



Members Handbook

This Handbook Contains:

- List of Officers and Directors
- Social Calendar
- Swimming Pool Rules
- Pool Rental Rules
 - Application for Pool Rental
- Swimming Lesson Information
 - Swimming Lesson Registration
- Swim Team Information/Registration

2011 Officers & Directors

President	Ken Love	<u>president@forestridgecc.org</u>
Vice President		<u>vp@forestridgecc.org</u>
Secretary	Lori Alberts	<u>secretary@forestridgecc.org</u>
Treasurer	Anne Marie Egan Deb Diez	<u>treasurer@forestridgecc.org</u>
Facilities	Bill Husarek	<u>facilities@forestridgecc.org</u>
Membership	Karen Muncey	<u>membership@forestridgecc.org</u>
Social	Laurie Lancto/Kristin Palmer	<u>social@forestridgecc.org</u>
Swimming	Stacy Love	<u>swimming@forestridgecc.org</u>
Webmaster	Julie Howe	<u>webmaster@forestridgecc.org</u>

2011 Events at Forest Ridge Community Club

Sunday, May 1st - Icebreaker, 2:00 pm to 3:00 pm, Perinton Rec. Center

Saturday, May 21st @ 9:00 am - Spring Clean-up Day

Friday, May 27th - Adult Social

Saturday, May 28th - Pool Opens

Friday, June 24th @ 1:00 pm to 4:00 pm - End-of-School Pizza Party

Date TBD - Family Brunch

Sunday, July 31st - Family Fun Day, click [here](#) for details

Monday, September 5th - Closing Day (last day pool open for 2011 season)

Saturday, September 10th - Clean-Up Day

Forest Ridge Community Club

Swimming Pool Rules

GENERAL:

The following rules are for the health, safety and comfort of the members. Full cooperation in observing and enforcing them is considered a responsibility of membership in the Club. Each parent should read and familiarize himself, his child and guests with them. Under no circumstances should parents instruct a child to disregard a lifeguard. Infractions should be reported to the Board of Directors and can result in the suspension and/or termination of privileges or membership.

RULES OF BASIC RESPONSIBILITY:

- 1) One may use the pool only when an approved lifeguard is on duty. Pool hours are from 1p.m.-9p.m. until the third week in June and 9:00 a.m. to 9:00 p.m. the rest of the season. Adult swim (16 years and older) is every day from 6-6:30pm.
- 2) The lifeguard is in complete charge of the pool premises and is fully authorized to enforce all rules. The lifeguard or pool manager may eject any person from the pool if he or she is not complying with **all** rules and regulations of the pool, either written or implied. Discipline problems will be handled by the Board and disciplinary action taken by the Board will be handled on an individual basis. A second chance should not be assumed.
- 3) Parents, whether present or not, are responsible for children using the pool facilities.
- 4) **Children 10 years old who have completed the fourth grade** and have passed Red Cross Level III and an equivalent test given by a Forest Ridge Community Center lifeguard, be allowed at the pool without a parent. Swim tests will be conducted throughout the season by the lifeguard. There is a two-hour limit to unsupervised children at the pool. Discipline guidelines will be strictly enforced. The Board has set the following policy regarding children's behavior at the pool:

If a child is violating a pool rule or misbehaving in some way, the lifeguard will give the child two warnings. If the behavior continues, that person will be asked to leave and the parents will be contacted by the Swimming Director. If a second incident with the same member occurs during the summer, he/she will be sent home and their member bracelet recalled for a few days. If a third incident should occur, the member's pool privileges will be revoked for an extended period of time that will be at the Board's discretion to determine.

- 5) **Children under the age of 10** must be closely supervised by someone **15 years or older**

at all times in the pool area. Those not following these rules will be directed to leave. This rule also applies to siblings.

- 6) Parents who find it necessary to employ a “non-member sitter” (15 years plus) on a regular basis due to member’s employment, will submit to the Board a letter requesting a sitter. Non-member sitters must adhere to all pool club rules. A “sitter’s pass” can be purchased in addition to your yearly membership at a cost of \$10.
- 7) Guests must be accompanied by a member. The guest is subject to all rules and his conduct is the direct responsibility of the member.

GUEST REGULATIONS:

- A. Members will be allowed to entertain up to four guests on any day or one guest family.
- B. All guests must be accompanied by a member and register with the lifeguard before entering the pool.
- C. No guest will be allowed more than three visits per season, unless permission has been obtained in advance.
- D. Guest fees are as follows:

\$2.50 per individual per day;

\$5.00 per family per day;

\$10.00 per family per weekend;

\$15.00 per family per week* (3 or more guests); and

\$7.00 per individual per week.*

*Weekly rate fees are intended solely for the use of out-of-town guests.

