

The background is a teal-to-white gradient. It is decorated with numerous realistic water droplets of various sizes, some with highlights and shadows, giving a fresh, aquatic feel.

SUGGESTIONS FOR THE MOUNTAIN VIEW POOL AREA

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SUN CITY SWIM CLUB

RCSC ASU SURVEY RESULTS

2022 Member Use by Activity

	2022	% of Total	Accumulative %	Trend
Golf	353,257	21%	21%	↑
Swimming	343,988	20%	41%	
Fitness	330,670	19%	61%	
Bowling	304,122	18%	78%	↓
Pickleball	69,858	4%	83%	↑
Tennis	11,668	1%	83%	↓
Basketball	334	0%	83%	
All the Activities	284,996	17%	100%	
Total	1,698,893	100%		

The Top Three Activities - Golf, Swimming, & Fitness

VISION OF WHAT THE POOL WILL SERVE

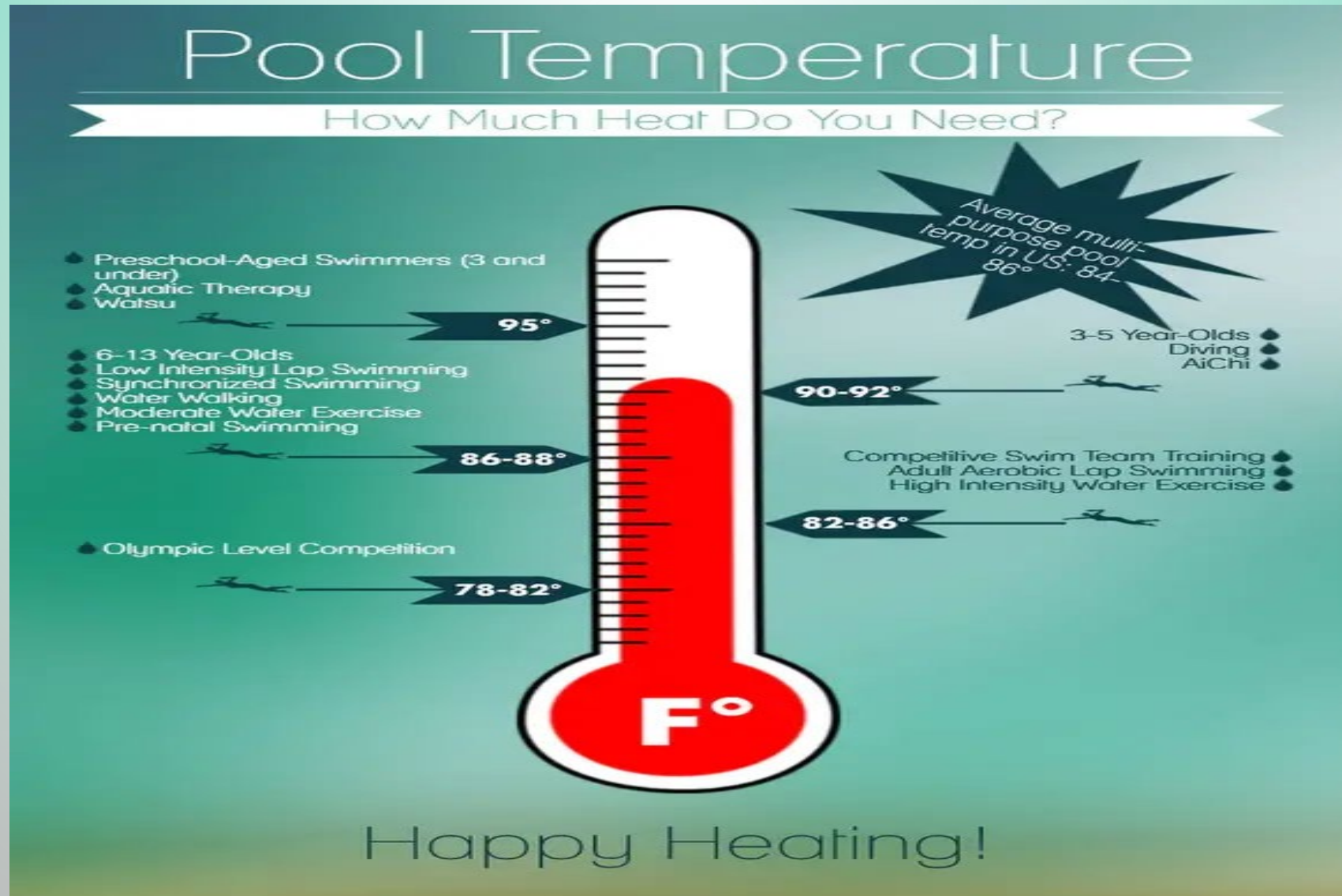
- THE MOUNTAIN VIEW POOL AREA NEEDS POOLS THAT SERVE THE SUN CITY COMMUNITY, PARTICULARLY IN THE SOUTHERN AREA.
- RESORT POOL TO BE CONFIGURED WITH EASE OF ENTRY AND EXIT, WITH AN IDEAL TEMPERATURE RANGE FOR LOUNGING AND LIGHT RECREATION.
- NO MATTER HOW MANY LANES FOR THE LAP POOL, IT SHOULD BE A RECTANGULAR POOL WITH AN IDEAL TEMPERATURE RANGE FOR LAP SWIMMING AND WATER AEROBICS. THIS POOL SHOULD BE INDEPENDENT OF THE RESORT POOL.
- A WATER SPORTS POOL PRIMARILY FOR WATER VOLLEYBALL SHOULD BE RECTANGULAR AND FIT THE REQUIREMENTS FOR TWO COURTS WITH ADEQUATE BUFFER SPACE WITH AN IDEAL TEMPERATURE RANGE FOR HIGH ACTIVITY SPORTS

