

# SRA News

## A MESSAGE FROM THE PRESIDENT

We are just a few weeks away from our summer season at SRA—Super Sunday is May 22! Please stop by SRA, meet your fellow Sharks, and sign up for the swim, dive and tennis teams. But, before then, please take the time to read through this newsletter. It's filled with important information and critical dates for our summer season. Let me know if you have any questions.

I'd like to mention one important date: on Saturday, June 4, the SRA Board would like to invite all members to our Summer Kick-Off Party. SRA Social Coordinator Paul Dean and his co-chairs have great fun in store for us during this event and throughout the summer. Let's kick off our summer with a bang!

With a new season upon us of swim, dive and tennis, comes the opportunity to volunteer. I want to encourage ongoing volunteering this season and ask everyone to pitch in to help all season long at SRA.

Your volunteer time is essential to our success. In addition to swim timers and dive judges, there are some specialized volunteer positions to be filled. Other positions include tennis, social events, concessions (including Family Nights), cooks, social event co-chairs, fundraising, pre-season Clean-Up Days and post-season Tear-Down Days, to name just a few. Please read more about the volunteer opportunities that interest you, and let us know how you'd like to join in the fun.

Volunteering at SRA is a win-win. Not only do you get to pitch in and make a difference, you get to really know your neighbors and pool mates. New Members: There's no better way to dive in and meet your new neighbors than volunteering at an SRA event. We look forward to seeing you!

Please continue to visit our website at [www.stratfordrec.org](http://www.stratfordrec.org) and contact SRA's board, operations committee or team coordinators by email to volunteer your time. Thank you so very much for your support.

Best regards,  
David Fleischman

## Super Sunday • May 22 • 2 – 4 pm

- Shark Sign-ups for Swim, Dive, Tennis
- Social Events, Lesson Sign-Ups

## Opening Day • May 28

- Opening Ceremonies 10–11 am
- Pool Open 11 am – 7 pm May 28–30
- New Member Orientation, 3–5pm

Please come to the **New Member Orientation/Open House on Opening Day**, May 28, 3-5pm. Pick up your membership packet, have a tour of the facilities, win a prize, and meet the pool board.

## Neighborhood Open House, May 28-30

We invite all of our friends and neighbors (members and nonmembers) who live in our membership area to join us at the pool **all weekend, free of charge**. Make an effort to invite someone you know who may want to join us as an owner this summer.

## SRA Construction Update

We are pleased to announce the pool house renovation will begin in September 2016. The Fairfax County Board of Zoning Appeals public hearing took place March 2, and our plans were unanimously approved. We look forward to beginning construction after the pool closes. Our sincere thanks to JC Schaub and Khrysti Uhrin for their impressive leadership, design vision, and incredible amount of volunteer hours dedicated to this effort.

## 2016 SRA Pool Hours of Operation

May 31—June 23

Mon—Fri	3:00–7:00 pm
Sat & Sun	11:00 am–7:00 pm

June 24 12:00–7:00 pm

June 25 – September 4 11:00 am–9:00 pm

July 4 11:00 am–4:00 pm

Labor Day (Sept 5) 11:00 am–7:00 pm

**Family Nights** (Thursdays in July)

6:30–8:00 pm

**Adult Swim** (June 5 – September 4)

Sundays, 11 am–1 pm

## Operations Committee Update

Greetings fellow members!

There is lots of pre-season activity taking place around the pool. Our management team, led by Mark Murray, is busy getting the pool ready. It is going to look great on Opening Day! Thank you to our Clean-Up Days Committee: Kristen Culver, Ben Bridgman, and Dan Offringa, and thanks in advance to all the SRA member volunteers who will be helping us get ready during the coming Clean-Up Days.

We are very excited about our experienced team returning this summer. Jordan McFarland will be our new Pool Manager this summer. Jordan comes to us from another community pool and we are excited to have him join our team at SRA. The rest of our leadership team includes Leila Fleischman, Ryan Scott, and Peter Shane as our Assistant Managers. If you have a question, or see something that concerns you, please find one of our managers and let him or her know.

As an additional feedback and tracking mechanism, we will be using "half-sheets" again this year. If you have a concern or a compliment, please see the manager on duty to fill out a half-sheet and provide us with your feedback. The Operations Committee and the Board review these at each meeting. It's a great way for us to learn about members' likes and dislikes throughout the summer. We also have an online feedback form on the [stratfordrec.org](http://stratfordrec.org) website.

