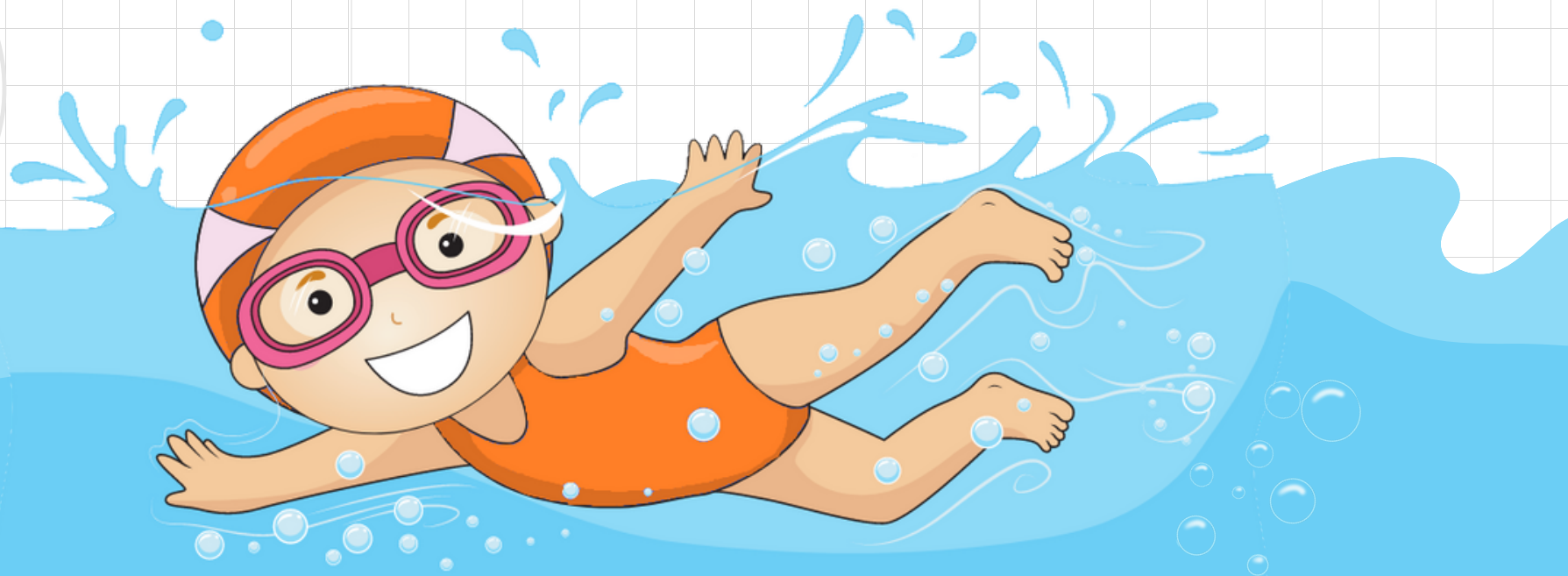
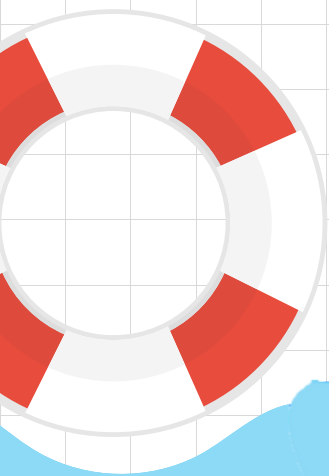
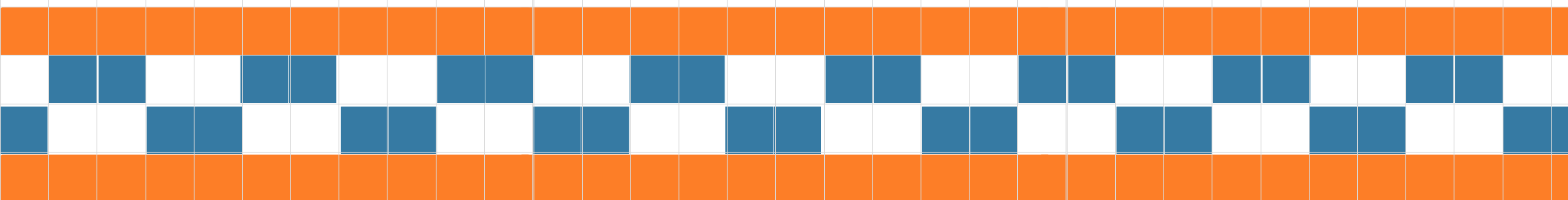


I'm going swimming at
Mount Pearl Summit
Centre!





