



# Flow Rider & Waterpolo Class Parent Handbook








# Waterpark General Park Policies



We're excited you have chosen to take Flow Rider and / or Waterpolo lessons at The Wave Waterpark! These classes are designed to teach your child the skills necessary try out for high school waterpolo teams or help them gain confidence for the Flow Rider competition. We are confident your child will learn while having fun at the same time!

Listed below are the park policies for all waterpark guests. We have listed these policies, to make parents / guardians aware of the general policies for Wave guests. These policies are posted at the main gate of the waterpark.

## WELCOME TO...

 <p>PLEASE DO NOT ENTER THE PARK WITH COOLERS, FOOD, BEVERAGES, RADIOS, EXTERNAL MUSIC, PETS, OR GLASS.</p>	 <p>RIDE RESTRICTIONS DO APPLY. PLEASE READ ALL SIGNS AND LISTEN TO ALL LIFEGUARD INSTRUCTIONS BEFORE RIDING ANY ATTRACTION. PERSONS NOT FOLLOWING RIDE RULES ARE SUBJECT TO REMOVAL FROM THE PARK.</p>
 <p>PERSONAL FLOATION DEVICES, TOYS, OR MASKS WILL NOT BE ALLOWED IN THE ATTRACTIONS.</p>	 <p>SMOKING IS NOT PERMITTED INSIDE THE PARK.</p>
 <p>APPROPRIATE SWIMWEAR IS REQUIRED &amp; DETERMINED BY MANAGEMENT. NO PANTS, VISIBLE UNDERGARMENTS, TRANSPARENT ATTIRE, OR DENIM ARE ALLOWED.</p>	 <p>PARENTS / GUARDIANS ARE RESPONSIBLE FOR THEIR CHILDREN WHO CHOOSE TO EXIT THE PARK UNATTENDED.</p>
 <p>SOME ATTRACTIONS MAY REQUIRE RIDERS TO BE FREE OF RIVETS, LIFE VESTS, FOOTWEAR &amp; EYEWEAR.</p>	 <p>THE WAVE IS NOT RESPONSIBLE FOR LOST ARTICLES. LOST AND FOUND IS LOCATED AT THE WAVE SHACK. PLEASE DESIGNATE A GROUP MEETING SPOT AS WE ARE UNABLE TO PAGE GUESTS.</p>
 <p>PLEASE NO RUNNING OR HORSEPLAYING INSIDE THE PARK.</p>	 <p>ALL RIDES AND ATTRACTIONS CLOSE FIFTEEN MINUTES BEFORE PARK CLOSING.</p>
 <p>PLEASE NO DIVING.</p>	 <p>PLEASE DO NOT DRINK THE POOL WATER. PLEASE DO NOT PARTICIPATE IN UNDERWATER BREATHOLDING ACTIVITIES.</p>
 <p>LIFE VESTS ARE PROVIDED AND WE RECOMMEND WEAK OR NON-SWIMMERS WEAR A LIFE VEST AT ALL TIMES.</p>	 <p>LIFEGUARD TESTING / TRAINING IS AN ONGOING PART OF OUR SAFETY PROGRAM. USE OF SUBMERSIBLE MANNEQUINS AND ACTIVE GUESTS MAY OCCUR DURING YOUR VISIT.</p>
 <p>DIAPER AGED CHILDREN MUST WEAR A WATERPROOF SWIM DIAPER IN ORDER TO PARTICIPATE IN ATTRACTIONS.</p>	 <p>TICKETS ARE NON-TRANSFERABLE AND NON-REFUNDABLE. HOURS &amp; ATTRACTION AVAILABILITY ARE SUBJECT TO CHANGE WITHOUT NOTICE. GENERAL ADMISSION TICKETS ARE NOT VALID FOR SPECIAL EVENTS.</p>
 <p>CHAIRS AND SHADE ARE AVAILABLE ON A FIRST COME, FIRST SERVE BASIS.</p>	 <p>TICKET, OR SEASON PASS IS REQUIRED FOR ADMISSION. HANDSTAMP MUST ACCOMPANY TICKET FOR RE-ENTRY. RE-ADMISSION IS NOT GUARANTEED BASED ON PARK CAPACITY.</p>

THANK YOU & ENJOY YOUR VISIT!

# Flow Rider and Waterpolo Lesson Policies / Information

## General Health and Hygiene

- Please have your child use the restroom before entering the pools (and wash his or her hands with soap and water).
- Please do not allow your child to use the pools if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks.
- Children who are ill, severely sunburned, have an eye infection or open wounds, or diarrhea will not be allowed in the water.
- Gum and candy must be thrown out before lessons begin (no outside food or drink will be allowed in the waterpark).

