**Unit training/Command PT pool use:**

**0800-1000 Mondays & Fridays; 0900-1000 Wednesdays.** *excluding holidays*.

1-hour increments; max 2 hours total per day

*(0800-0900 or 0900-1000, or 2 hour block 0800-1000; dependent upon number of personnel to be tested. If less than 24 personnel, then please limit to a 1 hour time block request only).*

Please note that these pool use times can fill up quickly; alternatives will be given if your request date/time is not available. Advance registration only, no walk-ins; email your pool use request at least one week in advance to nsgbmwraquatics@gmail.com & deborah.l.moors.naf@us.navy.mil

The following rules/info apply for any group pool use for Command/Unit training:

* No group use for PRT/swim testing/training during regular lap swim or rec swim hours; advance reservations are required, for during above timeframes only.
* When personnel are coming over to the pool area in groups, they must follow most current NSGB social distancing policies and pool rules. Personnel need to come clean & dressed ready to swim, because at times, locker-rooms/bathrooms may not be available.
* Your group POC/designated swim tester(s) will need to provide the MWR Lifeguard(s) on duty with a headcount upon entry, before your to-be-tested personnel come into the pool, and all personnel must sign in at the front entry.
* MWR does not administer swim tests nor issue JTF swim cards; we offer designated pool time & required lifeguards. *The swim test is a JTF requirement & process, completely separate from NSGB and MWR; JTF units should have their own designated Swim Tester(s)*. Each unit must have an authorized, trained unit-designated swim tester present to administer the swim testing to their unit personnel.
* Max 24 personnel in the pool area for Command/unit training & swim testing/assessments; please plan accordingly. Groups under 24 personnel will be given a 1-hour time-block at a time only, to be able to accommodate other groups as needed.
* Personnel will be allowed into the pool area in groups of maximum 24 (max 4 per lane, spaced accordingly in lanes with staggered start times) along with unit-designated swim testers and a unit rep (if/as needed) to do the swim assessment testing.
* For more than 24 personnel to be tested (2 hour time block), they must exit the facility before the next group of people can enter.  During a 2-hour training time block, units should be able to get at least 3 groups of 24 swim tested/assessed, depending on their in-water skills and the swim tester’s efficiency on running the assessments.
* Please note; no early pool entry/no staying beyond your designated pool time, as we have other pool use/needs scheduled back to back to be able to accommodate as many users, programs, and pool needs as possible.
* Once swim testing is completed, everyone must immediately leave the pool area –

No hanging out, no sitting on lounge chairs/benches, no socializing, etc., as we have scheduled programs immediately following.

Minimum one-week in advance request via email to nsgbmwraquatics@gmail.com & deborah.l.moors.naf@us.navy.mil with the following required information included in email request:

* Unit POC name & contact phone number + email.
* Unit designated swim tester name or CFL & contact phone number + email.
* Number of personnel to be tested or in the pool area.
* Type of pool use or swim testing (PRT/PFA, JTF swim test, Command PT, etc.).