

## USDAN SWIM PROGRAM FAQ'S

### 1. HOW MANY POOLS ARE THERE @ USDAN?

We have three pools. 3ft, 4.6 ft. and a 12 ft. deep dive tank.

### 2. ARE THE POOLS CLEAN?

Yes. We vacuum twice daily and test the chemical levels multiple times throughout the day.

### 3. IS THERE A PRETEST SWIM EVALUATION IN ORDER TO SWIM @ USDAN POOLS?

Yes. Every student will receive a swim test and then be placed in a designated color based on confidence and skill level in the pool. Our goal is to get ALL swimmers tested within the first few days of camp. We will make exceptions on a case by case basis. For example if your child is away the first week of camp we will test in the second week.

### 4. CAN MY CHILD BE RETESTED IF THE LEVEL IS TOO EASY OR HARD?

Yes. We do periodically need to retest and replace swimmers in a different group.

### 5. WHAT SYSTEM OF INSTRUCTION DOES USDAN FOLLOW?

We follow the American Red Cross Levels for instructional swim. There are 6 levels in total. If you'd like a list of them and the skills involved, please email [questions@usdan.org](mailto:questions@usdan.org).

### 6. WILL MY CHILD RECEIVE SWIM INSTRUCTION DURING CAMP?

Yes. Swim lessons are mandatory for Discovery, Partners and Junior divisions, grades PreK-6. Lessons are optional for Senior division, grades 6-12. The student must have chosen Instructional Swim at the time of enrollment, or switch into the Instructional Swim option.

### 8. CAN I WEAR GOGGLES AT THE POOL?

Yes. We actually encourage all swimmers to wear goggles. It is safer to wear them, and allows the child to open their eyes under water. Swimmers can see where they are swimming and be more mindful of those in the water around them.

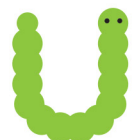
\*We prefer goggles over snorkel masks that cover the nose. We have our own supply of kickboards, noodles and barbells to be used during instructional swim.

### 9. WHAT IF MY CHILD FORGETS OR LOSES THEIR TOWEL CAN THEY STILL SWIM?

Yes.

### 10. WHAT SHOULD I WEAR IN THE POOL?

All students must wear a swimsuit. Usdan does not discriminate based on gender identity, and encourages students to dress in the attire they feel most comfortable in, as long as it is appropriate.



**11. IS THERE A LOST AND FOUND?**

Yes. All of the changing rooms have a basket with daily lost items. If it has been more than a day you will need to check with the maintenance station as items get moved over there at the end of each day.

**12. WHAT IF THERE IS THUNDER AND LIGHTNING DO WE STILL HAVE SWIMMING?**

No. The campers will watch a movie during their designated swim period in an enclosed safe area.

**13. ARE SWIM SHOES OR FLIP FLOPS NECESSARY ON THE POOL DECK?**

No. We prefer no shoes by the pool.

**14. HOW LONG IS THE ACTUAL POOL TIME?**

It is about 45 minutes long. Half way through the pool time we do have a buddy check system which interrupts the lesson for about 1 minute. This is required by the Board of Health.

**15. WHAT IF MY CHILD IS FEELING SICK AT THE POOL?**

Our pool staff (Lifeguards and Swim Instructors) are trained in CPR/AED and first aid. We also have nurses on staff at the camp.

**16. IF I HAVE ADDITIONAL QUESTIONS CONCERNING THE SWIM PROGRAM OR POOL WHO DO I CALL?**

Please call our main line @ 631-643-7900 as they will be able to answer most of your questions. If you need any additional information or have concerns we will pass the message along to our pool team. It would be very helpful if you know what period your child swims in and what color group they are a part of.

**17. I WANT TO BE SURE MY CHILD SWIMS.**

We do our best to get all campers in the water and to participate along with the class.

**18. CAN I VISIT THE POOLS DURING CAMP SESSION?**

Yes. We love when parents visit. Be sure to get a visitor pass at security before you come.