## Medical Concerns / Special Needs

- If your child has a medical condition or special needs, please complete the information section on the registration form with any information we will need to be aware of. You may also speak to the Program Coordinator on the first day of class. This knowledge will aid our staff in giving appropriate care.
- In case of emergency, please allow the highly trained Wave Lifeguards to handle all situations.

## Refund Policy

- Refunds will be made up to ONE WEEK prior to the start of a course. All refunds are charged a \$5.00 processing fee. If the course date is less than one week away, no refunds will be given.
- After the one week deadline, students may choose to transfer to another class at no additional fee.

## Make-up Policy

- If The Wave cancels a class for any reason, a make-up day will be scheduled.
- There are no make-ups for classes missed (examples: illness, vacation, schedule conflicts) by the participant, so please make every effort to attend class.
- If a course is canceled by The Wave, a full refund will be given.
- Most classes will continue even in the rain. If you are ever unsure about the status of a class due to rainy weather, please call the office (760) 940-WAVE.

## Lost & Found

- The City of Vista and The Wave Waterpark are not responsible for lost or stolen articles; please leave any valuables at home.
- Inquiring about lost and found articles can be done by asking the Program Coordinator on deck or by calling the main office (760) 940-WAVE.



## Water Quality

- The water quality (chlorine and pH levels) of our pools are checked and documented on a regular basis.
- Our pools are also randomly checked by the County Health Department.
- At times, eye burn is mistakenly associated with a high chlorine level; however, eye burn is actually due to extended eye contact with pool water which may have a different pH than the eye. Using goggles is recommended for anyone with sensitive eyes or extended underwater swimming.

## Instructors:

- All Instructors are Lifeguard licensed, including First Aid, CPR, and AED management.
- The Wave Instructors are taught basic classroom management skills for dealing with any disciplinary problems that may arise.
- Instructors may remove students from the water or from the spectators from the spectator area if they feel this to be necessary.
- If you have a concern about the Instructors please speak to the Program Coordinator.

# Flow Rider Classes

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We are home to North County's only simulated wave! Check out our classes designed for all levels of participants from those who are just learning how to stay on the surface to those who will be competing in the Flow Rider Competition.

## Class Levels:

- Grom Riders: (Beginners)
  - General riding tips
  - Proper ride entry
  - Basic form and body control
  - Basic tricks
  - Extended practice time
- Rip Riders: (Intermediate / Advanced)
  - Advanced tips and tricks including stand-up board practice
  - Extended practice time



## Participant Requirements:

- Must be at least 42" tall
- Must meet all ride requirements and be in good health
- Must have a signed release form (parent or guardian signature required if under 18yrs old)

## Class Dates / Times:

- #1: June 11-14, 2011 (Mon-Thurs)
- #3: June 25-28, 2011 (Mon - Thurs)
- #5: July 9-12, 2011 (Mon - Thurs)
- #7: July 23-26, 2011 (Mon - Thurs)
- #9: Aug 6-9, 2011 (Mon - Thurs)

4:45-5:25pm – Rip Riders (Intermediate / Advanced)

5:30-6:10pm – Grom Riders (Beginners)

## Class Details:

- Boards will be supplied by The Wave during class time. Personal boards may be used after inspection by instructor. The Wave is not responsible for lost, damaged, or stole boards.
- Class will include rotating ride time and instruction.
- Release form will need to be signed for all participants at check in on first day of class or in advance at The Wave Office. All minors must have parent or guardian signature on release form.
- Classes will run with a minimum of 5 participants and a maximum of 18 participants. Ride time will vary depending on class size.
- Observers are welcome to watch the class from the bleacher location and must remain in the observation area at all times. Observers not in the designated area will be asked to leave immediately. The Wave reserves the right to ask observers to leave at any time.

## Registration:

Class reservations are taken on a first come, first serve basis. Reservations can be made at The Wave Office or over the phone by calling (760) 940-WAVE.



