



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SANFORD-SPRINGVALE YMCA Titans Dryland Code of Conduct

Dry land:

You must be dressed appropriately to participate in dry land. Swimmers not dressed properly will sit out. You may wear your bathing suit under your dry land clothes but they may not be your dry

Appropriate:

- Sneakers
- Tee shirts (long or short sleeved)
- Athletic tank tops
- Athletic shorts
- Sweats
- Track Jackets
- Windbreakers

Unacceptable:

- Crocs
- Bathing suits
- Jeans
- Polo shirts
- Dress pants / shorts
- Any footwear other than sneakers

land clothes.

The follow items are not allowed for any reason at dry land and will be confiscated and returned at the end of practice:

- Cell phones
- Frisbees, balls, anything that can be thrown.
- iPods or any type of electronic devices.

When going outside, swimmers are to be respectful of other people in the facility:

- Do not monopolize the stairs; stay single file.
- Keep your voices down.

Swimmers using the weight room or other YMCA facilities, if a coach is not immediately present:

- Respect other members of the YMCA using that space.
- Do not monopolize an area. Share it.
- Speak with each other quietly and be aware of your surroundings. You represent the Titans.
- Follow the rules of other YMCA employees.
- Use all spaces, machines and equipment properly and respectfully. This is your home. Clean up your space, discard your trash, treat it like your own.
- When in doubt, find a coach or wellness center staff.

Swimmers Printed Name: _____

Swimmers Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____