



BARD STEVENSON GYMNASIUM AND POOL FACILITY USAGE GUIDELINES/RULES

Please remember we are guests of this facility. If these rules are not followed, we stand to lose the use of the pool. The following information comes directly from NDAC's facility usage contract with Bard College. Please read these rules carefully and discuss them with your children.

- Facility usage includes the Stevenson Pool, locker rooms, showers, and pool balcony only.
- NDAC will follow the policies of the Stevenson Gymnasium and general rules pertaining to patron procedures of the College.
- Members of NDAC shall not enter the Stevenson Gymnasium until fifteen minutes prior to the scheduled start time and shall depart the premises no later than fifteen minutes after the scheduled end of practice time.
- Siblings of swimmers must be supervised at all times. Any swimmer who must arrive early or stay late, because of a sibling swimming in a different group, should remain in the pool balcony or in the hallway at pool level. Children may not play in the halls, the gymnasium, the squash courts or any of the workout equipment.
- The College will not be responsible for any damages or loss to NDAC's property, members' apparel or that of the club's agents, employees or members. Swimmers will bring their own towels and locks.
- Entrance to the facility will be limited to the main entrance only. The back door to the facility is no longer available. Swimmers and parents should tell the front desk attendant that they are attending an NDAC swim practice. No admission will be allowed to non-club members.
- A minimum of one parent per locker room is required for supervision. This must be enforced. Only girls/women should use the women's locker room and only boys/men should use the men's locker room. There is also a family/non-gendered locker room available.
- Swimmers will exit the pool and shower as quickly as possible. They will be required to exit the facility within fifteen minutes of the end of the practice session. Swimmers and parents will exit via the main entrance.
- Older members have access to special Fitness Center training sessions with a coach. NDAC will follow the policies of the Stevenson Gymnasium and general rules pertaining to patron procedures of the College.

NDAC / USA SWIMMING POLICIES

- Parents are not allowed on the pool deck before, during or after practice for any reason.
- Parents are welcome to stay to observe practice but must watch from either the bleachers above the pool or through the windows in the hallway at pool level.
- If parents would like to work out while your child swims, punch cards which allow community use of the Stevenson Gymnasium facilities are sold at the front desk.
- If you have questions for your child's coach or would like to speak to him/her privately, please do so after practice in the hallway outside the pool. Please do not interrupt time allotted for practice.
- Photography is not allowed in the locker rooms for any reason. Photos of your swimmer can be taken from the bleachers above the pool or in the hallway before or after practice.
- Please be aware that Bard is an open facility with many college students, community members and teams using the same locker rooms as NDAC swimmers. Parents should help young swimmers in the locker rooms. Swimmers can then exit the locker rooms directly onto the pool deck.
- Please be respectful of other Bard patrons and do not linger in the locker rooms. Swimmers' belongings should be locked in lockers in locker rooms or kept in a backpack given to a parent or brought onto pool deck. Belongings cannot be left loose and unattended in the locker room.

I have read and understand the Bard Facility Guidelines as set forth above, and I agree to abide to its terms and conditions as a requirement of membership to the Northern Dutchess Aquatic Club.

Swimmer's Name _____

Parent/Legal Guardian Name _____

Parent/Legal Guardian Signature _____ Date _____