

Chapter 12

AQUATIC PROGRAMS AND FACILITIES

Ref: (a) DoD Instruction 1015.10 of 6 July 2009
(b) NAVMED P-5010-4
(c) 15 USC §8001, Virginia Graeme Baker Pool and Spa
Safety Act

1201. Aquatic Facilities. Aquatic facilities are physical sites of a specific aquatic activity operated by the local MWR activity. The aquatic facilities may be a pool, a lake, the oceanfront, or other bodies of water and include the immediately surrounding area.

a. Waterfront Area is an aquatic facility that includes beaches, lakes, reservoirs, rivers, lagoons, or other bodies of water. Waterfront areas may have designated swimming, surfing, boating, or other water sport activity areas.

b. Swimming Pool is an aquatic facility that includes indoor or outdoor recreation swimming pools on Naval installations or in Navy housing areas. Swimming pools may provide designated areas and specialized equipment for swimming, diving, or water sliding.

c. Wading Pool is an aquatic facility that includes indoor or outdoor wading pools that may or may not be attached to, adjacent to, or enclosed with the main swimming pool. Wading pools have a maximum depth of 24 inches and are intended for use by infants, toddlers, and children five and under.

1202. Minimum Common Rules and Regulations for all Aquatic Facilities

a. The following aquatic rules and regulations apply to the use and operation of all aquatic facilities and should be posted at prominent locations throughout the aquatic facility.

b. Children under 10 years of age must be accompanied by, and under the direct supervision of, an individual whose minimum age is 16 years. Children between the ages of 10 and 16, if left unattended, must demonstrate ability to swim a minimum of 25 yards.

14 Jun 2013

c. Swimmers, divers, surfers, boaters, and water sport activity participants are required to remain in designated areas.

d. Glass containers will not be permitted at aquatic facilities.

e. Patrons who appear to be under the influence of drugs or alcohol will not be allowed in or near aquatic facilities.

f. Socializing with an on-duty lifeguard is not permitted.

g. Pets, except guide dogs, are not allowed at the aquatic facilities.

h. In the event of a life threatening rescue the aquatics staff will notify the installation medical command, command duty officer, and the local MWR activity management representative.

i. Neither MWR nor aquatic facility employees are responsible for lost or stolen possessions of patrons.

j. Climbing on the lifeguard stands or using lifesaving equipment for other than emergency use is strictly prohibited.

k. Aquatic facility employees must be obeyed at all times and have the authority to suspend privileges for the day or portions of the day for individuals who repeatedly violate the rules or regulations. Continued violations may result in longer suspension of privileges with command approval.

l. The Aquatic Coordinator, Swimming Pool Manager, or Facility Supervisor may close the aquatic facilities for short periods of time without notice. Areas will be cleared of all persons during thunderstorms, electrical storms, and inclement weather. At the first sound of thunder or sight of lightning the area will be cleared and remain cleared until deemed safe (approximately 30 minutes after the last rumble or sighting). One long blast on the whistle by the lifeguard is the emergency signal indicating all persons in the water shall clear the swimming area immediately.

1203. Minimum Rules and Regulations for Swimming Pools including Wading Pools

a. All patrons are required to sign the daily log upon entering.

