



# SAFETY RULES

1. Think SAFETY. If it could hurt you or somebody else, DON'T DO IT. Protect each other. Older kids should help younger kids stay safe. Show them how.
2. Show RESPECT and CONCERN for your teammates. Don't say or do anything that will hurt somebody else. If another teammate is bothering you, tell your coach.
3. LISTEN to and RESPECT your coach.
4. Keep your hands to yourself. Do not push, hit, trip or pick up anyone else. NO HORSEPLAY.
5. Do not throw any object at anybody else.
6. No snapping towels, goggles or caps.
7. Always walk. The deck, office and locker rooms can be slippery. No running or chase games.
8. No bikes, scooters, skateboards or any other wheel toys on the deck.
9. Stay out of the water unless your coach is present.
10. No diving in the shallow end of the pool. Enter feet first.
11. ALWAYS look for other swimmers before getting in pool. NEVER jump or dive near other swimmers.
12. No dunking or splashing.
13. STAY off tarps and lane ropes.
14. NO swimming under tarps. (We won't be able to see you if you get hurt.)
15. Only older kids, approved by the coach, may move and operate the tarp spool. Keep hands and fingers away from spool when it is spinning. NO climbing on tarp spool.



## **3 STRIKES DISCIPLINE**

First offense: Coach will speak to the swimmer.

Second offense: Swimmer must perform a dryland exercise, such as push-ups, and coach will speak to swimmer and swimmer's parents.

Third offense: Swimmer will be kicked out of practice and put on probation. Coach will have a formal meeting with the swimmer and his or her parents. If the problem continues, the coach has discretion to seek the Board's approval to expel the swimmer from the team.