

LOOK BEFORE YOU LEAP!

Safety Information Before Your First Visit to TAC Aquatic Center



Usage & Location

- You **must** purchase a monthly or day pool pass, or be registered for an aquatic class, or be a UW Health Associate to use the Aquatic Center at The American Center.
- Pool patrons **must** be able to enter and exit the pool independently *or* provide their own qualified attendant to assist them.
- There are two pools at TAC: Warm Therapy Pool (92-94° F) and Lap Performance Pool (78-80° F).
- Passes are available online at uwhealth.org/tacaquatics or in-person at the Physical Therapy check-in desk (east wing of The American Center).
- Pool patrons may park in Visitor/Patient Ramp and enter the building by the Turf Field.
- Pool patrons may also use free valet parking in the front of the building. *This is further distance from the Aquatic Center.*
- Pool schedules are posted online (uwhealth.org/tacaquatics), on bulletin boards in the locker rooms and in the pool area. Hard copies are also available in the pool area.
- Pools may be closed periodically for maintenance or special events and will be posted in advance.
- Pools may be closed temporarily due to severe weather. Please be aware of weather conditions.

Locker Rooms & Showers

- Enter the pool area through the locker rooms. The Men's & Women's locker rooms are accessed through the hallway. The Universal locker room is accessed from the pool deck.
- Please bring a lock for your own valuables.
- Complimentary towels are provided. Please do not take more than you absolutely need.
- For health and safety of ALL pool patrons, pool users are required to shower onsite - with the soap provided - before entering the pools.
- All pool users are required to shower after using the restrooms.
- Please avoid using heavily scented products.
- Swim diapers are required, if needed. (They are not provided onsite. Please bring your own.)

On the Pool Deck

- Sign in with lifeguard/pool staff before entering the pool. Present your pass/receipt at your first visit.
- Alert lifeguard/pool staff if you have medical conditions that could affect your safety.
- Fitness and floatation equipment is available.
- Lifeguards will assist you with getting aquatic exercise equipment only if you are physically unable to get it yourself. Please put away all equipment to its original storage area.
- Both pools have ramp access, and the warm therapy pool has a lift. (Weight capacity of 500 lbs.) Please ask the lifeguard for assistance when using the lift. Wheelchairs, walkers, and canes should be used for stability on pool deck.
- Diving is not allowed in either pool unless under the supervision of a coach or instructor.
- Water shoes may be worn in the pools but should not be worn as street shoes.
- Goggles are recommended for lap swimming. Swim caps are not required, but long hair must be pulled back.
- Patient treatment takes priority in both pools. Lane 1 of Lap Pool is designated for therapy.
- Lap lanes in Lap Pool are to be shared. Two individuals may swim side by side. Three swimmers in a lane must circle swim. Ask lifeguard for assistance with lap lane sharing.
- Vigorous exercise is not allowed in the Therapy Pool. Warm water is for therapy ONLY.
- Please be mindful of all patients/patrons. No diving, jumping or splashing in the Therapy Pool.
- Questions about the pools can be directed to the aquatic staff at (608) 440-6496.

--- See FAQ on reverse ---

DRAFT June 11, 2018

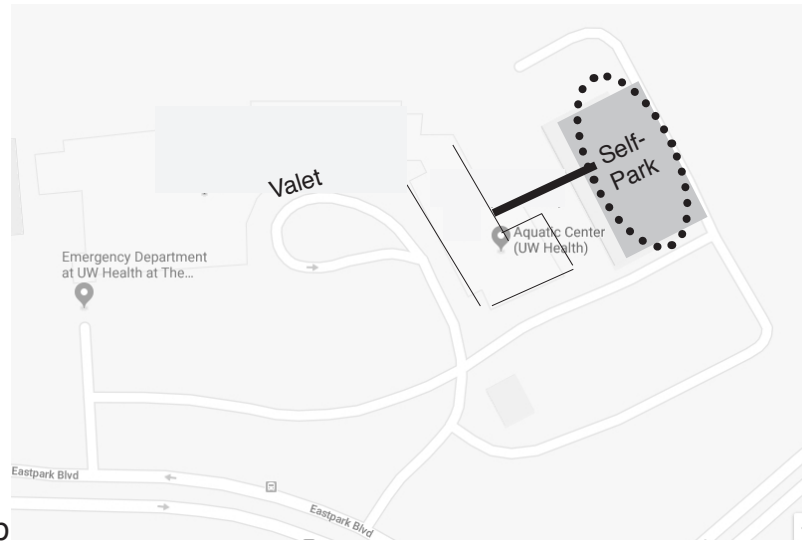
Frequently Asked Questions about UW Health TAC Aquatic Center

Is the facility only for UW Health patients?

No. TAC Aquatic Center is open to the public. Our focus is to provide a safe environment for water-based exercise, rehabilitation, and physical therapy. There is always a Red Cross certified lifeguard on duty. Please consult your doctor before participating in any exercise.

Where do I park? Where do I enter?

The closest parking spaces are in the Visitor/Patient Ramp at the east end of the complex (circled at right). The thick, black line is the path between parking and the building entrance. Free valet parking is available 6a-4p M-F at the main entrance, but it is a longer distance to the pool.



What are the pool temperatures & depths?

Warm water therapy pool is 92-94°F, 3'6" - 5' deep with area 30' x 30'. Lap/aerobics pool is 78-80°F, 3'6" - 9' deep with 4 lap lanes 25 yards long.

What should I wear?

Most patrons wear swimsuits. You can also wear clean athletic shorts and a dark T-shirt or athletic top. Cut-off shorts are not allowed. You may wear your glasses in the pools. It is recommended that you have footwear that provides traction on the pool deck and protects your feet in the shower.

What do I need to bring?

You should bring your own lock, goggles and swimcap (if needed), water bottle, and personal items. Towels are provided. Please help us conserve resources by limiting the number of towels you use.

Must I shower onsite?

Yes. The health department requires pre-showering with provided soap to use any shared pool. This helps the pool water stay clean for everyone. The shower stalls have privacy curtains, and shower chairs are available. Please remember that some patrons have scent sensitivities and allergies. Limit your use of 'smelly' hair and body products when coming to the pool.

Can I bring my kids/grandkids?

Children under age 13 are allowed to swim on weekends and after 5:00pm weekdays. Each child 6 and older must have a pool pass. Every child age 6 and under must be with an adult guardian (with a valid pool pass) within arm's reach at all times. Swim diapers are required if needed (not provided onsite).

Do you offer classes?

Yes! A variety of aquatic fitness classes are offered in the therapy pool and lap pool each week. Monthly schedules are available at the pool and online. Pre-register by calling 608-440-6600 or go to uwhealth.org/tacaquatics

What about accessibility for patrons with disabilities?

Both pools have ramps with bilateral railings and they accommodate wheelchairs. Aquatic wheelchairs are available onsite. The warm water pool lift accommodates up to 500lb. Locker rooms and showers are wheelchair accessible. The universal locker room is large to accommodate patron and attendant. If you are unable to use the facility independently, you *must* provide your own qualified attendant. If you have a particular accommodation need or access concern, please be in touch with our pool staff: 608-440-6496.

May I use the pool equipment?

Yes! You are welcome to make use of the many types of aquatic fitness equipment onsite. Some are intended for swimming performance training. Others may be appropriate for balance, mobility, and strength improvement. Ask your doctor if using pool equipment is safe for you.