14 Jun 2013

- b. All swimmers must shower before entering the pool.
- c. Persons with colds, skin infections, or open wounds are not permitted to enter the pool.
- d. Contaminating the pool or walkway is prohibited.
- e. Swimmers must wear clean and appropriate swimwear. Cut-off jeans or pants are not authorized. Swimming with eyeglasses is permitted if they are safety glasses and properly secured with appropriate straps.
- f. Neither eating nor drinking is permitted within a reasonable distance of the pool (the Red Cross standard is 12 feet). A distinguishing mark will indicate the area beyond the pool where eating and drinking is permitted. No smoking is permitted in indoor swimming pool areas. Smoking may be permitted in designated areas of outdoor pools that are clearly marked where possible. Designated smoking areas should be at least 25 feet from bathhouse entrances and away from immediate pool area.
- g. Aquatic toys and equipment will not be permitted in the pool enclosure at any time. Prohibited items include, but are not limited to, rafts, kickboards, inner tubes, scuba gear, swim fins, masks, water wings, balls, Frisbees, inflatable objects, or other similar items. The use of these items is only authorized for organized programs, special events, or classes. Kickboards and other items of equipment used for lap swimming are authorized.
- h. Only U.S. Coast Guard approved personal flotation devices are authorized.
- i. Portable radios, televisions, or music devices (except small devices equipped with headphones) will not be permitted by patrons in the pool enclosure anytime.
- j. Running, pushing, dunking, or excessive splashing is strictly prohibited. Profanity, loud, boisterous or unruly conduct or behavior will not be permitted.
- k. The number of persons in the pool enclosure at any time will not exceed maximum pool capacity. The number of persons in the pool of an indoor facility at any time will not exceed the maximum pool capacity.

1. All diving will be a forward jump or a forward dive straight off the diving board. One person at a time will use the board and will be limited to one bounce before entering the water. For the safety of all patrons, back dives and dives with flips, rotations, stunts, maneuvers or tricks should be prohibited, unless supervised by a qualified diving coach.

1204. Minimum Rules and Regulations for Waterfront Areas

- a. Swimming is not permitted after dark.
- b. Scuba gear is not permitted in the swimming area.
- c. Fishing is not permitted in or near the swimming area.
- d. Signs must be posted to warn patrons of shallow water, riptides, beach closure, and other hazardous conditions.
- e. Beaching of watercraft prohibited.
- f. Surfing and Skim Boarding should be confined to designated areas only.

1205. Certification Organization Equivalents. Equivalent Certification recognizes and allows for the acceptance of certifications from the following nationally or internationally recognized organizations. Recognition of certifications not listed requires approval from CNIC (N921).

Lifeguard/Water Safety Certification Organizations	
1. American Red Cross Lifeguard Training	2. American Red Cross Lifeguard Training Instructor
3. YMCA Lifeguard Training	4. YMCA Aquatics Instructor Trainer
5. YMCA Lifeguard Training Instructor	6. U.S. Navy Rescue Swimmer School (Aviation)
7. U.S. Navy Rescue Swimmer School (Surface)	8. U.S. Navy Rescue Swimmer Instructor
9. U.S. Navy Basic Underwater Dive School	10. Naval Aviation Water Survival Training Program
11. National Lifeguard Service Certification in Pool, Waterfront or Surf (Canada)	12. Royal Lifesaving Society Bronze Medallion (Australia & New Zealand)

14 Jun 2013

13. Royal Lifesaving Society of the United Kingdom Lifeguard Corps or Open-Water Certificate	14. Royal Lifesaving Society Lifeguard Corps (Australia & New Zealand)
15. Surf Lifesaving Association of Great Britain	16. Royal Lifesaving Society of the United Kingdom Bronze Medallion
17. Surf Lifesaving Association (Australia & New Zealand)	18. Royal Lifesaving Society of Canada Bronze Medallion
19. Federation Nationale des Maitres Nageur Sauveteurs Dauphin de Bronze (France)	20. Federation Nationale des Maitres Nageur Sauveteurs Lifeguard (France)
21. Ellis and Associates Waterpark Training Program	22. Deutscher Rettungsschwimmpa (Germany)

Swimming Instructor Certification Organizations	
1. American Red Cross Water Safety Instructor	2. American Red Cross Water Safety Instructor Trainer
3. American Red Cross Lifeguard Training Instructor	4. YMCA Progressive Swimming Instructor
5. YMCA Skipper Swimming Instructor	6. YMCA Lifeguard Training Instructor
7. YMCA Water Exercise Instructor	8. YMCA Aquatics for Special Populations Instructor
9. YMCA Synchronized Swimming Instructor	10. YMCA/Arthritis Foundation Aquatic Program Instructor
11. U.S. Navy Rescue Swimmer Instructor	12. Royal Lifesaving Society of Canada Instructor
13. Royal Lifesaving Society of Canada Advanced Teacher's Certificate	