RECOMMENDED POOL TEMPERATURES

IT IS NOT A GOOD FIT TO COMBINE A RESORT POOL WITH A SPORTS LAP POOL.

A LAP POOL IS TOO COLD FOR PEOPLE WHO WANT TO RELAX AND JUST GET WET.

A RESORT POOL IS TOO WARM AND UNHEALTHY FOR MORE VIGOROUS EXERCISE SUCH AS LAP SWIMMING AND OTHER AQUATIC SPORTS



Sources: Red Cross Pool Temperature Guidelines

FINA TEMPERATURE GUIDELINES FOR COMPETITIVE SWIMMING

FINA (The international organization which represents competitive water sports) has set a standard that water temperature for competitive swimming should be between 77-82 degrees. During summer months in Arizona, most pools become much hotter than this due to our warm temperatures and near constant full sun exposure. From a health perspective, water that is too hot can be dangerous for swimmers of all ages, but perhaps even more dangerous for older athletes. While in the water, the relative humidity of the body surface area is near 100%. Evaporation cooling, or diffusing heat to the surrounding water is the only way to cool body temperature. When the water is above this range, humans can not cool their body temperature adequately. This can result in too rapid heart rate, and vasodilation. This can cause risk of passing out in the water. Especially true for older athletes who may be taking antihypertensive medication or other vasodilators. Other considerations for water which is too hot include more rapid burn out of chlorine, and better environment for growing algae, and fostering infectious agents. Nearly all competitive swimming facilities in Arizona utilize an aerator system in summer months to better control pool temperatures. Coolant systems are also possible, but much more expensive to operate.

Source: Kent M Johnson, MD FACP FAAP
President, Estrella Internal Medicine & Pediatrics Competitive swimmer for over 40 years.