\$20.00 for package of 10 guest bracelets, limit one per family per season. Contact Karen Muncey (Membership) to obtain.

GUEST PROCEDURES:

- A. Upon entering the pool area, the member will take the guest to lifeguard. The lifeguard will assign a color-coded wristband to each guest. This band is good for the day issued only. The band should be cut off and thrown away at the end of the day.
- B. Members will be billed during at the end of the season for current season guest charges.

- 8) Children 12 years old or having completed the 6th grade are able to bring guests of the same age without parental supervision with a time limit of 2 hours. Discipline guidelines will be strictly enforced.
- 9) Tampering with or defacing equipment or property is forbidden. Damages will be charged to the responsible person.
- 10) Every precaution will be taken for the safety of all concerned, but the Forest Ridge Community Club, Inc. is not responsible for accidents of any kind, loss or damage to personal property.
- 11) Forest Ridge Community Club, Inc. reserves the right to suspend or cancel at any time pool privileges of any person not complying with all rules and regulations.

HEALTH AND SAFETY RULES:

- 1) No unnecessary talking to the lifeguard while he or she is on duty.
- 2) No person who is ill, with a cough, fever, skin disease, open sores, etc., is permitted to swim in the pool.
- 3) Children in diapers or those not toilet trained are not permitted in the pool without the use of swim diapers.
- 4) Swimming suits are the only legitimate swimming apparel. Cut-off slacks and/or shorts are not permitted.
- 5) Nothing shall be taken into the pool that might pollute the water or is hazardous to swimmers.
- 6) No pets are allowed in the pool or pool area.
- 7) Hair pins, barrettes, etc., should be removed before entering the pool as the hair clogs the drains.
- 8) No glass or other breakable objects are allowed in the pool. For safety reasons no glass are permitted on the pool deck. Please use plastic cups. This will be strictly enforced.
- 9) Running, pushing or horseplay (towel snapping, spitting, etc.) are not permitted and will be strictly enforced.
- 10) Unorganized racing, tag or games are not permitted when they interfere with the safety or enjoyment of others. Such activities must be stopped at the request of the lifeguard.
- 11) Extreme caution is required in the use of the diving board. Only one person is allowed on the board at a time. Each diver should look before diving and upon completion of his dive should clear the diving board area for the next diver.
- 12) In the diving area, dive only from the diving board side of the pool.

- 13) Only one (1) bounce is allowed on the diving board.
- 14) The lifeguard will not take telephone messages or answer the telephone for members while on duty. The telephone is for emergency use only.

OPERATIONAL RULES:

- 1) All members using the pool must be identified by an approved member bracelet. Members without a member bracelet will not be allowed in pool area. **Members' bracelets are not transferable.** Periodic member bracelet checks will occur!
- 2) Lost bracelets will be replaced for a \$5 fee. Contact Karen Muncey (Membership) to replace lost bracelet.
- 3) A guest, accompanied by a member, must register with the lifeguard and secure a color-coded wrist member bracelet.
- 4) Food and/or drink is not allowed in the pool. **No glass containers allowed in the pool or pool area.** Please be sure to clean your table and dispose of garbage in the trash cans. If extra garbage bags are needed see lifeguard.
- 5) Children's toys and playpens are not permitted in the pool area. Strollers may be allowed at the discretion of the lifeguard but must be placed directly next to the fence out of the way.
- 5) Pool play equipment shall be confined to small rings, beach balls, fins, masks and snorkels. (Masks and/or snorkels, due to safety implications, are up to the discretion of the lifeguard.) Pool play equipment should be approved by the lifeguard prior to being taken into the pool.
- 6) All cigarettes and/or litter should be disposed of properly.
- 7) Pump room, attic and storage closet are for the lifeguard/manager use only.
- 8) Illegal substances are not allowed on Forest Ridge Community Club property.
- 9) POOL CLOSSES PROMPTLY AT 9:00 P.M.

It is a member's responsibility not only to follow the above rules, but also immediately advise the lifeguard when they identify violations.

INCLEMENT WEATHER:

The Forest Ridge Community Club pool may close from time to time, based on possible unsafe weather conditions or situations, or when weather conditions are so poor that the likelihood of swimmers is very small. The closure of the of the pool is at the discretion of the lifeguard or board of directors. The Forest Ridge Pool may close (but is not limited to) due to the following reasons:

1. The pool will be evacuated in the event of either thunder or lightning, as recommended by the American Red Cross. The pool will remain empty for 20 minutes after the last

occurrence of thunder or lightning. The pool may close for the remainder of the day or to the next check point if the thunder or lightning continues for one hour or more.