1206. Program Operation. Aquatic programs should offer patrons the opportunity to engage in a variety of activities.

a. Swimming Zones. The swimming pool or waterfront area shall be divided into zones. The non-swimmers' zone is the area of the pool or waterfront where the depth of the water is five feet or less. The swimmers' zone is that area of the swimming pool or waterfront where the depth of the water is greater than five feet (exclusive of the diving zone). The diving zone is that area of the swimming pool where the depth of water is nine feet or greater. The swimmers' zone and diving zone of the swimming pool must be separated by a buoy line tightly fastened to each side of the pool.

b. The wading pool and surrounding area are the responsibility of aquatic staff members. However, a wading pool

14 Jun 2013

does not require a lifeguard stand, or a staff member to be physically stationed at the wading pool perimeter. The direct supervision of a child must be maintained by the parent, sponsor, or individual responsible for the child. This individual must remain in constant and direct supervision of the child while using the wading pool.

1207. Appropriated Funding Eligibility

a. MWR aquatics' facilities are generally operated as Category A MWR programs, but may operate as Category B MWR programs. The use of APFs is authorized up to 100 percent of authorized expenses for Category A MWR programs and up to 65 percent for Category B MWR programs. Commercial grade water theme parks are Category C activities per reference (a).

b. Aquatic training facilities are operated as Category A MWR programs. The use of APFs is authorized up to 100 percent of authorized expenses.

1208. Admission Fees

a. Active duty personnel and their family members will be permitted free admission to fitness pools and recreation pools during hours scheduled for physical fitness or lap swimming. Members of the Reserve components (Ready Reserve and National Guard, Reservists in training), Delayed Entry Personnel (DEP) and cadets of Service Academies will be provided the same eligibility as active duty members for the use of fitness pools and lap swimming at recreation pools.

b. For recreational use, all patrons who enter the facility, regardless of purpose, e.g., leisure swimming, sunbathing, child supervision, may be assessed the daily admission fee.

c. The daily fee should be valid for admission throughout the day at the facility.

d. Fees should be established for adults (16 years of age and older) and children (6-15 years of age). Children under six years of age should be admitted free.

e. The use of weekly, monthly, seasonal, or yearly facility admission passes is authorized for aquatic facilities. These passes should provide a discounted fee for use over an extended period (when compared to daily admission fees). The fee

14 Jun 2013

structure can also include separate rates for individuals (one person) and families (sponsor and family members).

1209. Staffing. During regular hours of operation and special events, a minimum of two certified lifeguards are required to be on duty at the pool. However, a minimum of one lifeguard should be assigned to, and stationed at each non-swimmers' zone, swimmers' zone, diving zone, and at the perimeter of the swimming pool or waterfront area. For small rectangular pools with a surface area of less than 5,000 square feet and without a diving zone, one lifeguard may be assigned for both non-swimmers' and swimmers' zones (according to patron/staff ratios). Special circumstances (few patrons) may warrant a waiver to the above policy. Request for waiver should be directed to CNIC (N921) via the chain of command.

a. Special Aquatics Programs. For aquatic programs conducted in addition to the regular hours of operation, one lifeguard is required to be on duty at the pool perimeter (according to patron/staff ratios).

b. Staff members with proper qualifications/certifications should be assigned and limited to the appropriate areas of responsibility.

