



LOCKER ROOM POLICY

1. The use of the PCS locker rooms is a privilege granted to all swimmers, parents, and coaches associated with our team during normal practice hours.
2. PCS Locker Room privileges may be revoked at any time, for any reason, based on the Coach's discretion.
3. Locker Rooms are to be used for changing, showering, and using the restrooms only. **There is to be NO LOITERING in the locker rooms.** Once an athlete is dressed (for practice, class, or home), they need to exit the locker room immediately. This pertains to before, during, and after practices.
4. Food/Eating in the locker rooms is prohibited.
5. Coaches and staff members make every effort to recognize when an athlete goes to the locker room or changing area during practice and competition. If they do not return in a timely fashion, we will check on the athlete's whereabouts to ensure their safety.
6. Horseplay and misbehavior in the locker rooms will NOT be tolerated and will lead to disciplinary actions if needed by our PCS Coaches.
7. Theft or vandalism will result in disciplinary action and/or dismissal from the team. Pine Crest Swimming will not be held responsible for lost, stolen or damaged items left in the locker rooms.
8. **Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras increase the risk for different forms of misconduct in locker rooms and changing areas.**

The USA Swimming Athlete Protection Policies prohibit the use of such devices in the locker room or other changing area:

305.3 Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.

****Please Report the Use of Any Cell Phones or Recording Devices to the Nearest PCS Staff Member****

9. Taunting, Bullying, or Harassment of ANY nature will not be tolerated in the locker rooms and will result in disciplinary actions and possible dismissal from the team.

10. Coaches have the right to restrict/limit and deny locker room privileges for any individual and/or groups of individuals if locker room privileges are abused or disciplinary problems persist.

11. We discourage parents from entering locker rooms and changing areas unless it is truly necessary. In those instances, it should only be a same-sex parent. If this is necessary, parents should let the coach or administrator know about this in advance. If an athlete needs assistance with his or her uniform or gear (for example, a child under the age of eight), or an athlete's disability warrants assistance, then we ask that parents let the coach or an administrator know beforehand that he or she will be helping the athlete.

12. Pine Crest Swimming has predictable and limited use of locker rooms and changing areas. **This allows for direct and regular monitoring of our locker room areas.** While constant monitoring inside of locker rooms and changing areas might be the most effective way to prevent problems, we understand that this would likely make swimmers uncomfortable and may even place our staff at risk for unwarranted suspicion.

We conduct a sweep of the locker rooms and changing areas before athletes arrive. Our coaches monitor these areas during periods of use, and leave the doors open only when adequate privacy is still possible. Coaches conduct regular sweeps inside locker rooms as well, with women checking on female locker rooms, and men checking on male locker rooms.

13. As PCS Team Members, if you See or Hear any of the above prohibited behavior, please report these concerns directly to our PCS Coaching Staff immediately.

IF YOU HEAR SOMETHING OR SEE SOMETHING... SAY SOMETHING 😊

Thank you for helping to keep our changing areas safe and protected.