



Attendance & Pool Rules

We are currently guest of Madison Park High School, The Holland Community Centers & Boston Center for Youth and Families (BCYF). We have a valued relationship with the Community Centers' Administration. In an effort to maintain that relationship in a positive manner we ask that everyone take responsibility of maintaining appropriate conduct at all times. Improper conduct, destructive behavior or destruction of any property will greatly jeopardize the program we presently enjoy. Please be responsible and help us keep the facilities clean. All participants are required to obtain a Community Center membership to participate in this program.

1. Parents are asked to drop off and pick-up children at the beginning and end of their lesson.
When at the Holland, this is done in the locker rooms, not on the pool deck. **Please wear appropriate deck shoes** (i.e. flip flops or water proof foot wear other than street shoes) **ABSOLUTELY NO SHOE ON DECK!** **Parents are asked not to sit in the pool deck area.** If you need to consult with a coach or instructor, they are usually available after practice and they can be contacted via BEST Administration members.
2. Proper swim attire is important and required –Swim trunks (male); One-piece Swim Suit (females), Flip Flops or water shoes, Towel, Goggles and bathing cap. Only a white t-shirt may be used as a top or cover up
2. If you have swimmer(s) in two different level lessons, we ask that you wait with your child/swimmer in the spectator area until it is time for their lesson.
3. **Regular** attendance is the key to achieving positive results. It is critically important that everyone realize **consistency** is needed for your child to achieve the goal of being a confident swimmer. It is not recommended use swim lessons or team as a disciplinary action.
4. If your child is unable to attend practice or lesson, kindly let us know via text to 857-203-0133 or email – best.orcas@gmail.com. Please add this to your phone, now.
5. No running, pushing, jumping, or horseplay of any kind is permitted in any part of these facilities. Lane lines are not to be sat upon or abused.
6. Swimmers are not allowed to touch any exercise or diving equipment without the permission of the coach and/or lifeguards.
7. Food, beverages (excluding re-sealable plastic water bottles & sports drinks) and gum are prohibited in the Pool area. **Feed Children lightly 1-2 hours before lessons.** If your child has an accident in the pool this unfortunately, will end all classes for the evening for everyone in the program.
8. BEST operates under a “no foul language” or “bullying” policy, and has no tolerance for theft; practice of this behavior will result in suspension.
9. There are **NO cell phones** allowed in locker rooms. All Cell phones and valuables should be left with a family member or trusted responsible adult during practice. We ask that all program participants utilize the locker rooms for changing and that all items belonging to each participant be folded and put in your gym bag. We strongly encourage everyone to bring all personal belongings to the deck and have them secured with an adult. We or Community Centers Administration is not responsible for lost or stolen items in the locker rooms/or center.
10. **NOTE:** BCYF Facilities are under the City of Boston Regulations: ratio to lifeguards is 20 to 1.

The above rules will ensure the safety of all and the continuance of a highly structured successful program. I have read, understand and agree to follow the above rules.

Swimmer's signature: _____ Date: _____

Parent signature: _____ Date: _____