

Sac and Fox Nation Swimming Pool Policies

The Sac and Fox Nation will abide by these policies in keeping the Nation's swimming pool safe. Having complete and accurate records will be instrumental to the Sac and Fox Nation should any health or other concerns arise.

Seasonal Operation of Swimming Pool

The Sac and Fox Nation Swimming Pool shall be open from Memorial Day weekend thru Labor Day weekend.

Schedule of Days and Hours

The pool will be open Tuesday thru Sunday. Mondays will be closed for maintenance and treatment of pool.

Hours of operation for swimming are 1:00 PM to 7:00 PM Tuesday thru Sunday. Hours of Operation for Lifeguards 12:00 PM to 8:00 PM Tuesday thru Sunday

Admission Prices

\$2.00 for the general public
\$1.00 for Sac and Fox Nation tribal members

Private Parties

Evenings from 7:00 PM till 9:00 PM

Party is required to fill out proper paperwork for rental agreements as well as for scheduling. Arrangements will be administered through the Office of Government. Pool rental prohibited during the week of the Nation's annual celebration.

\$50.00 (2 hour) for the general public

\$25.00 (2 hour) for Sac and Fox Nation tribal members Certified Lifeguards with CPR/First Aid training will be on duty. No waiving of fees. No exceptions.

Pool Rules

1. Bathers must take shower and remove excess body lotion before entering the pool
2. Persons with communicable diseases, open wounds, or bandages, must not enter pool

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3. Animals are not allowed inside pool enclosure
4. Swimming alone is prohibited
5. Children under 12 years of age must be accompanied by an adult
6. Running or rough play is prohibited in and around pool
7. No glassware allowed in pool area
8. No food or drink allowed in pool
9. "Cut offs" if worn, must be hemmed
10. This pool has a bather load limit of 120 persons
11. No alcohol or tobacco allowed

Wading (Kiddy) Pool

Wading pool has a "no lifeguard on duty" sign posted. Each child will have to have a parent or guardian accompany them. No children over 12 years old allowed in wading pool.

Diving Board and Waterslides

No diving, just jumping off of board. Waterslide rules include sitting position only. No head first sliding. No jumping off of waterslide. Only one person at a time on the waterslide.

Emergency Phone and Numbers

Emergency phone will be available on site. Emergency phone numbers will be posted.

Emergency Closure or Delay of Daily Operations

In the event of severe weather or unforeseen occurrences appropriate Sac and Fox Nation employees shall make determination to close. These include, but not limited to the Sac and Fox Nation Safety Officer, Maintenance, Police, Security, and Lifeguards.

HISTORY AND HAUNTINGS!



PHANTOMS AND FOLKLORE!

SPOOKY STORIES!

HUNTING GHOST STORIES

from the Sac and Fox Nation

We've all heard tales from somebody we know about something they saw or heard at the tribal grounds. We can tell such stories, too.

Then let's do it!

Please submit your true ghost stories of Sauk Country Spectres to the Historic Preservation Office to be told at our annual tribal Halloween activity. Sauk Country is boo-tiful!

Historic Preservation Office

920883 S Hwy 99, Bldg. A

Stroud, OK 74079

smassey@sacandfoxnation-nsn.gov



HAUNTINGS HAVE HISTORY

10 QUESTIONS About Enrolling in Health Insurance Exchange Plans

1. HOW WILL I BENEFIT FROM HAVING HEALTH INSURANCE?

Contract Health Services (CHS) does not have enough money to meet all the needs, so there is a priority list and sometimes CHS runs out of money. If you have health insurance, you can get the health services you need even if it is not high on the CHS priority list and even if CHS is out of money. Health insurance will pay for things that your Tribal or IHS program does not provide, such as medical specialists, tests, emergency room visits, and hospital care.

2. IF I ENROLL IN AN EXCHANGE PLAN, WILL I HAVE TO GET MY HEALTH CARE FROM A CLINIC FAR AWAY FROM WHERE I LIVE?

No. You can continue to use your Tribal or IHS clinic. Let them know that you have insurance so that they can receive payment for services they provide to you.

3. WILL THERE BE A COST TO ME TO ENROLL IN A HEALTH INSURANCE PLAN?

When you use the Health Insurance Exchange website, you will find out if you qualify for programs that pay all or a portion of the costs of health insurance. Your Tribe may be able to help with any additional costs.

4. I AM ELIGIBLE FOR INDIAN HEALTH SERVICE SO WHY DO I NEED TO HAVE HEALTH INSURANCE?

The Indian Health Service is funded at only about half the level of need, and Tribes only get about half the funding they need from the Indian Health Service. Your Indian health clinic must get the other half of funding from other sources, such as billing insurance. Health insurance is optional for American Indians and Alaska Natives. There is no penalty if you choose not to enroll in an Exchange plan.

