

## **PALM LOCKER ROOM POLICY**

### **MONITORING PROCEDURES**

- Coaches will make every effort to recognize when an athlete goes to the locker room during practice and competition and, if they do not return in a timely fashion, a same-sex coach will check on the athlete's whereabouts.
- Parents are discouraged from entering locker rooms and changing areas unless it is absolutely necessary. In those instances, it should only be a same-sex parent.
- PALM coaches, PALM swimmers, and the facility's members all have access to the locker rooms. To ensure the safety of our swimmers, before and/or after a practice, a female/male coach may do a quick walk-through of the same sex locker room to look for safety hazards and to ensure swimmers are behaving appropriately.

### **USE OF CELL PHONES AND OTHER MOBILE RECORDING DEVICES**

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 areas: 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.

### **HOW TO RESPOND TO MISCONDUCT AND MONITOR PROBLEMATIC BEHAVIOR**

- First misconduct: the swimmer/parent will be given a verbal warning.
- Second misconduct: the swimmer/parent may lose the usage of the locker rooms for a week
- Third misconduct: the swimmer loses all privileges of using the facility's locker room.

## **PALM LOCKER ROOM RULES**

1. Show respect to others at ALL times. No disrespectful comments, bullying, profanity or inappropriate language.
2. No horseplay, pushing, shoving, running or chasing anyone. No boxing. No chin-ups from the shower curtain bars. No throwing of soap/water. No snapping of towels at individuals in the locker room.
3. Do NOT stand on the benches or climb into the lockers.
4. No screaming or shouting.
5. Keep the locker room clean. Discard all trash in trash cans and leave the locker room cleaner than when you arrived.
6. Do not take items that don't belong to you. If it appears an item has been left behind by another swimmer, try to give it to a coach so he/she can try to return it to the owner. The team is not responsible for lost items.
7. Bring your bags out to the pool deck, do not leave them unattended in the locker room.
8. Food, Gum, Beverages (besides water), and Glass items are prohibited in the locker room.
9. Cell phones and other technological devices are not to be used to take pictures or videos in the locker rooms, showers, bathroom areas.