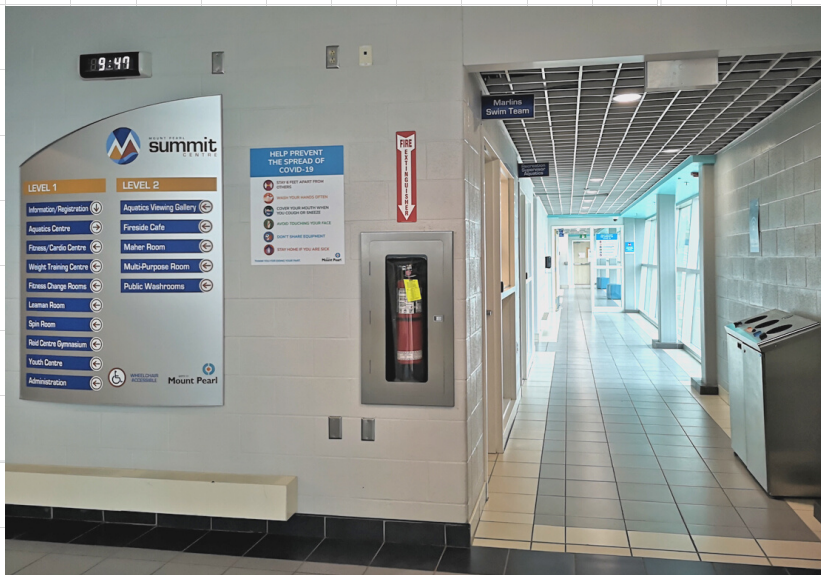
The Summit Centre is located at 126 Smallwood Drive in Mount Pearl. Inside, there is a swimming pool and a fitness centre. Today, I am going swimming, so I will go to the pool. A full virtual tour of the Summit Centre is available here:

<https://tourmkr.com/F1U3AM8oMo/6818072p&229.05h&91.08t>





When I go inside through the front doors, I will check-in at the front desk where I might be given a bracelet to wear. I can put it on my wrist, or I can give it to the person I came with to hold on to. I will be patient if I have to wait!



After checking in, I will go down the hall to the changerooms.

There are three
changerooms:
one for men, one
for women, and
one that is
gender neutral
that anybody can
use. I can choose
which one I feel
most comfortable
using.

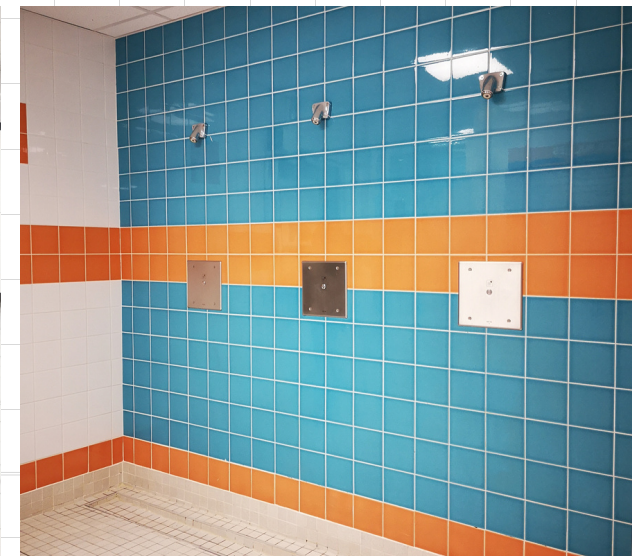


The changerooms for men and women are a lot alike. In the changerooms, there are benches to sit on, and lockers where we can store our belongings while we swim. Remember to bring a lock for the locker!



In the changerooms, there are bathrooms with sinks, toilets, and change tables, stalls where I can have privacy to get changed, and showers that I can use before and after swimming.

I'll remember to pack a bag with my towel to dry off, and a change of clothes if I need them too!



In the gender neutral changeroom, there are also lockers, benches, showers, change tables, stalls and bathrooms - including one bathroom that is more accessible than the rest! The big difference between the gender neutral changeroom and the other changerooms is that everyone needs to keep their swim wear on while showering in the gender neutral change room. There is also a play pen available to help secure young children.



DO YOU FEEL LIKE SOMEONE IS USING THE 'WRONG' BATHROOM?

PLEASE DON'T:

- ✗ stare at them
- ✗ challenge them
- ✗ insult them

Do not purposely make them uncomfortable.

INSTEAD, PLEASE:

- ✓ respect their privacy
- ✓ respect their identity
- ✓ carry on with your day

Protect them from harm.

THE CITY OF MOUNT PEARL SUPPORTS ALL OF OUR RESIDENTS.



Once I've finished in the changerooms I am ready to head to the pool, but first I need to remember to shower! If I forget, there are showers on the pool deck that I can use! The showers are next to the sauna.



SHOWER PRIOR TO ENTERING POOL

TOGETHER WE CAN PREVENT
THE SPREAD OF COVID-19

THANK YOU FOR YOUR COOPERATION.

The pool rules are also posted on the walls around the pool.

I will listen to the life guards and swimming instructors, and I will follow the rules so everyone can have fun and stay safe!

If I am here for a lesson, I will wait patiently on the bench until my instructor tells me it's time to get in the pool.

POOL RULES

Lifeguards are present to ensure the safety of all patrons in and around the pool area. Rules will be enforced to prevent accidents. Instructions from lifeguards are to be obeyed at all times.

