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

**0800-1000 Mondays, Wednesdays & Fridays** *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 1 hour time block only please). Please note that these pool use times can fill up quickly; alternatives will be given if request date/time is not available.

Advance registration only, no walk-ins; email [nsgbmwraquatics@gmail.com](mailto:nsgbmwraquatics@gmail.com) at least 1 week in advance to request pool use date/time.

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 personnel need to come clean & dressed ready to swim. 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 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 personnel 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 can enter.  During the 2-hour unit training time, units should be able to get at least 3 groups of 24 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, sitting on lounge chairs/benches, no socializing, etc., as we have scheduled programs immediately following.

Information required via email for making a request for Command/Unit pool use:

* Minimum one-week in advance request via email to [nsgbmwraquatics@gmail.com](mailto:nsgbmwraquatics@gmail.com)
* Unit POC name & contact phone number + email.
* Unit designated swim tester name/CFL & contact phone number + email.
* Number of personnel to be tested.