



SRL Barracudas

Safety List for Practices

1. No running
2. No pushing on deck or in the water
3. No diving---unless supervised by a coach
4. No pulling on legs
5. No splashing
6. No dunking
7. No throwing kickboards, fins, goggles, etc.
8. No talking when a coach is giving instructions
9. No sitting or hanging on lane lines
10. Raise hand to ask questions
11. Sit if asked to sit
12. Come to practice with equipment
13. Go to the bathroom before or after practice
14. Be on time and ready to swim
15. Baby Pool is for age 4 & Under