

SWIM TEAM POLICIES FOR SWIMMERS THAT TRAIN AT THE LRRC:

DROP OFF/ ARRIVAL

- No swimmer may be dropped off more than 15min prior to the start of their practice.
- Do not block the driveway to escort your swimmer in, park in a parking space.
- Parents are asked to be considerate of traffic flow and congestion during drop off. Drop off either in the 50 meter pool parking lot, the 25 yard pool parking lot or the front desk.

PARKING

- Parents that are not members of the club are asked to park in the neighborhood or 50 meter parking lot during high usage times.

ARRIVAL

- Swimmers must check in with the front desk.
- Swimmers must shower before entering pool.
- Swimmers should not enter the water unless their coach is on deck and has given them permission.
- Swimmers are to bring their own towels. They are not to use club towels.
- Walking/running around other parts of the building is prohibited. Anything outside is allowed only if accompanied by an adult.
- It is recommended that each swimmer keep their practice gear in a mesh bag and bring to their workout lane. It is also recommended that swimmer's put their names on all equipment.
- Swimmers swim & school bags must be placed on the deck, pegs, and against the walls. Bags are not allowed in walkways or the chairs.
- Please review locker room policies as stated below.

WATCHING A PRACTICE

The Dolphins have an open door policy for all practices and encourages parents to observe practices periodically. When you do watch a practice please observe the following:

- * Sit in designated areas: 50 meter pool- sit in observation deck. 25 yard pool- sit on the side of the pool. Do not sit in the start end this is a distraction for both coaches and swimmers.
- Do not coach your child during practice; this distracts both child and coach from focusing on the training procedure and can weaken the child/coach relationship.
- Please do not advise coaches regarding your child while on pool deck. Coaches have a specific agenda for each practice. Questions or comments are welcome before and after practice but not during coaching hours. You may also discuss issues with the coach by e-mail, or by phone during regular office hours.

- Please try not to coach your child after practice; this sends a mixed message to the swimmer and can create pressure and confusion. Please address any specific concerns with your coach. Do not use video as a means of coaching.
- Discuss all disciplinary problems, meet questions, and training concerns with your athlete's primary coach.

END OF PRACTICE

- At the conclusion of practice, swimmers will no longer be under coach's supervision.
- Every athlete must pick up after himself. Remind your swimmer to put away the kickboards and pull buoy if they use club items, to pack their personal items (fins, goggles, caps, paddles, etc.), throw away water bottles, and pick up trash left behind.
- No deck changing is allowed per USA swimming rules.
- Swimmers should wear clothes and shoes when walking through the clubhouse.
- Know locker room policies as stated below.

PICK UP

- Parents are asked to be considerate of traffic flow and congestion during drop off and pick up times.
- Parents should pick up both by the 25 yard pool, 50 meter pool and the front entrance to help alleviate congestion.
- Do not block drives or leave car unattended. If you must wait for an extended period of time, find a parking place for the wait.
- Do not pick up during the times in which leagues or classes are starting. Picking up just 5 min later from the start of group exercise classes will help alleviate traffic congestions.

WEATHER POLICY

See weather policy

LOCKER ROOM POLICIES

Locker Rooms Cold Weather Policy: (When outside temperature is below 60).

- Swimmers age 14 and under must have a parent in the locker room with them at all times.
- Do not change in the bathroom stalls. Swimmers may change in changing booths located in locker room, in bathrooms by pools, and in changing room on deck.
- Swimmers must take clothing, bags, books, etc. with them to the pool. The locker rooms must be kept clean. Items left unattended in the locker rooms will be put with lost and found.
- The sauna, steam room and hot tub are all for the use of LRRC members who are 15 and older. The rules are posted in each locker room.

- Swimmers may not wait in the locker room for pick up.
- Swimmers may only use two of the shower stalls at any given time. Two showers stalls should remain open for members at all times.
- Swimmers may loose locker room privileges if any of the above policies are broken.

Locker Rooms Warm Weather Policy:-(When temperature is above 60 degrees)

- During the spring/ summer and fall month's swim team members are allowed to use the outdoor changing/ bathrooms only. There is an outdoor shower at each pool for use showering before and after each practice.
- If you are a member of the club, you may use the locker room only under parent's supervision for ages 14 and under, following the club policy.

NON MEMBER POLICIES:

We are happy we are able to have non-members participate in our program. We hope you will fall in love with our club and will want to become a member and have full usage of the facility.

While you are a non member we ask you follow these policies:

- Swimmers who are non-members may only use the club during designated practice times and team functions under a coach's supervision.
- Being a member of the LRAC is not the same as being a member of the LRRC. We do have a joint membership package in which you may become members of both clubs. Please inquire in membership office.
- During our busy times in the summer, all swim team members are encouraged to park in the neighborhood behind the 50 meter pool and use the sidewalk to enter the 50 meter parking lot.
- Family members are not allowed to use the facility. A guest pass may be purchased.
- Swimmers may not stay and play swim before or after practice.