- 1 Children eight (8) years of age and under must be accompanied in the pool or on the splash pad by a responsible supervisor sixteen (16) years or older and remain within an arm's length at all times.
- 2 A ratio of one (1) supervisor for a maximum of three (3) children under the age of eight (8) is required.
- 3 Children three (3) years and under must wear appropriate swim diapers and swim wear. Disposable diapers are NOT permitted in the pool.
- 4 All swimmers must shower before entering the pool from the change rooms or the sauna.
- 5 Persons with communicable diseases, open wounds/sores or nasal, eye, ear discharge may not use the pool.
- 6 Saunas are for use for those over sixteen (16) years.
- 7 The use of personal pool toys, full face goggles, masks, or snorkels is not permitted in the pool.
- 8 No food, drink, glass containers, outdoor/street footwear, or strollers are permitted on the pool deck for any reason.
- 9 No running or rowdy activities in the pool area or change rooms.
- 10 No diving in leisure pool or shallow water.
- 11 No breath holding games or activities permitted in the pool.
- 12 No cameras or video equipment are permitted in change rooms/washrooms, on the pool deck, or viewing area during any swimming activities.



Lifeguards help keep people safe around water!

They have special training, and might be sitting way up high in a chair, or they might be walking around on the pool deck. I can recognize the lifeguards because they are wearing red t-shirts with the City of Mount Pearl Logo on the front, and the word "AQUATICS" on the back.





Sensory-Friendly Swims are open to swimmers of all ages. During this swim time, lights will be dimmed, and all noise will be kept to a minimum. Both pools are available, but the splash pad and waterslide will not be in operation. If I'd like to try the splash pad or the waterslide, I can try them during the Public Swims!



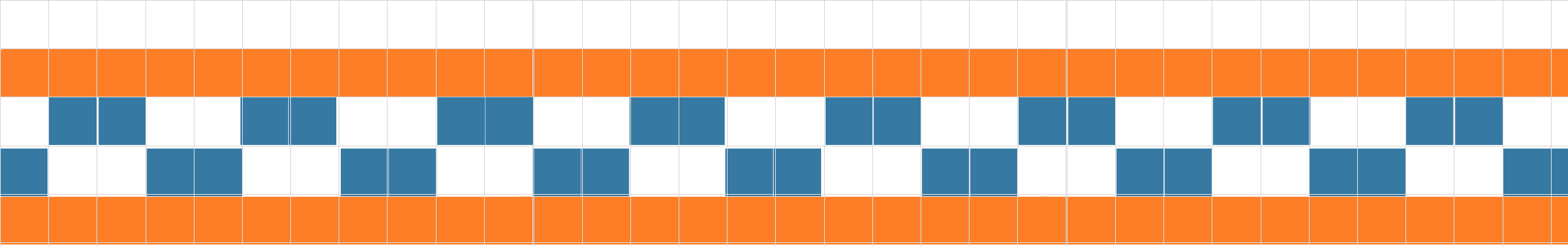
During Sensory Friendly Swim Times, Public Swims, and swimming lessons, I can use the aquatic toys, pool noodles, flutter boards, weights, life jackets, and float belts provided by the Summit Centre. I can also use the diving board if I'm confident swimming in the deep end!



The sauna will also be available for anyone who is over 16 years old. A sauna is a hot room where people can relax. It gets really hot in there, so the door has to stay shut.

The sauna has its own rules to follow, and they are posted on the door.

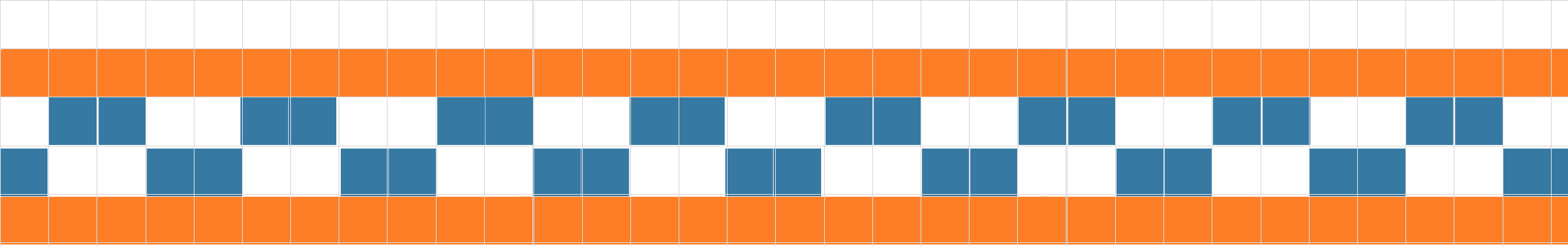




If I get overwhelmed while I am swimming at the Summit Centre I can:



I will know how much time I have left at the pool by watching the big red clock on the back wall. The instructors or lifeguards will also let us know when we're getting close to finishing time. I will be respectful and get out of the pool when my swim time is finished. After swimming, I will go back to the change room to dry off and get ready to leave.



I had so much fun swimming at the Summit Centre, I can't wait to come back next week! Maybe next time I will try:
