



School Use of PAC - Best Practices

The Pinedale Aquatic Center is on SCSD #1 property and takes pride in our supportive relationship of SCSD#1 programs and athletics. As a public facility we want to work with you to balance SCSD#1 needs with demands for public use. As such, these best practices guide what we are able to provide to SCSD #1.

Request for Use of PAC:

Request for Use of PAC can be submitted at the following:

https://docs.google.com/forms/d/e/1FAIpQLSfFOxx_wDZpilqBPbwvrcsz3cbqJgQgVjH0jk4o0i1q-Ggq6A/viewform?gxids=7628

- Please submit requests with advance notice (preferably 14 days) to ensure space and proper staffing.

Area requests:

In the request, please include all areas of PAC you wish to use. Areas available for use include:

- Gymnasium, multi-purpose room, fitness studios, classroom, climbing wall, track, racquetball court, tennis courts, spectator area, and the pools.
- The fitness area and weight room (cardio equipment and machines) are reserved for PAC patron use, with some limited use available during times of light demand.

Best Practices for school groups:

- All PAC rules apply, including age restrictions (14 to use the weight room) and required certifications (climbing wall/lifeguard/etc...).
- A coach/teacher/instructor must be present with the group at all times; please do not leave youth unattended.
- Students will be asked to wait in the lobby for a coach/teacher to arrive before going to other areas of PAC.
- Please report to Guest Services how many students are with your group when you arrive.
- All SCSD #1 dress codes and behavior expectations remain in place.
- Non-marking shoes are required for all wood floor surfaces.
- Any use of the facility outside of regular hours may incur additional expenses.
- PAC reserves the right to ask you to stop practices we deem unsafe or unmanaged.

AREAS AVAILABLE FOR USE AND SPECIAL CONSIDERATIONS:

- Gymnasium: Up to 6 basketball goals (all adjustable), 2 pickleball courts, a full sized volleyball court, a projector/sound system
- Wind River Fitness Studio: 5 TRX attachments, mirrors, mats, and a storage closet that contains spin bikes as well as a full range of fitness equipment. This room is unavailable during scheduled fitness classes as well as PAC programs.
- Wyoming Fitness Studio: Similar to the Wind River Studio with a storage area equipped with yoga mats, small weights, as well as blocks and straps. This room is unavailable during scheduled fitness classes as well as PAC programs.
- Classroom: TV, white board, and laminate floors with mirrors. This room has some yoga mats and blocks.
- Climbing wall: The Todd Skinner Memorial Climbing Wall is 30' tall, with 8 top rope anchors and a variety of routes. Harnesses and equipment are available for use. Only PAC certified belayers can belay at the wall. Sports teams may go through a group-certification process with a PAC staff member, or a PAC staff can be requested to help at the wall when available.
- Track: The track is a 1/15 mile with 3 lanes as well as some fitness equipment. Special considerations for track use:
 - Direction of travel, even dates = clockwise, odd dates = counter clockwise.
 - Runners should use outside lanes and walkers inside lanes
 - The track is a shared use space, please use only two lanes at a time to allow for patron use.
 - The track is for movement based training only (no stopping and teaching or doing stationary activities) and we ask that instructors avoid dangerous practices such as carrying team/classmates near the railing.
- Racquetball Court: Racquetball equipment is available as is wallyball/giant volleyball upon request. Please do not take fitness equipment/weights into this room.
- Spectator Area: Variety of functional fitness equipment, 2 mats, pull up bar, punching bags, TRX attachments, and steps for running. Best practices for this area include the following:
 - Returning and cleaning all equipment and mats after use
 - Leave space for others to utilize this area
 - Equipment from the weight room area such as jump ropes, kettlebells, etc... can be brought out into this area
- Pools: PAC has a competition pool, leisure pool, and hot tub. Features include a diving board, rope swing, equipment for water polo, basketball, and water volleyball.
 - *A lifeguard is required to be present at all times during pool use.*
- Outdoor Courts: Our outdoor courts include 6 basketball ½ courts, 3 tennis courts, and 4 pickleball courts. Limited racket equipment is available on request.