# SAFETY GUIDE



**Must be 42" tall to ride**

**MAXIMUM WATER DEPTH::  
Approx. 3FT. (36 IN)**



## FLOW RIDER

**MAXIMUM OPERATIONAL LOAD: 1 Person**

- Riders must be at least 42" tall, in good physical condition, and able to swim in turbulent moving water.
- Single riders only.
- Loose items (glasses, cameras, wallets, hats, keys, etc.) should be left with a non-rider or secured. Eyeglasses should be removed.
- All riders must start, lying on their stomach with their legs extended behind them. Please wait for lifeguard start signal to begin your ride.
- Flow Rider boards only, no innertubes permitted.
- All riders must keep at least one knee and one hand on the board at all times. No standing is permitted.
- Participants may not wait or watch from the upper splash pool or lower areas.
- Caution! The surface of the ride is slippery. Do not stand up at any time.
- Horseplay or aggressive stunts are not permitted.
- Each rider may participate in the attraction for 20 seconds. Failure to listen to the Lifeguards' instructions may result in removal from the park.
- Please secure your swimsuit. The force of the water is strong and may cause your suit to be removed.
- Please do not stand or walk on the blue surface.
- At the end of your ride, please hand the board off to the next rider in line.
- Notices pursuant to C.C.R Title 8, Section 344.7 may be viewed at the Administration Office.

**OUR LIFEGUARDS ARE HIGHLY TRAINED AND QUALIFIED.  
PLEASE ADHERE TO THEIR INSTRUCTIONS AT ALL TIMES.**



**Recent Surgery**



**Heart Trouble/  
High Blood Pressure**



**Neck Trouble**



**Back Trouble**

or  
are



**Pregnant**

**OR ANY PHYSICAL CONDITIONS THAT MAY BE AGGRAVATED BY THIS RIDE.**

# Waterpolo Classes



Join us at The Wave for an informative lesson in the sport of waterpolo! Classes are designed for the beginner participant who is looking to learn the game and basic skills. This is a great introduction class for future athletes looking to play as part of a waterpolo team at the high school level.

## Participant Requirements:

- Must be at least 7 years old.
- Must be able to swim 100 yds without stopping
- Must be able to tread water for 1 minute without using hands.
- Must have a signed release form (parent or guardian signature required if under 18 years old.)

## Class Dates:

- #2: June 18-21, 2012(Mon - Thurs)
- #4: July 2-5, 2012(Mon - Thurs)
- #6: July 16-19, 2012(Mon - Thurs)
- #8: July 30-Aug 2, 2012(Mon - Thurs)
- #10: Aug 13-16, 2012(Mon - Thurs)

## Class Times:

- 5:30-6:10pm

## Class Fees:

Classes are \$45 per participant / per session

## Class Details:

- Class will include basic instruction, rules of the game, and practice scrimmages.
- Participants should have a strong swimming base to begin with (see above swimming requirements).
- Classes will run with a minimum of 5 participants and a maximum of 16 participants.
- Observers are welcome to watch the class from the observation area and must remain in the observation area at all times. Observers not in the designated area will be asked to leave immediately. The Wave reserves the right to ask observers to leave at any time.

## Registration:

Class reservations are taken on a first come, first serve basis. Reservations can be made at The Wave Office or over the phone by calling (760) 940-WAVE.





# SAFETY GUIDE



**MAXIMUM WATER DEPTH:  
6FT. 6IN.**



It is recommended that all children 8 yrs and under be accompanied by a responsible adult.

## **COMPETITION POOL**

**MAXIMUM OCCUPANT CAPACITY: 345 Persons**

- Diaper-aged individuals must wear a waterproof diaper.
- Life jackets are available to guests if desired, and should be worn by guests who are weak or non-swimmers.
- Diving, running, flips, and horseplay are not permitted.
- One person per tube. No kneeling or standing on tubes.
- Tubes are permitted in the deep end only.
- Please keep off the floating lane rope.
- Breath holding games or training are not permitted.
- Food and Beverage are prohibited in and around the pool
- Notices pursuant to C.C.R Title 8, Section 344.7 may be viewed at the Administration Office.

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PLEASE ADHERE TO THEIR INSTRUCTIONS AT ALL TIMES.**



**Recent Surgery**



**Heart Trouble/  
High Blood Pressure**



**Neck Trouble**



**Back Trouble**

**OR ANY PHYSICAL CONDITIONS THAT MAY BE AGGRAVATED BY THIS RIDE.**

# Thank You

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We would like to take the time to thank you again for choosing The Wave Waterpark as your home for Lessons. We take pride in providing quality programs to our community.

## **Please feel free to check out our following programs:**

- Aqua Camps (ages 7-15)
  - Swim Lessons
  - Season Pass Program
  - Birthday Parties
- CPR / AED / First Aid Classes
  - Lap Swim
  - Park Rentals
  - Flow Rider Rentals
  - And much more...