1210. Staff/Patron Ratio. The ratio of certified lifeguard members to patrons must be maintained to allow constant supervision of patrons while in the aquatic facility. This preserves a safe environment and allows for an effective and efficient response to an emergency.

a. One certified staff member is required for every 50 patrons. However, the only certified staff members that may be counted in the staff/patron ratio are lifeguards and water safety aides.

b. Non-certified water safety assistants, swimming instructors, and non-certified instructional aides may not be counted in the staff/patron ratio, but may assist the lifeguard or water safety aide with the number of assigned patrons.

c. Staff members who perform other duties or services may not be counted in the staff/patron ration.

d. The ratio of certified lifeguards to patrons should be increased to compensate for extenuating circumstances. Such

14 Jun 2013

extenuating circumstances may include conditions of the environment.

1211. Staff Responsibilities and Qualification Requirements

a. Lifeguard. A lifeguard is a staff member who possesses the required certification to provide lifesaving and rescue skills. Section 1205 of this chapter provides a list of recognized lifeguard certification agencies. Lifeguard certification qualifies the staff member to be assigned the supervisory responsibility of all areas of the aquatic facility.

b. Water Safety Aide. A water safety aide is a staff member who possesses certification to perform elementary forms of non-swimming rescues, perform CPR, first aid, enforce water safety rules and regulations, and implement accident and emergency procedures. Section 1205 of this chapter provides a list of recognized water safety aide certification agencies. Water safety aide certification qualifies the staff member to be assigned the supervisory responsibility of all areas of the swimming pool or waterfront areas excluding the swimmers' zone and the diving zone.

c. Water Safety Assistant. Water safety assistants are non-certified staff members, who possess the knowledge and ability to perform elementary forms of non-swimming rescues, enforce water safety regulations, assist with accident and emergency procedures, and provide routine aquatic supervision. The non-certified water safety assistant may assist the lifeguard or water safety aide, and must be under the direct supervision of a lifeguard or water safety aide at all times.

d. Swimming Instructor. A swimming instructor is a staff member who possesses the required certification to instruct swimming, aquatic fitness, lifesaving or rescue skills and techniques. Section 1205 of this chapter provides a list of recognized swimming instructor certification agencies. Swimming instructor certification qualifies a staff member to instruct swimming, fitness, or water safety classes at the facility.

1212. Training Program. Lifeguards must have certification from a recognized organization that provides an instructional qualification program in lifesaving and rescue skills. Section 1205 provides a list of equivalent certification from recognized organizations. It is also the responsibility of MWR to maintain up to date certification records and training files for all aquatics personnel.

a. In-service staff training is recommended for all aquatics personnel. This training program should be implemented in order for staff members to periodically review and have a thorough understanding of operating policies and procedures, emergency procedures, rescue methods and techniques. The training program will ensure staff members maintain appropriate physical conditioning to perform duties of the position. All aquatics personnel should receive an orientation that includes:

- (1) Facility operating policies and procedures.
- (2) Appropriate uniform/attire.
- (3) Appropriate behavior/conduct.
- (4) Program and activity policies and procedures.
- (5) Health and sanitation rules and regulations.
- (6) Safety rules and regulations.
- (7) Emergency procedures.
- (8) Medical emergency procedures.
- (9) Rule violation/disciplinary procedures.
- (10) Accident/incident reporting procedures.

b. Use of professional aquatic organization/association training programs is also encouraged.

1213. Personnel Health Requirements

a. Staff members must be in good physical and mental health and free from communicable disease.

b. Staff members will maintain a high degree of personal cleanliness and level of physical fitness.

c. Staff members should not be required to provide lifeguard services for more than 50 minutes of each hour before taking a 10-minute break.

1214. Program of Activities. The aquatic program director will plan, coordinate and implement aquatic recreation programs,

14 Jun 2013

classes and events. Aquatic program directors should design a calendar of events on an annual basis, and determine detailed program plans at least three months in advance. The schedule must also be publicized at the facility and around the installation.

a. Swim Instruction is an element of aquatic programming that plans, organizes and conducts swimming classes, clinics or workshops for all ages and ability levels as an MWR-sponsored program or in coordination with other agencies or organizations. A comprehensive swim instruction program includes:

(1) Incremental skill advancement classes for school-age youths and adults.

