



SALEM COMMUNITY CENTER

1098 NORTH ELLSWORTH AVENUE

SALEM, OHIO 44460

330-332-5885

www.salemcommunitycenter.com

SCC YOUTH SWIM CERTIFICATION

Information and Study Guide

The Youth Swim Certification will allow children ages 9-14 to be in the monitored Natatorium without parental supervision. Although parents must be in the facility at all times, they will not have to directly supervise a child who is in the Natatorium and has passed the Youth Swim Certification.

Requirements:

- Monthly members 9-14 years old
- Annual members 9-12 years old
- Pass a written test of the attached rules (80% or better)
- Sign a contract with parent and Head Lifeguard
- Swim 50 yards (non-stop) front crawl and tread water for 2 minutes, or show an American Red Cross Learn-to-swim Level 5 completion certification

Youth Swim Times:

SUN.	MONDAY - THURSDAY	FRI.	SAT.
9 AM - 2 PM	6 - 9 AM 1 - 9 PM	1 - 7 PM	12 - 7 PM

Hours subject to change during SCC Swim lessons. See Swim Lesson Brochure for dates and times.

Parents interested in having a child take the free Youth Swim Certification may sign up at the Front Desk. Certification test times are every first and third Saturday of the month at 12 pm. Pre-Registration is required at the SCC Front Desk.

For further questions, please contact Shane Harding, Aquatic Director, at 330-332-5885, or e-mail harding@salemcommunitycenter.com

NATATORIUM RULES AND REGULATIONS

Rules may be subject to change or rules may be added at the discretion of the Director of Aquatics.

The Salem Community Center is a family oriented facility. Personnel will enforce the following rules and regulations. Swimmers are responsible for knowing the rules and abiding by them, or proper discipline will take place. If the Lifeguard determines it is in the best interest of the swimmers and/or facility, any person who is not abiding by the following may be asked to leave the pool and surrounding area.

FOR YOUR SAFETY, THE POOLS WILL CLOSE IF THREATENING THUNDER OR LIGHTNING IS EVIDENT AND WILL REMAIN CLOSED FOR THE DURATION OF THE THREAT.

- **Our Lifeguards are highly trained; please adhere to their instructions at all times.** Staff has the right to revoke memberships or day pass privileges from those who have violated the rules. Reinstatement will occur only after member/guest has made an appointment to meet with the Executive Director, or a designee, to discuss membership privileges.
- No one is allowed in the Natatorium without a lifeguard present.
- Participants must shower before entering any pool.
- No street shoes allowed on the pool deck. Sandals and Aqua Socks only, maintenance and staff excluded.
- No food, drink or chewing gum is allowed. Bottled water or sports drink in an unbreakable container is permitted.
- All non toilet-trained babies must wear elastic rubber pants or elastic leg disposable swimming diapers.
- Any person having an infectious or communicable disease is prohibited from using a public pool.
- Anyone who has had diarrhea within the last twenty-four (24) hours should not use the pool.
- Spitting, spouting water, blowing the nose or discharging body waste in the pool(s) is strictly prohibited.

- Swim suit attire and requirements:
 - **Swim Suit Damage from Chlorine:** Unfortunately, SCC cannot be responsible for merchandise damaged by chlorine or other pool chemicals. It's a fact that swimsuits fade and disintegrate as a result of repeated low-level chlorine exposure. However, recent research indicates that more of the suit damage is actually caused by body fats

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and oils released as a result of warm water exposure than from sanitizer-oxidizer exposure. Good quality suits (as compared to leisure suits) are now manufactured from chlorine resistance materials like Lycra and Antron. For reference purposes, our target chlorine level is 2.0-3.0 parts per million (ppm). The level of chlorine needed to damage a suit is typically 25 to 30 times greater than this. The key to long swimsuit life is rinsing in cool water immediately after use and drying without heat. Take advantage of the spin dryer located in each locker room.