MORE ON TEMPERATURE GUIDELINES

- ACCORDING TO THE WORLD HEALTH ORGANIZATION, WATER TEMPERATURES RANGING FROM 78 TO 86 DEGREES FAHRENHEIT ARE GENERALLY COMFORTABLE AND SAFE FOR THOSE ENGAGING IN MODERATE PHYSICAL ACTIVITY IN A POOL.
- THE MORE STRENUOUS THE WATER ACTIVITY, THE MORE IMPORTANT IT IS FOR THE WATER TO NOT BE TOO COLD (HYPOTHERMIA) OR TOO WARM (HYPERTHERMIA)
- "HIGH AEROBIC ACTIVITY IN HIGH TEMPERATURE WATER CAN BE DANGEROUS," ACCORDING TO THE UNITED STATES WATER FITNESS ASSOCIATION. (1)
- WHEN THE SENIORS IN YOUR LIFE ARE GOING TO USE YOUR POOL FOR LEISURE, CONSIDER RAISING THE TEMPERATURE TO SOMEWHERE BETWEEN 86°F AND 88°F.(2)

(1) Source: US Masters Swimming Association

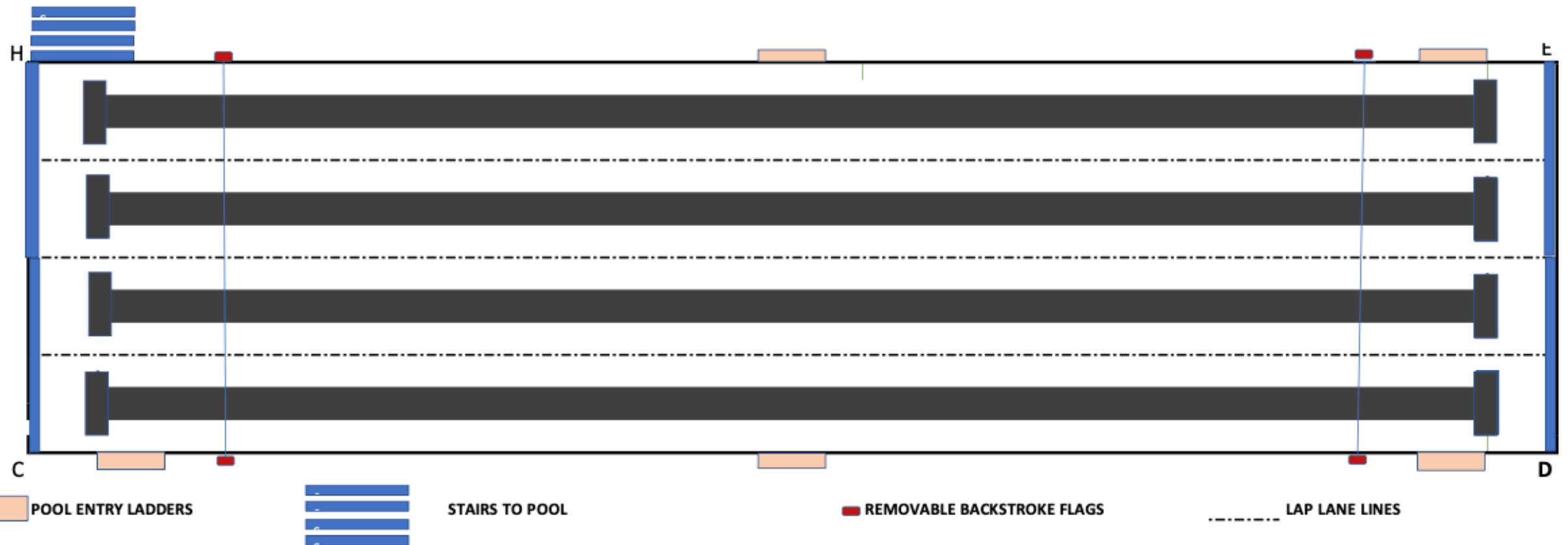
(2) Swim University

RECOMMENDATIONS FOR A LAP POOL

- BUILD IT SIMILAR THE BELL LAP POOL CONFIGURATION
 - 1/2 THE LANES OR LESS
 - WITHOUT STARTING BLOCKS
 - A 5 FT. DEEP END INSTEAD OF A 6 FT. DEEP END
 - TEMPERATURE CONTROLLED WITH A CHILLER
 - THERE IS NOT A VIABLE LAP LANE POOL SOUTH OF GRAND AVE.