Current and Potential Lifeguards: If you'd like to take the [American Red Cross Lifeguard Training Class](#) (May 20-22) or the [Pool Operator's Course](#) (May 21), please click on the class names to access the forms (also on website).

From May 28 to June 11, we ask each member to make sure that they have an updated picture in the check-in database. Our check-in database serves many purposes; most importantly it provides security for our families attending the pool and lets us know who is using the facility. We will also be asking you for your preferred email address(es) so we can better communicate with your family. After June 11, if your family does not have a picture you may be denied access. Please make it a point to have your picture taken at the front desk. Your cooperation is greatly appreciated.

On behalf of the Operations Committee, we look forward to sharing a very enjoyable and safe summer with you!

Stephen Schlacter  
Vice President, Operations Committee Chair

## BOUNDARY EXPANSION APPROVED

We are happy to report that the proposed boundary expansion was approved by a majority vote of the SRA Membership and the Board of Directors. Our boundaries now include Riverside Gardens and Plymouth Haven, as well as new developments contained within the boundary roads:

- Collingwood Road, east of Riverside Road, extended to Fort Hunt Road.
- Fort Hunt Road, south to Plymouth Road.
- Plymouth Road to Potomac Road to Alden Road.
- Alden Road back to Winthrop to Fort Hunt Road east past Fort Hunt Park.

An approximation of the boundaries are depicted in the following Google map: [SRA Boundaries 2016](#)

If you know of anyone who lives within our newly expanded boundaries that would like to join SRA, please ask them to email our Membership Chair, Kristen Culver, at [membershipsra@gmail.com](mailto:membershipsra@gmail.com)

## SRA SUMMER BOARD MEETINGS

The SRA Board will meet at 7:30 pm on May 17, June 21, August 16, and September 20 at the pool. All members are invited to attend Board Meetings. If you have an item for discussion, please contact David Fleischman, SRA President, ([president@stratfordrec.org](mailto:president@stratfordrec.org)) prior to the meeting. You will be notified within seven days if your item will be on the agenda.

## SRA SUMMER GENERAL MEMBERSHIP MEETING

The SRA General Membership Meeting will be held on Tuesday, July 19, in the pool pavilion at 7:30 pm.

## 2016 JUNIOR GUARD PROGRAM

The Junior Guard Program for 13- and 14-year-olds introduces the skills needed to be a full-time guard. Upon completion of all lessons (7-9 pm Sunday evenings in June and July) and passing the final exam, students will receive an SRA Water Safety Certificate and be considered for a full-time position as a guard either later this summer or for the 2017 season (depending on age threshold).

More details of the program will be explained at the Orientation Meeting, Sunday, May 22, at 6:00 pm at the pool. Please email Susan Fleischman with any questions, [sjmfleischman@gmail.com](mailto:sjmfleischman@gmail.com).

## SRA Sharks • Team Information

On Super Sunday (May 22), SRA members can learn about the youth Swim, Dive, and Tennis teams, meet the coaches, fill out registration forms, order team suits, and receive summer schedules. The all-inclusive team fee is \$110 for one child or \$220 for two children, with a maximum payment of \$280 per family, which covers participating on one, two, or all three teams. Members can also sign up for lessons and social events, and learn about the Junior Lifeguard program (meeting at 6 pm).

All swimmers, divers, and tennis players are invited to join in the social fun of the SRA teams. There will be pep rallies, team breakfasts, and more. Your family won't want to miss out on all the fun this summer!

### SWIM TEAM

SRA is a member of the Northern Virginia Swim League (NVSL); the website is <http://mynvsl.com>. Part of NVSL's (and SRA's) purpose is "to develop a love for the sport, advanced aquatic skills, teamwork, and the principles of good sportsmanship."

The Swim Team is open to all SRA children 5 and up who can comfortably and safely swim across the 25-meter pool. There is also a developmental pre-compete program available for those looking to become more comfortable with the competitive strokes.

Community swimming is a team sport and SRA needs all swimmers on deck to achieve a team with depth, continuity, and spirit. SRA fields both "A" and "B" teams—there's a place for everyone!

Supplemental swim practices are held on select Sunday and Thursday evenings. These supplemental practices are only for kids missing morning practice due to scheduling issues such as camp or appointments.

