

# Pool Rules and Swimmer Etiquette

In addition, as part of trying to encourage a safe and healthy atmosphere when swimmers are at the pool, there are a few rules that need to be followed. This list is not a complete list of rules, but more of a list of the most common occurrences that arise at the pool. Swimmers should use common sense when at the pool, always try to be safe, and treat the facility with respect (as we are renters of the facility). Parents please reiterate these important rules/notes to your swimmers.

## Pool Facility Rules:

- **NEVER RUN ON THE DECK!** The pool deck is not a playground.
- Never climb, sit, stand or hang on the lane line reels or the cover carts. Also, do not hang on any of the awnings or railings around the pool deck (especially above the covered bleachers).
- The lane lines in the pool can break if too much pressure is put on them, so do not sit, stand, lay, or pull yourself up on the lane lines.
- Locker Rooms/Bathrooms are NOT a playground. Using the restroom, showering, and changing should be the only activities done in these locations. Reports of horseplay, vandalism, or mischief will not be tolerated and will be dealt with appropriately. As is a policy for practice and all swim meets, the Locker Rooms/Bathrooms are a **CELL PHONE FREE ZONE!**
- Most swimmers may not know this, but the locker rooms do close 15 minutes after the close of the pool, please be aware that coaches and lifeguards cannot leave until all patrons have left, so please be quick in the locker room.
- While we mentioned a few rules above, there are posted facility rules signs located around the pool, which supersede anything that we say. We are guests at the facility and must follow the City's rules.

**\*\*A complete list of the City's pool rules are posted around the pool\*\***

## Swim Club Rules/Swimmer Etiquette:

- Swimmers may not "hang out" in the office, without a coach present. Do not go through other drawers, cabinets, bags, etc. The things in the office are not for swimmers to play with, so please do not mess around with the items in there. If swimmers need something other than goggles or to check your folder, please ask a coach first.
- As mentioned many times before, the coaches are in charge. You must listen to what a coach tells you. Do not knowingly disregard what a coach says.
- Swimmer Etiquette:
  - Respect and show courtesy to my teammates and coaches at all times.
  - Demonstrate good sportsmanship at all practices and meets.
  - Set a good example of behavior and work ethic for my younger teammates.
  - Be respectful of my teammates' feelings and personal space.
  - Show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
  - Refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- **WE ARE ONE TEAM!!**  
*"Ewe! I don't want to swim with him", "You're doing it wrong", "HaHa, I beat you", "I'm better than you", "You're slow"...*

Again, these are phrases that we unfortunately hear far too often. These phrases (and others like them) are all unacceptable while at the pool or during practice. We are one team. We are all teammates. It doesn't matter what happened at school. It doesn't matter what happened outside of the pool. When we are at the pool we are all one team and everyone will be teammates to each other. It is unacceptable to talk poorly about another swimmer on your team. It is unacceptable to be mean to another swimmer on your team. It is unacceptable to touch another swimmer on your team. It is unacceptable to complain about another swimmer swimming in your lane.

**Again, these are not a complete list, but a selection of the most common. As a reminder, your coaches are in charge, so it is important that you listen to what they say, as well as the staff at the facility.**