

FORT RILEY

ARMY AQUATICS

UNIT TRAINING RESERVATION REQUEST

- Request must be submitted to the Aquatics Office two weeks prior to training date
- Unit Commander must sign the request form prior to submitting
- Required Attire is either a bathing suit with liner or PT uniform (no sports bras)
- Clean PT/CWST Uniforms allowed in the pool area only during requested training time (must be clean, not starched and showered prior to entering the pool area)
- PT/CWST Uniforms will be removed prior to leaving the pool area
- Soldiers must provide their own towels
- Metal in ruck sacks must be removed to prevent damage to the pool shell
- No pinned on rank
- Boots worn in the pool area (including deck and water) must be clean
- Pockets must be emptied prior to entering the pool area
- All patches removed
- Unit will be responsible for cleaning the facility after training is completed to include pool deck, hallway and locker rooms
- POC on sight during training

Safety Guidelines:

- NO extended underwater breath holding
- Rest when needed and stay hydrated
- Water aerobic exercises are not authorized
- Push-ups/sit-ups on deck are not authorized
- Use of Climbing Wall not authorized
- Kickboards/pull buoys authorized if used appropriately at the discretion of the lifeguards on duty
- “Know your Limits” swim only in a depth of water that you are comfortable with.**
- UNIT LEADERS are responsible for the safety of their soldiers. Identify inexperienced swimmers and allow them to progress at their own level.**

Cancellation Policy:

*If you are unable to keep your reservation, you must **cancel 48 hours in advance.**

Unit _____
PT or CWST _____
Number of Soldiers _____
Training Date _____
Time Requested _____ to _____
Aquatic Staff Approval Y/N _____

Unit Point of Contact _____
Point of Contact Phone Number _____
NCOIC or OIC _____
NCOIC or OIC Phone Number _____
Unit Commander _____
Unit Commander Signature _____