



Perth Stingrays Aquatic Club No Cell Phone Policy

2024-2025 Season

Purpose

The purpose of this policy is to ensure that all swimmers remain focused, engaged, and safe during practices, meets, and team activities. Research has shown that excessive cell phone use can negatively impact athletic performance, mental health, and team cohesion. Therefore, this policy aims to minimize distractions and promote a positive team environment.

Policy

1. No Cell Phones in Changerooms:

- Swimmers are not permitted to use cell phones in the changerooms. This rule is in place to maintain privacy, encourage team bonding, and ensure that swimmers are mentally preparing for the meet or practice ahead.

2. No Cell Phones on Deck:

- Swimmers are not allowed to use cell phones while on deck during practices and meets. This rule helps swimmers stay focused on their performance and reduces the risk of injury.

3. Designated Cell Phone Use Areas:

- Cell phones may be used in designated areas only, such as the spectator stands or outside the pool or training facility. This ensures that swimmers can still communicate with family and friends when necessary, without disrupting team activities.

4. Emergency Exceptions:

- In case of emergencies, swimmers may use their cell phones with the permission of a coach. This ensures that important communications are not missed while maintaining the integrity of the policy.

Rationale

- Focus and Performance:** Research indicates that mobile phone dependence can negatively impact athletic performance by affecting focus, self-regulation, and mental health.
- Team Cohesion:** Limiting cell phone use encourages swimmers to interact more with their teammates, fostering a stronger sense of community and support.
- Safety:** Reducing distractions helps prevent accidents and injuries during practices and meets.



Perth Stingrays Aquatic Club No Cell Phone Policy

2024-2025 Season

Enforcement

- Coaches will monitor compliance with this policy. Any violations will be addressed promptly, and repeated violations may result in disciplinary action, including reduced events, swim time or suspension from the team.
- Any breach of this policy may be reported to Swim Ontario as an alleged breach of the Swim Ontario Code of Conduct.

Review

This policy will be reviewed annually to ensure its effectiveness and alignment with the team's goals and values.