

Swimmer Conduct and Responsibilities

Swimmer Name: _____

Date: _____

Swimmer: Please read the following with your parent and sign/date at the bottom of the second page. **Parents:** Please read this list of swimmer responsibilities and conduct expectations with your swimmer, print this form and initial on each line beside each responsibility, then sign and date on the page 2 and return this form at the first practice.

Parent Initials:

_____ Show up at practice on time and with a positive attitude. Be ready at the start of practice – this includes being sun screened and dressed **before the scheduled start time**. All swimmers are expected to wear a mask/face covering when entering facility and on pool deck. Swimmers are to maintain 6ft of distance from other swimmers (unless in same household) at ALL times. These guidelines will be updated according to county tier level and as city/county/state guidelines are updated. Swimmers are expected to comply with changes.

_____ Swimmers must sign in at the start of practice and go through COVID check in process in order to ensure that we can run a safe program and have an accurate head count in case of emergency. If a swimmer leaves practice early for any reason, a coach must be informed that the swimmer is leaving.

_____ Swimmer must bring their own yoga mat, towel, goggles, swim caps, and nose clips. Items will not be allowed to be shared across swimmers. Due to COVID-19 social distancing rules, **your child must be completely self-sufficient** and manage their own swim bag, clothing, and equipment. Parents will NOT be allowed to enter the facility. If you are concerned your child will need assistance, please do not enroll them in this program.

_____ Keep your swimmer home if they show ANY signs on COVID and/or have a known COVID exposure. If a swimmer becomes positive for COVID, the test results must be reported to Nancy Luft as soon as possible. Please do everything possible to keep our team safe!

ALL ROUTINE PRACTICES ARE MANDATORY. Successful routine practices rely on the presence of all routine participants, therefore, any swimmer with more than two unexcused absences will be removed from the routine (excused absences include illness/COVID exposure, not travel).

Swimmers will have a limited amount of time in which to learn their routines and demonstrate a complete knowledge of the choreography based on the difficulty of the choreography. A swimmer who is unable to learn the choreography in a reasonable amount of time may be removed from the routine at the discretion of the coaches.

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_____ Follow the "Rules of the Pool" at our pools and at the pools we visit for meets:

- Walk on deck - no running.
- No rough play or profanity allowed.
- Language and conversation topics at practice should remain appropriate for all age levels.
- Do not enter the pool without a coach or lifeguard at the side of the pool.
- No swimmers are permitted on the diving boards.
- No glass, ceramic, or otherwise breakable bottles, jars, mugs, etc. on the pool deck.
- No cell phones, cameras, or video recording devices allowed in the locker room.
- No swimmer may participate if under the influence of drugs or alcohol. She will be sent home and a parent will be contacted.
- No food is allowed in facility. Swimmer may bring a water bottle from home for practice.

_____ Establish goals, and actively train to achieve them.

_____ Work together with your teammates.

_____ Show respect for all coaches and lifeguards.

_____ **Keep your ears above water when coaches are giving directions.** Coaching many swimmers in the water is challenging due to the noise level of splashing water and all swimmers need to be extra good listeners.

_____ The consequences for talking back to coaches or lifeguards or not following directions will be as follows:

1. A verbal reminder will be given.
2. If needed, the swimmer will be asked to get out of the water for a short period of time to regain a positive attitude.
3. Swimmer will be asked to get out of the water for the remainder of the practice and parents will be contacted.

I understand and agree to meet the swimmer responsibilities set forth above.

Swimmer Signature: _____

Parent Signature: _____

Date: _____