

Adapted Aquatics Program Policies

*** Please advise the class instructor and volunteers of any medical precautions (ex. seizures, feeding tubes, asthma) that may impact swimming participation prior to the start of the class. ***

Customer Code of Conduct - Customers must:

- Maintain personal care (toileting, changing, transferring) without staff support
- Stay with assigned group at all times
- Respect others in what you say and do
- Listen to program leaders and follow directions
- Use appropriate language
- Use equipment and supplies in a safe and appropriate manner

Parent/Guardian/Caretaker Participation May Be Required

- Safety is our main concern for both the swimmer and for our instructors/volunteers. Instructors continually assess swimmer's progress and will adapt instruction to his/her needs. To deliver the best instruction an instructor may request parent/caretaker participation in the water. If a swimmer is not able to safely participate with a group and the parent/caretaker cannot assist his/her child, participation for the day may be discontinued.
- Adapted Aquatics classes are group lessons typically with a 1:2 or 1:3 ratio – if a swimmer needs 1:1 support in the water a parent/guardian/caretaker must be prepared to get in the pool with them.
- Instructors and volunteers may not leave the pool if a customer elopes, if this is a concern for your swimmer please be prepared to assist them back to the water.
- Instructors and volunteers may not leave the class to attend to one swimmer who needs to use the restroom. Please ensure swimmers use the restroom BEFORE class begins.
- Parents who have children under the age of 18 must **remain available and on the pool deck during class time.**
- Participants must adhere to FCPA Code of Conduct

Healthy Swimming Habits (Help us keep our pool open!

Do NOT come to swim class/bring your child to class if:

- The swimmer has been recently ill. (vomit and fecal close the pool for ~ 1 hour)
- The swimmer has had diarrhea within the last 2 weeks. (Diarrhea closes the pool for ~24 hours)
- Please refrain from eating heavy meals prior to class or swimming. Light snacks should be 30 minutes prior to swimming.

Tips for Success:

- Arrive on time and ready to swim
- Be patient with your swimmer's progress - each swimmer will move through the different levels at a different pace and it is common to repeat a level two or three times. Learning to swim is a complicated set of skills to master.
- Practice! Practice! Practice! It takes time to develop the coordination and endurance required to swim. Just like learning how to read or play an instrument, skills need to be practiced and reinforced outside of the once a week 30 or 45 minute lesson.

Open Swim Times:

SATURDAYS & SUNDAYS: most sites are open for FCPA swim classes and lap swimming only before 1pm. Please see specific monthly schedules are posted on the RECenter's website to find the best time to practice:

<https://www.fairfaxcounty.gov/parks/recenter/schedules>

Opportunities for Inclusion into General Recreation Classes:

Additional information about recreation services for customers with disabilities can be found on our website here: <http://www.fairfaxcounty.gov/parks/accessible>

Inclement Weather Procedure!

KNOW BEFORE YOU GO!! In the event of inclement weather, PLEASE check your email and/or call the RECenter front desk before you leave your house if you suspect class is cancelled. Park Authority classes follow Fairfax County Government (not schools!) when it comes to closures and in some cases an instructor may need to cancel swim classes even when the government is open.

Where to get information: www.fairfaxcounty.gov/parks

Inclement Weather Line: 703-324-8661

Class Schedules are Available Online

- <https://www.fairfaxcounty.gov/parks/adapted-programs> (scroll to the adapted aquatics header and you will see a link for the current season schedule)
- If you are unsure the exact time of your registered program you can log in to your Parktakes account online, call the registration unit at 703-222-4664, or call the RECenter front desk.