



## Lowell Dolphins Swim Club Cell Phone Policy

Updated August 21st, 2024

**OBJECTIVE:** Create a true sense of engagement and respect on the pool deck. We also want to ensure privacy and respect is maintained in the locker rooms.

**BACKGROUND:** Smart phones have become a distraction for everyone on deck. We want our swimmers engaged, observing, learning and not being late behind the block or running to the locker room just to check their phones. There isn't anything more inspiring and adrenaline inducing for our swimmers than their teammates being on the sidelines being loud and cheering them on. That can't happen with their faces buried in their phones. And in the same manner that we want our swimmers to engage with us, we want our coaches to be engaged with our swimmers as well.

**ACTION:** We are issuing a Cell Phone Policy for swimmers. During practice hours all swimmers' cell phones will be stored on the deck in a cell phone rack and will be assigned a spot number for the entire season. Swimmers will sign a cell phone contract policy for each season. Cell phones will need to be deposited in the cell phone holder as soon as they come on deck. Cell phones will not be allowed in the locker rooms. Cell phones will be collected by swimmers when they leave the deck after practice. The only exception to this policy would be athletes who need to have their phones with them at all times for documented medical reasons. (Example: Continue Glucose Monitoring)

**EMERGENCY USE:** We fully understand the importance of being connected. If you must get information to your swimmer during practice please text them and when practices are done and they have dressed and moved out into the hall they can turn them on and check the messages. If it is a scenario where you need to immediately, please reach out to the coaching staff on TeamLinkIt.

**CONSEQUENCES:** A "3-Strike Rule" has been implemented in response to dealing with conduct that is determined to be against the LDSC Cell phone policy. The executive board will determine if the behavior/incident falls into these categories. Parents will be immediately notified of the situation via email.

- 1st offense: Swimmers will be reminded of our policy and told to turn their phones off and put in the cell phone rack
- 2nd Offense: Swimmer will have to turn in cell phone to the coaching staff
- 3rd Offense: Swimmer will not be allowed to have a phone and phone must stay at home

**CONCLUSION:** 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. This policy is being adopted to protect the rights, privileges and most importantly, the privacy of ALL swimmers.

I have read and understand the Lowell Dolphins Swim Club Cell Phone Policy.

Parent's Signature \_\_\_\_\_

Swimmer's Signature \_\_\_\_\_

Date \_\_\_\_\_