An NVSL swim meet needs more than 40 adult volunteers to ensure the kids' safety and fun. We are in urgent need of volunteers to cover NVSL-required positions around the pool deck, as well as folks to cook for and run the concession stand during swim meets—the Concession Committee handles inventory and food ordering. Please let us know what you would like to do and we will find the right spot for you. To volunteer, contact Swim Team Representatives Ken Rivera at [sraswim@gmail.com](mailto:sraswim@gmail.com) or Janice Rivera at [jlrivera68@yahoo.com](mailto:jlrivera68@yahoo.com)

### DIVE TEAM

Since 1968, SRA has participated in the NVSL Dive League with a dive program for all ages and backgrounds from beginner to advanced. Our coaches take pride in their ability to provide a safe and fun environment for our divers. We focus on safely learning dives, proper body mechanics, technique, fundamentals, and we have fun in the process.

Divers are introduced to competing in A (competitive) and B (developmental) Meets. All divers are encouraged to participate in the B Meets; the A Meets are more competitive in nature. Coaches make the decision of whom to enter in A Meets based on who is ready, available, and what will make the greatest opportunity for the team to be successful. Dive is considered a "crossover" sport – those who do gymnastics, dance, basketball and other sports tend to do well at dive.

Supplemental dive practices are held on select Sunday and Wednesday evenings for those who have been unable to attend the morning practices due to childcare, camps, or other planned reasons.

Dive meets require 5-8 volunteers for judging and the scoring table, and 3-4 volunteers for concessions. NVSL offers training in how to both judge and score, or even for those who want to know how meets function and what judges consider a "good dive." Peg Dinkel, [stratforddive@gmail.com](mailto:stratforddive@gmail.com), will coordinate dive team operations. The NVSL team page is located at <http://dive.myNVSL.com>

### LAND SHARKS JUNIOR TENNIS TEAM

SRA Land Sharks age 11-18 compete in the Mount Vernon Community Tennis League (MVCT) Junior Division. Matches are held on Sundays at 5:00 p.m. and Wednesdays at 8:30 a.m. The coach determines placement on the ladder for match play. Players 10 and younger participate in a noncompetitive program with opportunities to play "training matches." Contact Dave Sadlier at [dave@sadlier.net](mailto:dave@sadlier.net) for additional information.

### WOMEN'S TENNIS TEAM

Singles and doubles matches, from beginner to advanced, are played on Friday mornings in June and July. Organized lessons will also be available. See page 5 for full details on the expanded program.

**SWIM TEAM PRACTICE SCHEDULE**

May 31—June 22 • Mon-Fri Evenings  
 10 & under 7:00—7:45 pm  
 11 & older 7:45—8:30 pm

June 24—July 29 • Mon-Fri Mornings  
 10 & under 8:00—9:00 am  
 11 & older 9:00—10:00 am

*Swim Team Time Trials and UCM Food Drive:*  
 Saturday, June 18, 8:00 am at SRA

**DIVE TEAM PRACTICE SCHEDULE**

May 31—June 22 • Mon-Fri Evenings  
 10 & under 7:45—8:30 pm  
 11 & older 7:00—7:45 pm

June 24—July 29 • Mon-Fri Mornings  
 10 & under 9:00—10:00 am  
 11 & older 8:00—9:00 am

**JR. TENNIS TEAM PRACTICE SCHEDULE**

May 31—June 23 • Mon, Tue, Thu Evenings  
 11 & older 6-7 pm

June 27—July 28 • Mon, Tue, Thu Mornings  
 10 & under 9:15 am—10:00 am  
 11 & older 10:00 am—11:00 am

**SWIM AND DIVE LESSONS**

**Private Lessons** with a certified guard/coach of your choice will be offered by both our certified guard team and our swim and dive coaches. COST: \$30 per 1/2 hour

**Semi-Private Lessons** (max. 3 swimmers) are led by one of our certified guards. Groups must be formed by the member. To book a time and request an instructor, make a reservation through our Lesson Coordinator, Jody Nyalko at [jnyalko@verizon.net](mailto:jnyalko@verizon.net). No private or semi-private lessons are permitted at the pool unless the Swim Lesson Coordinator has made the arrangements. COST: \$18 per 1/2 hour (each, for 2 or 3 swimmers)

**Pre-Compete Swim Lessons** bridge the gap between swim lessons and swim team. They are designed to introduce children to the sport of competitive swimming in a non-competitive environment. Participants receive instruction in the competitive strokes (freestyle and backstroke as a primary focus) as well as instruction on racing starts and turns. This is a great opportunity to receive small group instruction from experienced swim coaches. Groups are limited to 24 swimmers.

