



Swim Camp Host Facility Guide

Facility Requirements:

- Each state/province has local requirements for pool operations. Pools used for iCan Swim must have certified operators and follow universal safety standards. All pool rules should be posted and available to the general public. Please provide a photo copy along with a completed Facility Checklist when confirming your iCan Swim camp.
- All public swimming pools have a pool closure policy. The closure may be caused by an incident in the pool, an imbalance in pool chemicals or inclement weather. A closure may impact not only the pool, but also the pool deck, showers and other areas within the facility. In the event of a pool closure iCan Swim instructors are equipped with a land-based lesson for swimmers. Discuss and confirm a backup space with the facility management in the event of a pool closure. iCan Shine will not provide a refund to the Camp Host for any sessions impacted by a pool closure. Please provide a photo copy of the pool closure policy along with a completed Facility Checklist when confirming your iCan Swim camp.
- The pool must have trained and certified lifeguard(s) on duty. Some states have requirements for the number of lifeguards per square foot or mandatory numbers during public access to the pool. Regardless of the regulations, iCan Shine requires pool supervision by a certified lifeguard during the hours of the iCan Swim program.
- Locker rooms, changing rooms or restrooms with showers should be available to swimmers and volunteers. Some facilities have restrictions with children of one gender in the locker or changing room of the other gender, so be sure facility rules are shared with parents and adequate access is provided for all participants.
- Access to a meeting room for four hours should be available on Sunday for Adapted Aquatic Instructor Training. A 35-minute Parent & Volunteer Orientation will take place in an area with a projector to show a

presentation with adequate seating area for parents and volunteers. In addition to the orientation a 10-minute tour of the facility including the pool area will take place for parents and volunteers. A 90-minute training for volunteers will follow the facility tour. Ideally the meeting room at the facility can be available for both the Adapted Aquatics Instructor Training and the Parent & Volunteer Orientation. If not, another space may be used.

Pool Requirements and Considerations:

- Indoor pools are most suitable for iCan Swim classes but outdoor pools will be considered. Distractions caused by teaching in an outdoor setting is less conducive to learning. Pool closures for an outdoor pool are more frequent due to inclement weather.
- Set a refund policy for missed sessions up front. iCan Shine does not provide a refund for any sessions impacted by a pool closure. Providing a refund for each swimmer for a missed session is at the discretion of each Camp Host. Please consider the administrative work involved when setting camp policy. iCan Shine instructors are prepared to conduct a land-based session in the event of pool closure.
- Pools are typically referred to as leisure pools, competition or instructional pools (multiple lanes divided by continuously floating markers attached to a cable to separate the lanes. Competition and instructional pools often include a larger open area adjacent to the lap lanes. iCan Swim sessions may be taught in either type of pool. Pools that have giant slides, splash toys and lazy rivers are **not** recommended for the iCan Swim program.
- Access to enter and exit the pool area may be shared with other pool patrons. Stairs, ladders, beach, and ramp access are all acceptable. Chair lifts may be beneficial for some participants.
- A pool with no or minimal activity during the swim sessions is ideal. Many facilities will want to keep a dedicated lane or two available for public swim. This activity is not a distraction to the iCan Swim program.

Pool Space

While all pools are different, most **competitive pools** fall into either a short course or a long course:

Short Course – Length of the short course is most commonly 25 yards (75 ft.) and can be 25 meters. The width of the short course varies but is consistently 4 lap lanes or more, often 6 lanes. Lap lanes vary in width from 6 ft. to 8 ft.

Short course pools are typically found at community centers, recreation centers and high schools.

Long course - The long course is referred to as an Olympic pool and is 50 meters in length. Lap lanes are typically 8 ft.- 8ft. 21" wide with between 8 and 10 lanes total. Olympic pools are usually found on university campuses or more high-end facilities.

- Each session may have 3-6 swimmers depending on available pool space. Most public pools have a "short course" pool a minimum of 25 yards (75 ft.) with 4 or more lap lanes (each 6 ft. wide). The equivalent of three lap lanes (approximately 18 ft.) is required for the maximum number of swimmers per session.
- Minimum pool space requirements are:

Swimmers per Session	Pool Width	Pool Length
3	9 ft.	75 ft.
4	12 ft.	75 ft.
5	15 ft.	75 ft.
6	18 ft.	75 ft.

- The pool space for iCan Swim sessions will be roped off accordingly and dedicated throughout the program day.

NOTE: Hosts are required to send the pool space measurements along with photographs of the pool (including entry and exit access) to lisa@icanshine.org to obtain approval of the facility prior to booking an iCan Swim program.

Depth

- The ideal pool space begins with a shallow end 3 ft. or less moving to a depth of 5 ft. or deeper. Most, if not all, swimmers can start out touching in this area and move deeper as they become comfortable in the water and develop their skills. The preferred depth of the iCan Swim program is 4 ft.
- A pool that has the shallowest area as 5 ft. or more is not recommended for the iCan Swim program as most volunteers will not be tall enough to safely support their swimmer.

Temperature

- Water and air temperature is another factor to consider when selecting a pool, but often something out of your control. Competitive pools usually have a lower water and air temperature than leisure pools. Children with less mobility and range of motion will get cold faster in a competitive pool. Recreational swimming, learn to swim classes diving and play done in a leisure pool is often at a bit higher temperature for water and air. Therapy pools are the warmest. Many times pools are multipurpose to accommodate all the various activities. According to USA Swimming the following temperatures are common.
 - a competitive pool is 82° degrees or lower with an air temperature of 78-80 degrees, never higher than 82°
 - a leisure pool is 83-88° with an air temperature of 82-84°, never higher than 84°
 - a therapy pool is 89-92° with an air temperature of 84° or slightly lower, never higher than 84°
- Ideas for a suitable facility:
 - School pools
 - Recreation center pools
 - Community center pools
 - Wellness center pools
 - Fitness and athletic club pools
 - YMCA pools
 - Hospital pools
- Establish appropriate designated areas near the entrance to the indoor pool area for swimmer and volunteer check-in. Our staff will recommend best areas for parent seating and volunteer meeting.
- Notify facility management of camp times (including pre and post camp day), activities, and needs associated with swim camp. Host and facility staff should exchange contact information (cell preferred) for the week of camp.
- In addition to ensuring the safety of all swimmers in the pool, lifeguards are responsible for maintaining a pool deck that is safe for swimmers. This may require removing unnecessary items from the space, covering items, closing most doors, and cleaning each afternoon following camp. iCan Swim staff will collaborate with the Camp Director each day of camp.

Equipment

- Provide access to pool noodles each day of camp. Most public swimming pools have a variety of equipment that includes noodles.
- On Wednesday provide PFDs (personal floatation devices) or lifejackets for each session. One lifejacket for each swimmer plus one for each iCan Swim staff. The common orange lifejackets are available at most swimming pools. Ensure that small, medium and large sizes are available to accommodate all swimmers. All lifejackets should be in working order.