

YMCA National Swimming & Diving Championships

Fort Lauderdale, Florida

April 7-10, 2010

POOL RULES

All athletes and coaches are expected to abide by the Pool Rules and the YMCA values/code of conduct. A few of the pool rules include, but not are limited to:

1. Absolutely no running on the pool deck.
2. No rough play in the complex.
3. No food or drink around the pool perimeter or in the pool, including chewing gum.
4. No ball playing in the facility.
5. No hanging on the lane lines.
6. No smoking inside the complex.
7. No glass containers.
8. The pools will be cleared for thunder and lightening UNTIL the storm is completely out of the area and will remain closed until no thunder or lightening has been detected for at least 30 min.
9. Disruptive, foul or abusive language or behavior is grounds for immediate dismissal from the facility.
10. Lifeguards have final authority enforcing pool rules.

DIVE WELL

- Use of the dive well for swimming laps or warm-up will be permitted during Prelims only.
- For the safety of all participants, there shall be no use of diving springboard or platforms by swimmers at anytime. Participants found jumping off of the diving platforms or springboards outside competition will be disqualified and/or expelled from the event.

TENTS & TEAM AREAS

- Portable tents or shade systems will be NOT be allowed on deck. Due to the limited space, please consider sharing tents with other teams.
- All teams are asked to keep their team areas clean and dispose of garbage in waste bins or provided garbage bags.
- The City of Fort Lauderdale is not responsible for lost or stolen items at the Aquatic Complex or beach. Please monitor your belongings at all times.
- Folding chairs will be allowed on a space available basis – they may not impede or obstruct deck traffic and will only be allowed in approved team areas. Facility Management has the final authority and reserves the right to request the removal or relocation of chairs or other team items at its discretion.

FIRST AID

- First Aid will be located in the Life Guard room located between the warm up pool and competition course.
- Fire Rescue – There are two stations on the barrier island, one is directly across the street.
- Due to the tropical climate in Fort Lauderdale, the most common incidents at a competition are dehydration and heat exhaustion. Please be sure athletes, coaches and those traveling with your team drink plenty of fluids, limit exposure to the sun and wear sunscreen and/or protective clothing. Asthma – please be sure that your athletes bring their medication and supervise its use.

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INCLEMENT WEATHER

The inclement weather policy at the Aquatic Complex is based upon the National Lightning Safety Institute and the National Weather Service.

1. If thunder is heard, all pools are cleared. All in attendance at the facility must seek shelter indoors. Furthermore, no participants or spectators outside the facility will be permitted to enter the complex or deck area until the storm has passed.
2. Lightning is observed and proximity is determined by timing the interval between the flash and the sound of thunder.
3. If lightning is seen and there is an elapsed time of 30 seconds with no thunder, the pool will remain open. If lightning is seen and thunder is heard within 30 second of the lightning the facility will close.
4. A lifeguard will execute one long blast on a whistle to signal the pool is closed and/or the Head Referee along with the announcer will inform participants that the competition has been suspended.
5. No one will be allowed to remain on the pool deck or to linger on the pool deck area. Furthermore, the grandstand seating area, sun-deck, and on-deck bleacher seating areas must be cleared.
6. The facility and all pools will remain closed for 30 minutes past each sound of thunder or each strike of lightning followed by thunder within 30 seconds.
7. Should it rain hard enough to hinder a clear view of the bottom of the pool, regardless of lightning, the pool will be closed and shall remain closed until the rain subsides so the bottom of the pool is visible. In the event of severe rainfall during a competition, warm-up lane usage will be limited / reduced for safety purposes.

PARKING

Parking at the facility is only for staff and event volunteers during the event. Ample municipal parking is available within walking distance to the pool.

Not including private property such as the Bahia Mar Resort that allows public parking, there are 1,162 parking spaces at municipal lots within 1.5 blocks of the facility:

Birch Road / Las Olas Bridge	- 386 spaces	(1.5 blocks)
Oceanside Lot	- 243 spaces	(1 block)
S.E. 5th Street	- 31 spaces	(Across Street)
South Beach:	- 502 spaces	(1 block)

TOTAL: 1,162 spaces



Fort Lauderdale Aquatic Complex
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