- Modest and appropriate - no thongs permitted
- Proper material – no denim jeans, cut-offs, t-shirts (exceptions made only by Aquatic Director). Lycra shorts and athletic supporters are permitted.
- Cleanliness – no undergarments are permitted beneath swim attire
- Swimmers who wish to swim in water over their shoulders may be asked to pass a swim test. A Lifeguard will conduct a test, as time permits, which requires a swimmer to complete 2 lengths of the lap pool (front crawl); results of test will be kept on file for future reference.
- No diving backwards from the side of pool.
- Diving is only permitted in water five feet six inches (5' 6") or greater.
- Horseplay and running on the deck or in the locker room is prohibited.
- No hanging on the lane markers or rope.
- No standing or sitting on kickboards.
- Inflatable toys provided by the Salem Community Center are permissible. Flotation devices that are Coast Guard approved or provided by the Aquatic Director will be permitted in the pools. The Lifeguard on duty will determine if the floatation device is acceptable.
- Lifeguards may call safety breaks at any time.
- Use of snorkels must be approved by the Director of Aquatics prior to intended visit and use. Scuba tanks permitted only in class.

- Unless otherwise pre-arranged, the pool is for open recreational use. SCC prohibits organizations from holding structured practices. No member of any coaching staff will be permitted in the pool with a group of athletes during operating hours. Private rentals are available for such events and may be arranged by contacting the SCC Facility Scheduler.
- Return all pool equipment to designated storage area when done using.
- Without prior approval and authorization from SCC Management, video and photographic equipment of any kind is strictly prohibited within the SCC. Use of cell phones and camera phones is prohibited in the locker rooms and restrooms. Cell phone usage on the Fitness Floor, Instruction Studio and Spin Room is for emergency purposes only. Cell phone conversations are acceptable in the lobby area. Cell phones, video and photographic equipment are permitted in rooms that are rented for private events. Even in acceptable areas, all cell phone conversations should be conducted in a low voice.

LAP LANE RULES

- Lap lanes are for lap swimming only.
- Lap swimmers must swim in the right-hand side of the lane in a circular pattern and share the lane with others. Up to 4 lap swimmers can fit in each lane, 8 if all are swimming competitively.
- Demonstration of swimming ability must be performed at the request of a lifeguard.

SPA RULES

- Participants who are fifteen (15) or older are permitted.
- For your safety, please limit use to 10-15 minutes.
- Spa capacity is seven (7) people.
- Please follow the additional precautions posted on the wall by the spa.

CHILD SUPERVISION

- Restricted participants (ages 14 and under, unless on an annual membership age 13 & 14) shall not be present in any area of SCC unless supervised in one of the following options:
 - a. With an adult (18 years of age or older), parent or guardian
 - b. As a member of an Annual Membership (age 9-12) that is accompanied by a sibling age 16 or older
 - c. With a Youth Natatorium Certification which allows a child member age 9-12 to be in the Pool without direct adult supervision. Parent must be in the facility at all times, but will not be required to be in the same area as the child who passed the certification.
 - Requirements:
 - 9-12 years of age
 - Pass written test with score of 80% or better
 - Contract signed by participant, parent and SCC Programmer
- Bather must be proficient swimmer; those unable to swim must be accompanied by an adult/guardian on the pool deck.
- Spectators, who do not have supervising responsibilities, may view the pool from the seating area in the Natatorium by receiving complimentary spectator/supervisor wristbands from the Front Desk.
- Children are **ONLY** permitted to use U.S. Coast Guard approved floatation devices.

YOUTH SWIM CERTIFICATION GUIDELINES

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The SCC now has a Youth Swim Certification program which allows a member child age 9-12 to be in the Natatorium without direct adult supervision during posted hours. Parents must be in the facility at all times but they will not be required to be in same area as the child who passed the certification. A group of four or more children ages 14 and under must be directly supervised by an adult on the pool deck.

Requirements:

- 9-12 years of age
- Pass written test with score of 80% or better
- Contract signed by participant, parent and Aquatic/Programmer Director or a designated staff member
- Swim 50 yards (non-stop) front crawl and tread water for 2 minutes or show an American Red Cross Learn-To-Swim Level 5 completion certification

SWIM LIFT OPERATION

A swim chair lift is available for those needing special assistance with entering the pool. Please inquire with the lifeguard on duty to access this service.

DIVING BOARD RULES

- Prior to diving off of the board, read “How to Dive Properly” which is posted on the wall.
- Do not bounce more than once on the diving board.
- Fulcrum is to be left alone and only moved by trained staff.
- Only one person on the diving board or ladder at a time.
- Be sure diving area is clear before diving.
- Dive straight off the diving board.
- Inward and Reverse (Gainer) Dives are not permitted.
 - Exception: Professionally trained Coach is present.
- Do not swim under the diving board.
- The diving board is only to be used during designated times and open swims.