OPTION 1

MOUNTAIN VIEW LAP POOL
(NOT TO SCALE)



MOUNTAIN VIEW LAP POOL MEASUREMENTS

LENGTH OF C TO D = 82 FT. (Length of Pool).

LANE MARKINGS ON BOTTOM OF POOL AND POOL WALL AS SPECIFIED BY USMS REQUIREMENTS

Backstroke flags place at proper distance from the ends according to USMS standards

LENGTH OF D TO E = 30 FT (width of pool with 4 lap lanes 2 lap lanes 15 ft 3 lap lanes 22.5 ft.)

WIDTH BETWEEN LANE LINES 7 FT. LINE WIDTH 4"

DEPTH OF POOL AT SHALLOW END 4 FEET, AT DEEP END, 5 FEET.

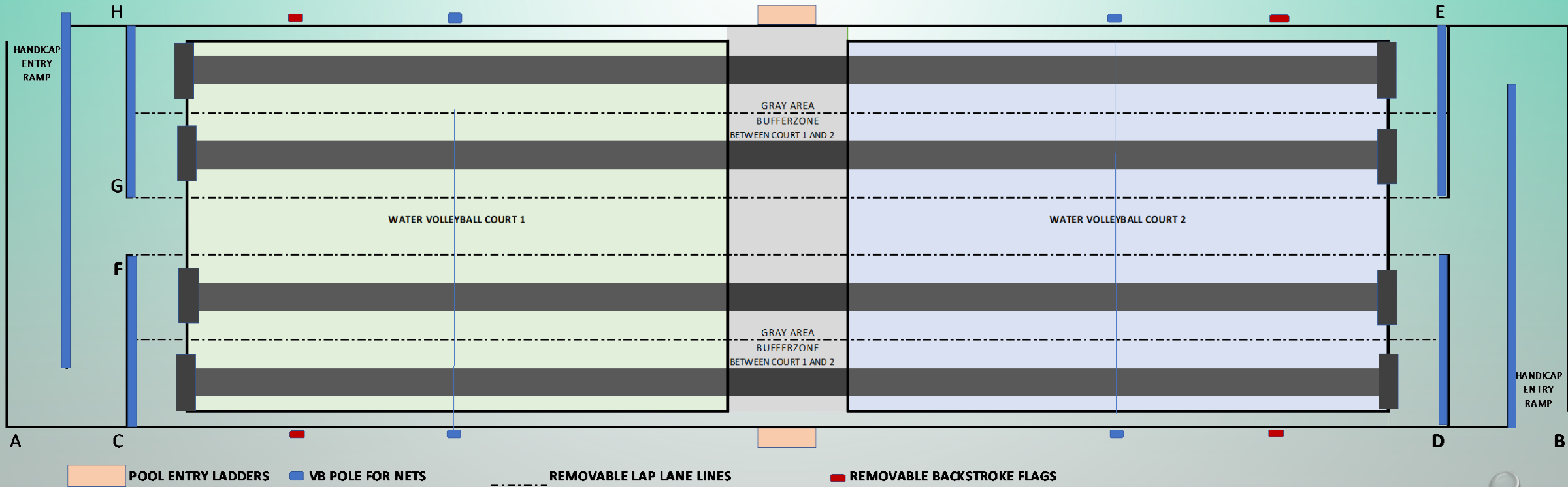
Total Gallons for 4 lane pool at depth above: 83,025	2 lane 41,513	3 lane 62,269
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RECOMMENDATIONS FOR A SPORTS/LAP LANE POOL

