

**Arkansas Dolphins Swim Team**  
*Cabot Site*  
**DROP OFF/ARRIVAL/END OF PRACTICE & PICK UP POLICIES**



**DROP OFF/ARRIVAL**

- No swimmer may be dropped off more than 15min. prior to the start of their practice unless they are a member of the community center and are old enough to be on site without an adult.
- Swimmers walking over from any of the Cabot Public School buildings will need to check in at the front desk and follow all community center rules prior to the start of practice.
- Parents are asked to be considerate of traffic flow and congestion during drop off and to not block the front driveway. Please park in a parking space when escorting your child into the center.

**ARRIVAL/COMMUNITY CENTER RULES**

- Swimmers must check in with the front desk.
- Swimmers under the appropriate age to use the facility or non-members must sit in the far back hallway at the provided tables and chairs. If they make a mess, they must clean up after themselves. PDA is not allowed.
- Swimmers must shower before entering the pool.
- Swimmers should not enter the water unless their coach is on deck and has given them permission. *(Exception to this rule would be if your swimmer is a paying member of the center and is of age to swim without a parent in the pool area.)*
- Swimmers are to bring their own towels.
- Swimmers are to bring their own water bottles. They are not to use the center cups.
- Walking/running around other parts of the building is prohibited. Activities outside are 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 swimmers put their names on all equipment.
- Swimmers swim & school bags must be placed on the deck, in the back corner of the pool by the pool outside emergency exit doors wall. Bags are not allowed in the walkways, blocking doors or in the chairs.
- No personal belongings may be kept in the locker room. No horseplay will be allowed.
- No foul language or inappropriate conversations will be tolerated in the locker rooms.

**END OF PRACTICE**

- At the conclusion of practice, swimmers will no longer be under coach's supervision.
- Every athlete must pick up after him/her self. Remind your swimmers 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. Left items will be turned into lost and found. A storage bin will be provided if available for the storage of personal swim bags in the therapy pool room.
- Swimmers must wear clothes and shoes when walking through the community center. *(Exception would be when getting water at the water fountain located between the two locker rooms. Swimmers must towel off and be wrapped in a towel when getting water.)*

**PICK UP**

- Parents are asked to be considerate of traffic flow and congestion during drop off and pick up times.
- Parents should pick up swimmers within 15 minutes of their practice time ending.
- 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.
- Parents and swimmers may only use the front entrance of the community center. Do not use the emergency exit doors of the pool for pick up, drop off, or to enter the pool.