(2) Introductory swimming skills and aquatic facility familiarization skills for infants, toddlers, and preschoolers.

(3) Water safety classes for school-age youths and adults.

(4) The use of instructional equipment and training aids of proper type, size, and skill level for the age and physical capabilities of the participants is recommended.

b. Fitness Classes and Programs are an element of aquatic programming that plan, organize, and conduct aquatic classes and programs that support and encourage physical fitness. These classes or programs are scheduled during, or in addition to, the facility hours of operation. These programs include lap swim hours, water aerobics, sports leagues, distance-swimming programs, and swim teams.

c. Special Events are an element of aquatic programming that plan, organize, and conduct social activities and events in the aquatic environment. These activities include social events, entertainment activities, aquatic sport tournaments, or swim competitions.

1215. Local Policies

a. Local operating instructions about aquatic programs and facilities should be developed and prominently posted for both employees and patrons to govern the following areas:

(1) Program management responsibilities.

- (2) Authorized patrons.
- (3) Lifeguard duties and responsibilities.
- (4) Hours of operation.
- (5) Program areas and objectives.
- (6) Fees and charges.
- (7) Rules and regulations.
- (8) Emergency procedures.
- (9) Operational boundaries.

b. Appropriate forms should be developed to regulate and facilitate operational procedures. These include daily sign-in forms, facility attendance reports, program participation reports, safety equipment check lists, facility inspection check lists, accident/incident reports, usage tracking, and discipline/behavior reports.

c. The facility hours of operation and program schedule should allow for maximum use and participation by eligible patrons.

1216. Swimming Pool Facility Safety Requirements

a. Water Quality. Pool water will be free of suspended matter and sufficiently clear to see the sides of the pool and a four inch black disk resting on the bottom of the deepest section of the pool. If the disk cannot be clearly seen, the pool will be closed until the water is cleared. Chemical balance and quality of the water are achieved and maintained with filtration systems and properly balanced chemical additives. Guidance on water quality, recirculation systems, and water treatment is in reference (b).

b. Pool Capacity. Safe capacity of the swimming pool facility will be calculated based on water surface area. The capacity of rectangular and "L" shaped pools will be calculated by adding the total capacity of the non-swimmers, the swimmers, and the diving zones. The calculations should be computed based on the following criteria:

14 Jun 2013

(1) Non-swimmers' Zone. Count one patron for every 15 square feet of water surface area.

(2) Swimmers' or Intermediate Zone. Count one patron for every 20 square feet of water surface area.

(3) Diving Zone. Count one patron for every 175 square feet of water surface area.

(4) Wading Pool. Count one patron for every 8 square feet of water surface area.

c. Markings

(1) Variations in pool depth of one foot will be marked on the pool deck. For indoor pools, depth markings may additionally be located on the adjacent walls. For outdoor pools, depth markings may additionally be mounted on the perimeter fence at the edge of the deck.

(2) Painted or colored tile swimming lane markings should be provided on the bottom of the pool.

(3) The main drain should be clearly marked by painting the grate a conspicuous color or by laying colored tile around the drain perimeter.

(4) Back stroke flags must be hung at both sides of the pool giving swimmers enough warning of the approaching wall.

d. Diving Boards and Area

(1) Standard diving "spring" boards will be 14 to 16 feet long and 1.67 feet (500mm) wide. They will be factory-fabricated aluminum or fiberglass with a non-slip surface. The standard distances for mounting the board are 1.6 feet (500mm), 3.3 feet (1m) or 9.8 feet (3m) above the water. Each diving board will have a lockable fulcrum adjustable over a distance of 10 to 12 inches. The base section of each board will extend at least five feet beyond the pool wall for 14 foot boards and six feet for 16 foot boards.