- OVERALL DESIGN TO BE RECTANGULAR WITH H/C ACCESS AT BOTH ENDS
- ENOUGH ROOM FOR TWO WATER VOLLEYBALL COURTS AND BUFFER ZONES
- DESIGNATED POOL FOR THE WATER VOLLEYBALL CLUB (Club gets priority in scheduling)
- DEPTH OF WATER MINIMUM OF 4 FEET
- LENGTH OF SWIMMING LANES 25 METERS (82 FEET) OR 25 YARDS.
- SWIMMING LANE WIDTH AT LEAST 7 BETWEEN LANE DIVIDERS (4" LANE DIVIDERS)
- PROPER BOTTOM AND WALL LANE MARKINGS
- DETACHABLE BACKSTROKE POLE & FLAGS SHOULD BE PLACED 5 METERS FROM THE END WALLS FOR 25 METER POOL
- BACKSTROKE FLAGS SHOULD HANG A MINIMUM OF 6 FEET ABOVE THE WATER
- LADDERS AND ENTRY STEPS SHOULD RECEDE INTO THE WALLS OF THE POOL
- PROPER EQUIPMENT TO MAINTAIN A TEMPERATURE BETWEEN 79 and 85 DEGREES
 - 79-82 degrees for lap swimming, 82-85 degrees for WVB

OPTION 2

MOUNTAIN VIEW SPORTS/LAP POOL (NOT TO SCALE)



MOUNTAIN VIEW SPORTS/LAP POOL MEASUREMENTS

LENGTH OF A TO B = 98 FT. (MORE OR LESS DEPENDING ON REQUIREMENTS FOR HANDICAPPED ACCESS RAMPS) (Length of pool)

LENGTH OF C TO D = 82 FT. (REMOVABLE LANE LINE LENGTH). LANE MARKINGS ON BOTTOM OF POOL AND POOL WALL AS SPECIFIED BY USMS REQUIREMENTS

LENGTH OF D TO E = 30 FT (width of pool)

WIDTH OF EACH LANE LINE 7 FT.

WIDTH OF HANDICAP ACCESS TO POOL 4 FT. (F TO G)

LENGTH OF POOL AREA WALL TO SIDE OF POOL 7.5 FT. (G TO H & C TO F) N


NOTE: POOL AREA WALL SHOULD BE ENGINEERED TO WITHSTAND PUSH OFFS FROM LAP SWIMMERS

WATER VOLLEYBALL POLES FOR NETS PLACED ACCORDING TO THE WATER VOLLEYBALL CLUB SPECIFICATIONS

REMOVABLE BACKSTROKE POLES PLACED AT USMS REQUIREMENTS FROM POOL AREA WALL



POOL EQUIPMENT TO MAINTAIN PROPER POOL TEMPERATURES

- HEATERS TO KEEP POOL WARMER DURING WINTER
 - AERATORS TO KEEP POOL COOLER DURING SUMMER
 - POOL CHILLERS TO KEEP POOL AT SAFE TEMPERATURES DURING SUMMER
 - THE WARMER THE POOL TEMPERATURE MORE CHEMICALS ARE NEEDED TO CONTROL BACTERIA AND ALGAE.
 - RSCS KEEPS EXERCISE ROOMS AT 68- 70 DEGREES TO HELP KEEP MEMBERS FROM OVERHEATING.....
 - WE NEED TO MAKE SURE WE DO THE SAME THING FOR POOL PARTICIPANTS REGARDLESS OF WHAT TYPE OF EXERCISE THEY DO.
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BOTTOM AND WALL LANE MARKERS



LANE LINE STORAGE EQUIPMENT



- CAN PUT UP TO 5 25 METER LANE LINES ON ONE WHEEL

POOL CHILLERS



THANK YOU
FOR YOUR
TIME