Three pre-compete sessions will be available in July. Sign up for the Pre-Compete lessons on Super Sunday or by contacting Sheila Pinter at [pinterdskdjn6@gmail.com](mailto:pinterdskdjn6@gmail.com)  
 COST: \$70 per session (8 thirty-minute lessons)

**GROUP SWIM LESSONS**

Group lessons are led by our certified guards. Group lessons will be available for three 2-week sessions (Monday thru Thursday). Groups will be divided by age and swimming experience (beginner or intermediate). Group lessons require advance reservations and full payment. COST: \$60 per session (8 thirty-minute lessons)

Sign up for Group Lessons on Memorial Day weekend or by contacting Jody Nyalko at [jnyalko@verizon.net](mailto:jnyalko@verizon.net).

**FEES****Group Lesson Fees**

**Lessons are open to the children of all residents in the SRA boundaries, members and nonmembers alike.**

Tell your friends and neighbors to come out Memorial Day weekend and sign their children up for lessons. Swimming lessons and diving lessons are \$60 per session, and there are three separate sessions each:

June 27 to July 8, 10:15-10:45 am

July 11 to July 22, 10:15-10:45 am

July 25 to August 5, 10:15-10:45 am

Refunds will not be given if registrant cancels classes.

**Guest Fees (ages 3 & up)**

\$5 per guest per day

Note: Guests who live within the SRA boundaries must pay guest fee (cash or ticket) for admittance.

Household guests:

\$20 per guest/\$40 per family per week

\$40 per guest per month

\$60 per guest per season (includes children in day care whose provider is a member, but child is not)

Note: Guest fees include use of all facilities whether swimming, diving, playing tennis or simply being present in the facilities of SRA, except social functions where attendees pay fees as applicable. Guests may not participate in SRA team (swim, dive, tennis) competition.

**SPRING CLEAN-UP**

Time to put in your three hours of sweat equity to get SRA ready for the new season and to earn your 20 guest tickets. Weekend Clean-Up Dates are May 7, 14-15, and 21-22; 9am-12pm and 12-3pm. One midweek date: Tue., May 17, 10am-1pm. [Click here to sign up.](#)

**SRA WOMEN'S TENNIS PROGRAM**

Ladies, serve up some fun, fitness and friendship this summer: Be part of SRA Ladies' Tennis! Register during Super Sunday (May 22, 2-4 pm at SRA), or at the pool office during business hours by June 4.

Whether you're just picking up a racquet for the first time, kicking the rust off after many years or looking to improve your game, take advantage of these great opportunities to find your groove no matter your level—and have a lot of fun in the process!

**"Get in the Groove" – First-timers and Beginners**

If you're new to tennis or coming back to the sport after many years, learn the fundamentals of tennis. Through drills and hands-on instruction in a small group setting, Coach Curtiss will help you master the 12 essential skills every beginner should know. To keep class size small to allow for adequate personal instruction and practice time, a second weekly class may be added if there is enough interest. **Thursday Nights: 7–8 pm**

**June 9, 16, 23, 30 and July 14, 21**

(Rain make-up lesson will be held 9–10 am Saturday.)

Cost: \$50, payable to SRA

**"Improve the Groove" – Advanced Beginners to More Experienced**

If you've been playing for awhile or want to improve your game, this is the group for you. Through drills and hands-on instruction, Coach Curtiss will help you improve technical and tactical skills, mindset, performance and match strategy. To keep class size small to allow for adequate personal instruction and practice time, a second weekly class may be added if there is enough interest. **Tuesday Nights: 7–8 pm**

**June 7, 14, 21, 28 and July 12, 19**

(Rain make-up lesson will be held 10–11 am Saturday.)

Cost: \$50, payable to SRA

**SRA "Intramural" Tennis Leagues**

This league is structured to challenge and reward you no matter your level or experience. You can play on your own time, so it's flexible around YOUR schedule. All levels welcome! We'll run three mini-leagues: one in June, one July and one August—join one or all three! No cost, but you must register to participate. League rules provided after registration.

**SRA Women's Tennis Practice & Play**

Join us on the courts on Wednesday nights and Saturday mornings to practice what you've learned, enjoy friendly matches, prepare for an upcoming match or play your intramural match. All women and all levels welcome!

