019**, the age that children must be accompanied in the water and kept within arm's reach by a responsible person (minimum 14 years of age) while at a City of Calgary aquatic or leisure centre facility **will increase from 7 years to 8 years**. This aligns The City of Calgary with the recommended age as outlined by the Lifesaving Society. It is recommended that a maximum of 3 children under 8 be accompanied by one person. Children 8 years of age and older may be left unattended in a pool.

### **Tot swim wear**

All children 35 months of age and younger must wear a swim diaper (little swimmers) and plastic pants when using City of Calgary Aquatic Centres and Leisure Centres. Plastic pants are available for purchase at all Aquatic and Leisure Centre facilities.

### **Breastfeeding**

The City of Calgary supports mothers who wish to breastfeed at our facilities. Breastfeeding is an acceptable practice in our recreation centres, including in swimming pool basins.

### **Taking photos at City Facilities**

Use of cell phones, PDAs, cameras, and other recording devices is restricted in City of Calgary Recreation Facilities. With staff permission, these devices are permitted for taking photos in public areas such as the lobby, arena, gymnasium, courts, class rooms, and party rooms. You must also have the permission of those who may be recognizable in the photos.

### **Youth access to weight rooms and strength training**

Youth 13-15 can gain access to weight rooms by completing an orientation session or course. Details can be found [here](#).

### **Sanitation**

Calgary Recreation's aquatic facilities monitor the water 24 hours a day, 7 days a week. Pool water is monitored by an automated system, as well as by qualified staff taking a minimum of 4 tests per day. A water sample is provided to Calgary Health Region one time per week for testing. All facilities are cleaned and disinfected daily.

### **Pool snorkelling**

The use of snorkelling equipment requires prior approval from the lifeguard. The lifeguard will consider activities in the pool and may require the customer to demonstrate the ability to clear the mask and snorkel without removing the equipment. The lifeguard can at any time refuse the use of equipment.

### **Personal inflatable toys**

Personal inflatable toys are permitted in the facility if capacity permits. Baby water wings and tube rings on small children are permitted provided they are within arm's reach of a responsible person (minimum 14 years of age). The use of inflatables requires prior approval from the lifeguard. The lifeguard will consider how much activity there is in the pool and may test the person on the competence and expertise when using inflatables. The lifeguard can at any time refuse the use of equipment.

### **Mermaid fins**

As with other toys, patrons who wish to use a mermaid fin must speak to the lifeguard on duty first. Lifeguards must ensure that the mermaid fin user is a strong swimmer and pass the following safety tests prior to use: swim 25 meters continuously, tread water for two minutes and swim with confidence while wearing the mermaid fin. The lifeguard will consider the how much activity there is in the pool and may test the person on the competence and expertise when using mermaid fins. The lifeguard can at any time refuse the use of equipment.