(2) Diving stands for diving boards will be factory-fabricated. Anchorage will be according to manufacturers' recommendations. Only sloped steps with handrails will be permitted to the diving boards. Steps may be located either at the end or side of the board depending on deck space available.

14 Jun 2013

Handrails will be provided for all steps and ladders leading to diving boards more than 3.3 feet (1m) above the water. Diving stands 3.3 feet (1m) or higher should be protected with dual-guardrails. The top guardrail will be a minimum of 2.5 feet above the diving board and extend to a minimum of one foot beyond the pool wall.

(3) Measured from the centerline of the diving board, the minimum distance between the diving board and the nearest parallel pool wall will be 12 feet. The minimum distance between each diving board or water slide should be 12 feet (measured from diving board or centerline of the water slide).

(4) The number of boards permitted within the area dimensions of the diving zone is as follows:

(a) 1 board = 45 feet x 24 feet

(b) 2 boards = 45 feet x 36 feet

(c) 3 boards = 45 feet x 48 feet

(5) The relationship of the depth of water under the diving board to the length of the diving zone will conform to the following safety standards:

Elevation of Diving Board Above Water	Minimum Depth of Water Under End of Board	Minimum Length of the Diving Well
1.6 feet (500mm)	9 feet	25 feet
3.3 feet (1m)	10 feet	35 feet

(6) The relationship of the diving board to the pool walls, facility ceiling, water depth, and length of the diving zone will conform to the following safety standards:

Diving Board Elevation Above the Water	1 Meter	3 Meter
From plummet back to pool wall	8 feet	8 feet
From plummet to pool wall at side	10 feet	12 feet
From plummet to adjacent plummet	8 feet	8 feet
From plummet to pool wall ahead	29 feet	34 feet
On plummet, from board to ceiling overhead	18 feet	18 feet
Clear overhead, behind and each side of plummet	8 feet	8 feet

14 Jun 2013

Clear overhead ahead of plummet	18 feet	18 feet
Depth of water at plummet	12 feet	13 feet
Diving Board Elevation Above the Water	1 Meter	3 Meter
Distance of depth of water ahead of plummet	20 feet	20 feet
Distance and depth of water each side of plummet	8 feet	10 feet

(7) Diving platforms with a height greater than five meters are not authorized for recreational swimming pools.

e. Lifeguard Stands

(1) Lifeguard stands should be factory manufactured and may be fixed or movable. Depending on the space available, the slope steps may be located at the rear or the side of the support stand.

(2) To minimize how much time the lifeguard may be subject to direct sun or glare, the lifeguard stand for outdoor pools should be located so the sun is at the back of the lifeguard or across the field of vision. The placement of the lifeguard stand should allow the lifeguard a field of supervision not to exceed 180 degrees.

(3) A minimum of one lifeguard stand is required for each swimmer's zone and diving zone. When swimmer capacity demands additional lifeguards within these areas and within the non-swimmers' zone, a stationary or perimeter patrol lifeguard post must be created.

f. Pool Accessories

(1) Portable equipment will be stored and secured in a storage room when not in use.

(2) Inserts and anchors will be installed in the pool deck according to manufacturers' recommendations. Stanchions and stanchion sockets for supporting backstroke lines, finish lines, recall lines, and splash curtains should be stainless steel with a top closure plug fitted flush with the pool deck when not in use.

(3) No obstructions will project from the pool wall. Lane line anchor hardware will be located in the back wall of the gutter, recessed pool wall, or in interior gutter curbs.

14 Jun 2013

g. Water Slides. Water slides are permitted in swimming pools where the water depth is five feet or greater. Water slides may be located in the swimming or diving zones. When in the diving zone, the distance between the water slide and a diving board will be 12 feet from the centerline of the diving board to the centerline of the water slide. Installation of slides in locations where the depth of water is less than five feet requires the prior written approval of CNIC (N921). Requests to install slides in less than five feet of water must include written certification from the manufacturer stating the minimum water depth for which the slide was designed.

h. Pool Enclosures

(1) For indoor pools, incorporating sound absorbing materials on wall and ceiling surfaces should be considered to control both echoes and sound reverberation.

