

Sheridan Swim Team Locker Room Rules

- Cell phone usage is only allowed in the main floor lobby of Sheridan Swim Club. This includes the use of the camera and video functions, and because of privacy concerns, swimmers who violate this rule are subject to suspension or termination from the club.
- Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras are not allowed into locker rooms in any capacity even while stored in bags and lockers. If a cell phone will be at practice with the swimmer, it must be stored on-deck in the provided area.
- During practice, swimmers will only be able to go to the locker room with permission of the coach on deck. Ideally, these breaks will be limited to one swimmer at a time and are to be quick. Do you what you need to do and return to deck immediately.
- Food, gum, beverages (aside from water bottles), and glass items are prohibited in the locker room.
- Avoid using the shower as a toilet.
- Horseplay of any kind will not be tolerated, including but not limited to pushing, shoving, running, jumping, chasing, boxing, hitting, or snapping of towels.
- Disrespectful language of any kind will not be tolerated, including but not limited to ethnic, racial, or sexual comments.
- Aggressive behavior of any kind will not be tolerated, including but not limited to bullying, hazing, or otherwise threatening or hurting others either physically or with language.
- Respect and help care for the property of others. If an item has been left behind by another swimmer, turn it in to your coach.
- Respect and care for your own property. Clean up after yourself and double-check to make sure you have all of your belongings before exiting. Either lock up your items in a locker or take them to the pool deck. The team and facility are not responsible for lost items.
- Respect and care for the locker rooms themselves. Throw away trash. Avoid wasting water. Leave the area cleaner than you found it.
- Avoid lingering in the locker room. It is to be used as a place to get ready before and after practice or a meet. It is not a social gathering place.
- Report any injuries or safety concerns to a coach, lifeguard, or parent immediately.
- Be aware that any damage caused within the locker room will be paid for by the person(s) responsible for the damage.
- All of these rules apply at home and during travel meets. Treat locker rooms during travel as you would in our facility.
- Sheridan Swim Team is a GUEST of Sheridan Swim Club. It is expected all swimmers will treat their property, members and staff with respect.

Use of the locker room is a privilege. Those who break these rules will be subject to disciplinary action, including possible suspension or termination from the team. SST will not tolerate behavior problems in the locker room.

Misconduct will be handled as follows:

- First Violation: The swimmer, parent and coach will meet to discuss the behavior and required changes for improvement.
- Second Violation: The swimmer will lose access to the locker room area, must arrive at practice already changed ready to participate, and will leave practice without entering the locker room.
- Third Violation: The swimmer's case will be presented to the SST Board of Directors with the recommendation of immediate dismissal from the team and no refund of dues or fees.

IF THE SAFETY OR PRIVACY OF ANOTHER SWIMMER IS AT RISK BECAUSE OF THE VIOLATION, SST RESERVES THE RIGHT TO SKIP IMMEDIATELY TO THIRD VIOLATION REPRECUSSIONS WHICH MAY INCLUDE INVOLVING LAW ENFORCEMENT FOR INVESTIGATIVE PURPOSES AND FILING A REPORT WITH SAFESPORT/USA SWIMMING