5. WHAT ABOUT THE FEDERAL TRUST RESPONSIBILITY? SHOULDN'T THE FEDERAL GOVERNMENT PAY FOR ALL OF MY HEALTH CARE?

The Federal government is paying for Indian health care through many programs in addition to the Indian Health Service. In the new Health Insurance Exchanges, the Federal government is paying a portion of the cost of insurance. Also, there are special provisions for the Federal government to pay the co-pays and deductibles for American Indians and Alaska Natives enrolled in Exchange plans.

6. ISN'T IT "DOUBLE DIPPING" FOR IHS OR MY TRIBAL CLINIC TO RECEIVE FUNDING FROM CONGRESS AND ALSO BILL MY INSURANCE?

Congress expects IHS and Tribes to bill other insurance. The funding for Indian health care comes from many sources. The money is needed to provide services for everyone in our Tribal communities.

7. WHAT IF I ALREADY HAVE HEALTH INSURANCE?

If you already have health insurance through your job, you will not be eligible for the Health Insurance Exchange. If you are eligible for Medicaid, Medicare or the State Child Health Insurance Program (SCHIP), you will not be able to enroll in an Exchange plan. Tell your Indian health clinic about your health insurance.

8. HOW CAN I GET HELP TO ENROLL IN EXCHANGE PLANS?

Your Indian health clinic can help you find out if you are eligible to enroll in an Exchange plan. Starting in 2013, there will be a new website that simplifies the eligibility and enrollment process. Your privacy will be protected by federal law and the information you provide will be treated confidentially.

9. WHAT ABOUT ALL THE PAPERWORK FROM HEALTH INSURANCE COMPANIES?

You can ask that the paperwork be sent to your Indian health clinic instead of your home. Your clinic can monitor the paperwork and let you know when there's something you need to do.

10. WHAT SHOULD I DO NEXT?

Go to your Indian health clinic and ask for help to see if you qualify for an Exchange plan. Bring your Social Security card. You have a choice. If you decide to enroll in a health insurance plan, you will be helping yourself, your family and your community!

What Tribal Members Need to Know About HEALTH INSURANCE EXCHANGES

WHAT IS HEALTH INSURANCE?

Health insurance is a little like car insurance. For car insurance, you pay a premium to the insurance company and they pay a portion of the costs if your car is wrecked. If you have health insurance, the insurance plan will pay for a portion of the costs of your visit to the doctor, emergency room and hospital stays, your medical tests, and your prescription drugs. Health insurance companies offer several types of plans that cover different health services.

HEALTH INSURANCE EXCHANGES ALLOW PEOPLE TO PURCHASE HEALTH INSURANCE PLANS.

A Health Insurance Exchange is a computer website where individuals can buy health insurance for themselves and their family, small businesses can buy health insurance for their employees, and Tribes can buy health insurance for their members. Starting January 1, 2014, there will be an Exchange in each state operated by state or federal government.

THE COST FOR HEALTH INSURANCE DEPENDS ON YOUR INCOME.

The **premium** is a monthly amount that is paid to the insurance company. The federal government pays a portion of the premiums for low and middle income people who purchase insurance through Exchanges. Sometimes Tribes or other organizations will pay for the rest of the premium cost. Check with your Tribal clinic to see what they recommend.

AMERICAN INDIANS AND ALASKA NATIVES WHO ENROLL IN HEALTH INSURANCE EXCHANGE PLANS DO NOT HAVE COST SHARING.

Cost sharing is the term used for both the deductible and co-pay. A **deductible** is the amount most consumers pay each year before the insurance company pays for health services. A **co-pay** is the amount most consumers pay at each visit. For American Indians and Alaska Natives with health insurance, there is never any cost sharing when you get your services from your Tribal or IHS clinic. The rules for cost sharing for services provided outside Indian health clinics can be complicated, but your Tribal clinic will know how to help so that you never have to pay cost sharing.

HEALTH INSURANCE EXCHANGE HAS A WEBSITE.

- People at your Tribal or IHS clinic can help you access the Exchange website.
- You will be asked a few questions and the information will be entered into the computer.
- The website will determine if you are eligible for Exchange plans or other programs, such as Medicaid and State Child Health Insurance Program (SCHIP).
- Information from your federal income tax will be used to determine whether you qualify for programs that reduce or eliminate the cost of health insurance.
- After you see what programs are available, you can decide whether you want to enroll. Enrollment can be done on the website.
- You can also call the Exchange telephone customer service number: 1-800-