**Wednesday Nights: 7 – 8:30 pm**

**June 8, 15, 22 and July 13, 20, 27**

**Saturday Mornings: 9 – 11 am**

**June 11, 18, 25 and July 9, 16, 23**

**SRA Lady Sharks Tennis Team**

A fun way to enjoy time on the courts, practice your skills and meet other wonderful local tennis women is through the "traveling team" as the Stratford Lady Sharks play team matches against other local tennis teams. With three levels of play (A, B and C levels), enjoy friendly competition and camaraderie at all skill levels.

**Friday Mornings: 8 am**

**June 17, 24; July 8, 15, 22, 29** (Closing Round Robin)

No cost — tennis league fees are paid by SRA.

Questions? Contact your co-captains:

Lorrie Rezendes ([lorretired@aol.com](mailto:lorretired@aol.com)) 703-780-6937

Jennifer Bridgman ([jlkrempin@gmail.com](mailto:jlkrempin@gmail.com)) 202-641-8841

**Summer Tennis for Men and Women:****Mixed Round Robins**

Watch for mixed (co-ed) tennis round robins to be scheduled Sunday afternoons/evenings this summer. All levels welcome and no fee to participate. Just bring a can of balls and a snack to share. (And if you don't have either of those, come anyway!)

**Men's Tennis**

Guys, if you'd like to start a men's tennis group or league, let us know!

**Private and Group Tennis Lessons**

Throughout the summer, Coach Curtiss will be available for private and small group lessons if you want extra hands-on attention, want to work on a particular area or want to develop a doubles' strategy with a partner.

**Open Courts**

Courts are open for your playing enjoyment during normal pool hours all summer long. (Court availability will be limited during scheduled lessons and league play.)

## SRA Social Events — Save the Dates

### **Summer Kickoff Party, Saturday, June 4, 7—11 pm**

Join our SRA family and welcome another fun-filled summer at the pool. This event is for adults 21 and over only.

### **Adult Swim – Adults only (18 and up)**

#### **Sundays beginning June 5, 11 am—1 pm**

Adults, here is your time to have the pool all to yourselves. Coffee, orange juice, and donuts will be served. Come out and enjoy a relaxing swim, read the paper, meet friends, chat, and unwind. Members younger than 18 may enjoy the pool beginning at 1:00.

### **Popsicles at the Pool (End of School Party)**

#### **Time: Thursday, June 23, 12:30—2:30 pm**

The pool opens at noon! Come and celebrate the end of the school year by bringing a picnic: we'll supply popsicles for dessert. Floats will be allowed in the pool until 2:30 PM.

### **Happy Hour • Fridays in June, 6—8 pm**

Bring an appetizer to share; \$1 beer and wine. Adults over 21 only!

### **2nd Annual SRA/Riverside Mixer • Sat., June 25**

SRA hosts the combined neighborly gathering this year. Bring a side dish/appetizer to share and get ready to have some fun with our 22308 pool kin.

### **4th of July • Family Event, Guests Welcome**

#### **Ages 6+: \$8 in Advance, \$10 at the door**

#### **Monday, July 4, 11:00 am—4:00 pm**

Celebrate Independence Day at the pool with hot dogs, burgers, chips & sodas, a moon bounce, and Sno-Cones. We'll have pool games, a whipped cream pie eating contest, and the always popular "Biggest Splash" competition. If you're in town for the holiday and have family/friends visiting, bring them along – the more the merrier! Buy your tickets by July 1 so we can make sure we have enough food.

### **Family Fun Nights • Thursdays in July, 6:30—8 pm**

Families are invited to bring floats, tubes, and toys into the main pool. Children must be accompanied by an adult. Hot dogs, hamburgers and sodas will be sold if there are volunteers to cook the food – so sign up to cook! Lap lanes will be open for lap swimmers. Please see calendar for exact dates.

### **Steak/Crab & Low Country Boil • Sat., July 23**

Roll up your sleeves for a low country feast. Bring your favorite appetizer for happy hour and spend some quality adult time with your fellow pool-mates.

### **Farewell to Summer Party • Adults Only**

#### **Saturday, August 27, 7—11 pm**

Guests are invited to help us send the summer off in style. Details to follow.

### **SRA Teams Banquet and Awards Dinner**

#### **Date and Details TBD**

At the pool for all teams: Swim, Dive, and Tennis

### **Dog Swim**

#### **Saturday, September 10, Noon—2 pm**

All member dogs who love to swim; \$5 per pup.