(2) A fence or wall a minimum of six feet high is required to enclose an outdoor swimming pool.

(3) When perimeter access is necessary, a standard width gate for patrons and personnel entry/exit will be provided in the perimeter fence. These gates will be locked to secure the facility.

(4) Three feet wide gates and larger service gates should be provided to allow equipment/vehicle access to enclosed patios, grassed areas, activity areas, or playgrounds. These gates will be locked when not in use.

(5) Wading pools should be separated from the main swimming pool by a four foot high fence even if the wading pool shares a common deck with the main pool. A four foot high fence will separate the pool deck area from grassed areas, activity areas, or playground areas.

(6) Nonferrous metal, or stainless steel ladders with above deck-mounted grab rails on both sides will be installed to provide for safe entry and exit from the pool. A minimum of one ladder should be provided on each side of the pool in the diving zone. A minimum of one ladder should be provided in the non-swimmers' zone and swimmers' zone to allow ingress and egress. Additional ladders should be provided at least every 75 feet of pool perimeter. Ladder treads should have non-slip top surfaces. A clearance with a minimum of three inches and

14 Jun 2013

maximum of six inches between the ladder and the pool wall is required. Steps built or cast into the pool wall may provide safe entry and exit from the pool.

(7) The pool deck will be of a non-slip surface and free of irregular surfaces and fittings along accessible routes.

i. Bathhouse

(1) The main traffic pattern should allow easy access to the entry of the bathhouse. A control counter will control the circulation of patrons among all areas of the building. Patrons must enter and exit through a control counter in or near the bathhouse. The control counter provides supervision of activities in the bathhouse or on the pool deck. Entrances and exits to the pool from the bathhouse will be planned to introduce the patrons to the pool only at the shallow end.

(2) The bathhouse should give patrons dressing areas, clothing storage facilities, benches, toilets, and showers.

(3) Floor surfaces throughout the bathhouse (excluding utility areas such as mechanical equipment and storage rooms) should be of non-slip and impervious material. Concrete floors may be permitted if they are troweled or broom finished (slip resistant), embossed printed, tinted or epoxy-coated.

(4) The bathhouse should be provided with natural and/or mechanical ventilation to reduce excessive heat and dampness. The walls, ceiling, and floors should be of waterproof and vapor-resistant materials. Hot and cold showers and soap dispensers are required. An adjustable temperature control should be provided (temperature should not exceed 100 degrees Fahrenheit). Lavatories with soap dispensers and paper towels or drying devices should be provided.

(5) Glass mirrors or glass objects are not permitted in the bathhouse. Stainless steel mirrors are permitted over counters and against walls.

(6) The use of lockers or baskets to meet the clothing storage requirements is recommended. Lockers or baskets should be by coin operated lock systems, facility issued tag numbers, facility issued keys or padlocks, or patron furnished padlocks. Lockers should be well ventilated, set on a closed base, and securely anchored to the floor and wall.

14 Jun 2013

j. Communications

(1) Time and competition clocks should be displayed and visible for general information and competitive use.

(2) A public address system is recommended for paging and public announcements. Speakers should be provided in the pool enclosure and in the locker/dressing area. Lifeguard stands should include a method of intercommunication with the pool patrons, staff members, control desk, and manager's office.

(3) A minimum of one telephone is required at the control desk, bathhouse, or lifeguard stand for emergency and business use.

k. Chlorine. Chlorine gas storage areas should have an automatic chlorine gas detection alarm system and a suitable warning sign posted. Lifeguards and other supervisory personnel will receive indoctrination in the proper procedures to follow in case of a chlorine gas leak. Only properly equipped emergency personnel will attempt to stop a chlorine leak.

l. Pre-season and Post-season Inspections. A pre-season pool inspection will be made within 48 hours before the pool opening date as well as a post-season inspection within 15 days after the pool closes. Inspections will be conducted jointly by public works, medical, safety, health and MWR personnel.

m. Drains. All drain systems must contain anti-entrapment covers or devices in compliance with reference (c).

