



## Electronics Policy

FAST follows the USA Swimming guidelines on electronics used in the locker rooms prohibiting any phones or other recording devices to be used:

"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."

FAST Policy on electronic/bluetooth earbuds is that the use of these items is a privilege and will be treated as such. High school athletes can have a discussion with the head coach about the use of earbuds at practice and a decision will be made based on your age, ability to focus at practice/complete the workout, motivation behind wearing earbuds (positivity vs negativity), etc. The swimmers and their parents should respect the decision made by the coach and know that if a swimmer is given this privilege it can be taken away at any time if they are causing a distraction in practice or they are violating other areas of the FAST code of conduct.