

Safety Rules and Code of Conduct

- 1) THINK SAFETY. If it could hurt you or somebody else, DON'T DO IT.
- 2) Protect each other. Older kids should help younger kids stay safe.
- 3) 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.
- 4) LISTEN to and RESPECT your coach.
- 5) NO HORSEPLAY. Keep your hands to yourself. Do not push, hit, trip or pick up anyone else.
- 6) NO THROWING EQUIPMENT. Do not throw any object at anybody else.
- 7) No snapping towels, goggles or caps.
- 8) NO RUNNING. The deck and locker rooms can be slippery. No running or chase games.
- 9) No bikes, scooters, skateboards or any other wheeled items on the deck.
- 10) Stay out of the water unless your coach is present.
- 11) NO DIVING IN THE SHALLOW END of the pool. Enter feet first.
- 12) ALWAYS look for other swimmers before getting in the pool. NEVER jump or dive near other swimmers.
- 13) No dunking or splashing.
- 14) STAY off the tarps and lane lines.

- 15) NO swimming under the tarps. (We won't be able to see you if you get hurt.
- 16) 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.
- 17) NO VIDEOS OR PICTURES. Video taping or picture taking in the locker rooms is prohibited.
- 18) 3 Strikes Discipline Rule. Refer to the [Safety and Discipline Policies](#) on the Team Policies button under the Team Info tab.