1217. Waterfront Area Safety Requirements

a. Lifeguard Stands

(1) Waterfront areas should have a minimum of one lifeguard stand every 200 linear feet of designated waterfront.

(2) Lifeguard supervision patterns will overlap a minimum of 15 to 20 percent.

(3) Special circumstances (e.g., few patrons) may warrant a waiver to the above policy. Requests for waivers should be directed to CNIC (N921) via the chain of command and be accompanied by a detailed safety mitigation plan of which the MWR Director, Safety Officer, and Installation CO have approved.

14 Jun 2013

b. Markings. Anchored buoys should be provided at waterfront areas to designate the swimming perimeter. Drop-offs, underwater hazards, and wading areas should also be designated.

c. Fixed or Floatable Diving Platforms

(1) Diving platforms should be constructed with 12 inches of visible airspace from the surface of the water to the bottom of the structure. All underwater construction should be kept to a minimum and designed to prevent entrapment of swimmers. Diving platforms or diving devices should not be constructed at heights greater than 9.8 feet (3m) above the water surface.

(2) The following table specifies the minimum depth of water, measured at the lowest tide, in which diving platforms may be located:

Platform Type	Water Depth for a Distance of 12 Feet in all Directions
Platforms 1.6 feet (500mm) Above the Water Surface	9 feet
Platforms 3.3 feet (1m) Above the Water Surface	10 feet
Platforms 9.8 feet (3m) Above the Water Surface	12 feet

d. The Aquatic Coordinator, Swimming Pool Manager, or Facility Supervisor may close the waterfront area without notice. Areas will be cleared of all persons during thunderstorms, electrical storms, inclement weather and with the presence of natural hazards (e.g. jelly fish). At the first sound of thunder or sight of lighting the area will be cleared and remain cleared until deemed safe (approximately 30 minutes after the last rumble or sighting). When present, one long blast on the whistle by the lifeguard is the emergency signal indicating all persons in the water shall clear the swimming area immediately.

1218. Aquatic Safety Equipment and Requirements. Patrons who participate in aquatic activities or programs accept the responsibility of evaluating their own swimming skill levels and abilities, determining their physical limitations, and remaining in the swimming pool or waterfront area that is commensurate with their ability. The lifeguard may assign or restrict

14 Jun 2013

swimmers and non-swimmers to an area, activity, or facility depending upon the swimmers' or non-swimmers' swimming skill level. The following table lists required safety equipment:

Required Aquatic Facility Safety Equipment			
General Safety Equipment for All Facilities	Lifesaving Equipment for Swimming Pools	Lifesaving Equipment for Waterfront Areas	First Aid Equipment for All Facilities
Megaphone	Rescue tube at every lifeguard stand	Longboard	First Aid Kit
Whistle	Rescue pole at every lifeguard stand	Rescue tube at every lifeguard stand	Factory-manufactured marine backboard with straps and head immobilizer
Shade Umbrella		Rescue pole at every lifeguard stand	Cot
Sunglasses (Recommended)		Mask, fins, and snorkel	Blanket
Visor or Cap (Recommended)		Heaving line	Pillow
Sunscreen (Recommended)			AED
Telephone / Two Way Radio			

1219. Hyperventilation and Breath-Holding

a. Hyperventilation and breath-holding for an extended period are extremely dangerous practices that can cause "shallow water blackouts" and death. This practice of hyperventilating and extended breath holding is prohibited at MWR aquatic facilities. Signs will be posted prohibiting breath holding and hyperventilation.

b. Aquatics staff members will be thoroughly briefed on the risks associated with hyperventilation and breath holding and maintain vigilance to prohibit this practice.