### **Tear-Down Day**

#### **Saturday, September 10, Noon—4 pm**

## SRA Rules and Regulations

### **FACILITY RULES**

1. Any person using this facility does so at his or her own risk, and must comply with all rules and regulations. Any person may be barred from the pool or pool area at the discretion of the pool manager or office manager for violation of rules and regulations, or for any other reason which, in the manager's judgment, constitutes a hazard to others. (See the discipline policy for additional details.)
2. No person shall use the pool unless it is open and a guard is on duty.
3. Day care providers must be in the facilities and with their charges at all times, unless the child qualifies for #4 below.
4. No child between the ages of 10 and 13 years old will be permitted in the facility, unless they have passed a swimming test and have a completed emergency care form on file, or are accompanied by someone at least 14 years old.
5. Any member, or member of his/her family, who attempts to introduce unauthorized person(s) into the facilities may be deprived of privileges, as determined by the Board.
6. No pets are allowed in the SRA facility.
7. No pool furniture is allowed in the park area.
8. Food and beverages are permitted in designated areas only.
  - A. Glass bottles/containers are not permitted in the facility.
  - B. Food and drink consumption are permitted only under the Pavilion and in the grassy areas. Members are responsible for picking up their own trash.

C. Anyone under the influence of alcohol or drugs will not be admitted in the pool area.

9. Bikes, skates, heeies, and skateboards are prohibited from use in the pool facility. Bikes must be left in the bicycle area; heeies, skates, and skateboards in a cubby in the bathroom.

10. SMOKING: Smoking is permitted only in designated areas. All smoking material must be disposed of in the designated ash cans.

#### 11. GUEST POLICY

A. Mothers and fathers of members, offspring of members, offspring's spouses and their children are considered SRA members for team participation, lessons and admittance to all facilities and activities, unless they live in the SRA boundaries. *(All of the above who do not reside with the member MUST register at the pool office the first time they appear each season.)*

B. Family members, as described in 11.A., who live within the SRA boundaries must join SRA themselves.

C. Live-in nannies and au pairs, once registered, will be considered members of the family for the duration of the affiliation with the member and will be treated as such.

D. Non-live-in baby sitters and/or those taking care of members' kids will be admitted free to the facilities ONLY while they are with the children for whom they are sitting. They WILL NOT be able to use any of the facilities without their wards unless they are a guest with members and are either paid for or a guest ticket is used.

E. Members who worked on Clean-Up Days this spring or summer have been issued 20 guest tickets. The member's family may use these tickets as they wish for admittance of guests, except members 16 and under may bring no more than 4 guests without an adult. When the 20 tickets have been used, members must pay the guest fee for entrance of guests. Tickets/funds are not needed for accompanied children under age 3. Tickets are non-transferable.

F. Guests who live within the boundaries of SRA are required to pay guest fee (cash or ticket) for admittance to the pool.

G. Guests must be accompanied by their sponsors at all times.

12. Members age 18 and over are considered adults for all pool functions, except where alcohol is being served, in which case the member must be 21.

#### POOL RULES

1. NON-SWIMMERS AND NOVICES MUST STAY IN SHALLOW WATER AREAS. To swim in deep water, pool patrons must be able to swim one pool width.

#### 2. SAFETY AND CONDUCT

A. Unsafe activities are prohibited, including:

- i) Running on the deck, pushing, dunking, rough play and excessive noise.
- ii) To prevent injury to small children and weak swimmers, rough play in the shallow end of the pool is prohibited.
- iii) Socializing with or distracting the guard on duty.

B. In this family facility, profanity will not be tolerated.

C. Vandalism of any kind is prohibited, including but not limited to graffiti on tables, chairs, and bathroom stalls; tampering with vending machines, etc.

#### 3. UNSAFE ENTRIES FROM THE POOL DECK ARE NOT ALLOWED, AND INCLUDE

A. Diving into shallow water (5 feet or less)

B. Walking or running starts

C. Cannonballs, flips, back dives, twists and dangerous stunts

D. Jumping, standing, or stepping onto floats or other equipment

#### 4. DIVING BOARD REGULATIONS

A. Look before you jump or dive. The diving area must be clear of swimmers, meaning the swimmers must be on the ladder or out of the pool.