2. The pool will close under the following bad weather conditions, based on recommendations by the American Red Cross, and on the low likelihood of swimmers at the pool:

A. If it is consistently raining for more than one hour, or hard enough that the Lifeguard staff are unable to clearly see the bottom of the pool.

B. If either the temperature or the wind chill factor is at or below 60 degrees fahrenheit.

In bad weather conditions, an assessment of the weather and whether the pool will reopen will be made several times during the day at each guard change, which are at 9:00 AM, 1:00 PM and 5:00 PM.

Swimming Pool Guidelines for Rental

Rental includes use of the swimming pool, picnic area, volleyball area and one (1) tennis court

General

The following rules are for the health, safety and comfort of the member and his/her guests. Full cooperation in observing and enforcing them is considered a responsibility of the adult member renting the pool. Failure to follow the rules may result in suspension of pool club privileges.

Pool Rental Fee is \$60.

Pool Rental Times

The pool may be rented for parties in the evening from 8:30 PM-11:00 PM. It may also be rented on Sundays from 10:00 AM -12:00 noon. The pool may not be rented for any private parties on Family Fun Day. **ALL POOL PARTIES MUST BE BOOKED THROUGH THE SOCIAL DIRECTOR. FAILURE TO RENT THE POOL THROUGH THE PROPER CHANNELS WILL RESULT IN A \$75 FINE.**

POOL PARTIES MAY ONLY TAKE PLACE DURING THE ABOVE-MENTIONED TIMES. MEMBERS AND THEIR FAMILIES ARE NOT ALLOWED TO HAVE PRIVATE PARTIES AT OTHER TIMES. Members are allowed to have up to 4 guests at a time at the pool. Members are not allowed to invite 4 guests and then include other members' children in their group in an effort to disguise their party without renting the pool formally through the social director. If these rental rules are unclear, please call the social director for further clarification.

Pool Rental Rules

The pool is not available for swimming for party guests until the allotted time of the party. Please be respectful of other members and remember that they are allowed to swim until your party begins. If you desire, you may begin setting up the party 15 minutes ahead of time. Use of the playground, although not exclusive, may begin prior to the party. Up to 2 picnic tables may be used at that time. Exclusive use of the playground, cabana area and pool do not begin until the allotted time of the party.

An adult, who is a member of the pool club, must be present throughout the entire party. That adult is responsible for ensuring that all party guests behave appropriately and that the pool area is cleaned thoroughly following the party.

Alcohol is not to be served to minors at pool parties. This will be strictly enforced. Glass bottles of any kind are not permitted in the pool area.

Following the party, all garbage must be disposed of in the dumpster. The cabana area should be vacuumed and all litter on the property from the party must be picked up and discarded.

The lifeguard is in complete charge of the pool premises and is fully authorized to enforce all rules. The lifeguard or Pool Director may eject any person from the pool if he/she is not complying with all the rules and regulations of the pool.

The renting adult member must sign the pool rental agreement form and pay for the pool rental prior to the party.

THE POOL CLOSSES PROMPTLY AT 11:00 P.M. ALL PREMISES SHOULD BE VACATED IMMEDIATELY AFTER CLEAN-UP OR BY 11:15 P.M.

WE ALSO REQUIRE THAT THE RESPONSIBLE ADULT CHECK WITH THE LIFEGUARD BEFORE LEAVING. THIS IS FOR THE SAFETY OF THE LIFEGUARDS.

APPLICATION FOR POOL RENTAL

Rentals include exclusive use of the swimming pool, picnic area, lawn and one tennis court. Private use of the pool by your guests only from 8:30 p.m. until 11:00 p.m.

Rental Fee: \$60.00 for up to 35 guests

\$90.00 for greater than 35 guests (second life guard is required)

Member name: _____

Date requested: _____ Number of guests: _____

Check enclosed: Yes No

Please note: All pool rentals must be scheduled through the Social Director. Do not book parties with lifeguards, as they may not be aware of day to day changes. Cancellations must be made 48 hours in advance for a refund to be issued. Refunds will also be given if there is inclement weather on the night of the party or if the pool needs to be closed due to contamination from bodily fluids. An additional fee of \$30 is required for all parties with greater than 35 people, as an extra lifeguard is required.

As the title bearer of my family's membership in FRCC, I hereby consent to the renting of the pool for the above date for myself and/or my dependents, and will accept all responsibility for damages which may occur during the rental period by our guests or ourselves. Also, I agree to abide by all of the Pool Club Rental Rules listed in the Members Handbook.

Signed by: _____ Date: _____

Phone number: _____

Return completed form to:

FRCC

**Attn: Kristin Palmer, Social Director
26 Chesham Way
Fairport, NY 14450**

SWIM LESSONS 2011

Welcome to a new season at FRCC. Back by popular demand, we are pleased to offer swimming lessons to our members once again this season. It is an excellent program offered and a great value to all our members.

We will be offering two two-week sessions. In order to keep the number of children in each level to a manageable level, class sizes will be limited, so early registration is recommended. Please indicate on the registration form, which two-week session is your first choice and which is your second choice. All spaces will be first come, first serve basis. You will receive confirmation of your child's registration by e-mail or telephone.

The instructors will try and call parents in the event of class cancellations due to weather or pool chemical problems. Unfortunately, due to the pool schedule, make-up classes are not available.

Parents should note that a child's placement in a class level is based on his or her swimming ability, rather than age. Once your child passes a level, you will receive a Red Cross swim card reflecting this. If you have any questions regarding your child's placement or concerning the program, please call Stacy Love at 425-4188.

Thanks,

Stacy Love
Swim Director
425-4188
Slove002@rochester.rr.com

FRCC SWIM LESSON MAIL-IN REGISTRATION

Please complete this form and enclose a check payable to FRCC.

Mail by June 10, 2011 to:

Stacy Love 9 McCoord Woods Drive Fairport, NY 14450

SESSION SCHEDULE:

Session I July 1- July 15 - **No Lessons on July 4th**

Session II July 18- July 29

Class Time and Classes with Levels are as follows:

9:00-9:30

Fundamentals of Diving/Lifeguard

Readiness/Fitness Swimmer- LEVEL 6

9:30-10:00

Class: Stroke Improvement/Stroke Refinement- Level 4 and 5

10:00- 10:30

Open (possible Swim Team Practice)

10:30-11:00

Stroke Development - Level 3

11:00-11:30

Fundamental Aquatic Skills- Level 2

11:30- 12:00

Introduction to Water Skills- Level 1

Times are subject to change depending on class size

Fees:

Members \$30.00 per session per child.

Non-Members (Wait list families): \$40.00 per session per child.

Any questions please call, Stacy Love 425-4188 or slove002@rochester.rr.com

Last Name: _____ Telephone: _____

Child's Name	Age	Class Level	Cost
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1. _____

2. _____

3. _____

4. _____

First choice: session _____

total amount \$ _____

Second choice: session _____

Date received _____

Please complete this form and enclose a check payable to
FRCC.

Mail by June 10, 2011 to:

Stacy Love

9 McCoord Woods Drive

Fairport, NY 14450

FOREST RIDGE COMMUNITY CLUB SWIM TEAM REGISTRATION

FRCC is pleased to announce that we will once again offer our member (ages 4-14) the change to be a part of the Forest Ridge swim team. Please complete this form, enclose a check payable to FRCC and mail by June 7 to Stacy Love. The information will be used to determine the number of practices and interest. Due to demand and pool availability, we may need to limit the number of team members, so sign up early. If we do not have at least 15 participants, we will not go forward with the swim team this year.

FEE: Pay \$30.00 for the first child in the family entering and \$25.00 for subsequent registering children in a family. This amount will cover the registration and guard/coach hours. Pending interest, FRCC bathing suits may be ordered.

MEETS: There are a total of 5 meets. The first four are in July and are on Tuesday afternoon, around 2:00-3:30p.m. These meets are fairly non-competitive. Every swimmer receives a ribbon. Only three teams are at each of these meets. The fifth and last meet is in August. It is the championship meet when all teams are invited to compete, events are timed and ribbons are only awarded to the top six finishers of all the entries. You are able to participate in any or all of these meets.

PRACTICES: Practices will be held M/W/Th/F mornings at either 10:00 a.m. or 8:30 a.m. (dependent on swim lesson enrollments). Practices will begin in late June. (Days and time for practices may change)

Return to Stacy Love 9 McCoord Woods Drive Fairport NY 14450

Last name: _____ E-Mail: _____

Child's Name: _____ Age: _____ Size: _____

Child's Name: _____ Age: _____ Size: _____

Child's Name _____ Age: _____ Size: _____

Total Amount Enclosed: \$ _____