B. Dive or jump forward only and swim immediately to the nearest ladder.

C. Catching children coming off the diving board is prohibited.

D. Double-bounces are not permitted.

E. Diving out too far is not permitted because you may hit the slope of the pool.

F. Swim goggles may not be worn when using the diving board.

#### 5. SLIDE REGULATIONS

A. To go down the slide, children must be able to swim or touch the bottom.

B. Catching children coming off the slide is prohibited.

C. The area must be clear of swimmers before going down a slide.

D. Allow the person ahead to complete the slide before climbing up the ladder to the slide.

E. Go down the slide one at a time, on your back, feet first only.

F. Parents may NOT go down the slide holding a child.

#### 6. HEALTH AND SANITATION REQUIREMENTS

A. We are required to close the pool for up to 24 hours if a health hazard exists (e.g., contaminated water, high bacteria count).

B. A soap shower MUST be taken before entering the pool.

C. Bathers who are incontinent or not toilet trained must wear a swim diaper.

D. No regular, disposable, or cloth diapers, or plastic swim pants are allowed in the pool.

E. Swim diapers must be checked at each break by a parent or guardian.

F. Parents/guardians are responsible for reporting ANY fecal matter in swim diapers that occurs in the pool to the pool manager or guard on duty.

G. Diaper changing is not permitted on the deck area, only in bathrooms at the diaper changing stations.

H. Street clothes cannot be worn as a substitute for swim attire. Allowance for cultural difference will be taken into consideration. White T-shirts and hats will be permitted for sun protection.

I. Patrons with open wounds, rashes, sores, ulcers, skin infections, and discharges from ear/nose or carriers of infectious disease or illness will not be permitted into pool areas.

J. Fairfax County states that anyone having had diarrhea in the past two weeks should not use the pool.

K. Bodily discharges are not permitted in the swimming pool area.

L. Anyone suffering from over-exposure will be instructed to rest and remain out of the water.

M. Littering is prohibited.

#### 7. EQUIPMENT USE

A. Flotation devices and water guns/pistols may be used only during Family Nights or Adult Swim.

B. Children using life jackets or water wings must stay in the shallow end of the pool and have an adult/guardian/baby sitter with them at all times.

C. Lap swimmers/exercise equipment is for lap swimming and water aerobics only. This includes kick boards, hand paddles, pull buoys, web gloves, belts, snorkels and fins.

D. Recreational equipment permitted at the discretion of the lifeguard includes beach balls, foam balls, and small toys. Hard balls/objects, including tennis balls, are not allowed.

E. Misuse of equipment will result in removal of the equipment.

F. Basketballs are to be used in the pool to play basketball ONLY. No ball playing in the pool/deck area; use the grassy area out by the volleyball court.

G. Dunking the basketball in the hoop from the deck or hanging on the hoop while in the pool is prohibited.

#### 8. TOT POOL USE

A. Children age 6 and up are not permitted in the tot pool.

B. Refer to #6 of the Pool Rules for sanitation requirements.

9. SWIMMING BREAKS: The main pool will be closed to children under age 18 for 15 minutes every hour for rest and lifeguard checks. No one under the age of 18 is permitted on the pool deck during break unless seated in chairs.

#### 10. USE OF LAP LANES

A. The lap lanes are designated for lap swimming and water walkers/aerobics only.

B. Diving or jumping into lap lanes, when not lap swimming, or crossing over them while they are in use is prohibited.

11. LIGHTNING POLICY: In the event of thunder or lightning, the pool will close and remain closed for 30 minutes after the last thunder is heard or lightning is seen. Due to the fact that the only safe place during thunder and lightning is the bathhouse, all swimmers will be asked to leave the facility. In no event will anyone be permitted to stay under the pavilion or funbrellas, all of which are potential lightning rods. This policy is for the safety of all SRA users.

## 2016 SRA Board of Directors

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Vice President, Steve Schlacter

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Secretary, Amy Kirner

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Treasurer, Dan Fleming

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Business Manager, Ellen Haas

[business-manager@stratfordrec.org](mailto:business-manager@stratfordrec.org)

## 2016 SRA Board of Directors and General Membership Meetings

*All meetings begin at 7:30 pm at SRA*

SRA Board Meeting - May 17

SRA Board Meeting - June 21

SRA General Membership Meeting - July 19

SRA Board Meeting - August 16

*SRA members may submit written comments or proposals for discussion at these meetings. The Board will notify a member within seven (7) calendar days of a Board meeting if the issue or proposal is an agenda item for that Board meeting. Members may attend Board meetings.*