

## SWIMMING UNIT - 1ST DAY RULES

### ATTENDANCE:

- TAKEN 5 MINUTES AFTER THE BELL
- GO STRAIGHT TO YOUR ATTENDANCE SPOT
- DO NOT GO NEAR THE WATER OR PLAY WITH ANY EQUIPMENT
- TARDIES ARE 2 POINTS OFF YOUR PARTICIPATION GRADE
- IF YOU ARRIVE LATE, IT IS YOUR RESPONSIBILITY TO NOTIFY THE TEACHER OR YOU ARE LISTED ABSENT

### CLASS OUTLINE:

- DECK WARM-UP
- WATER WARM-UP
- INSTRUCTION
- PRACTICE / INDIVIDUAL INSTRUCTION AND ACTIVITY TIME
- GIRLS GET 15 MINUTES TO CHANGE, BOYS GET 10

### HEALTH DEPARTMENT RULES:

- NO STREET SHOES ON THE POOL DECK
- NO FOOD, GUM, OR DRINK ALLOWED ON THE POOL DECK
- CHEWING OR EATING IS 2 POINTS OFF YOUR PARTICIPATION GRADE
- STUDENTS ARE TO GO DIRECTLY TO THEIR ATTENDANCE SPOTS IN THE BLEACHERS UPON ENTERING THE POOL DECK FOR CLASS

### GENERAL SAFETY RULES:

- NO RUNNING ON THE DECK, IN THE SHOWERS, OR IN THE LOCKEROOMS
- NO DIVING IN THE SHALLOW POOL
- BASKETBALL AND OTHER GAMES SHOULD BE PLAYED IN THE POOL, NOT ON THE DECK
- NO DRIBBLING, BOUNCING, OR THROWING THE BALLS ON THE DECK
- DO NOT TOUCH THE RIM OF THE BASKETBALL NETS
- DO NOT LAUNCH THE BALLS FROM LONG DISTANCE
- DO NOT SIT ON LANE LINES

### DIVING BOARDS:

- ONE PERSON ON THE BOARD AT A TIME
- ONE BOUNCE ON THE BOARD AT A TIME
- GO STRAIGHT OFF THE BOARD
- EXIT THE WATER ON THE SIDE OF THE BOARD YOU USED: NO CROSSING UNDERNEATH THE BOARDS

### DRESS POLICIES:

- YOU MUST BE SUITED EVERY DAY
- NO DRESS IS 10 POINTS OFF YOUR PARTICIPATION GRADE
- STUDENTS UNABLE TO SWIM ARE RESPONSIBLE FOR DRESSING OUT IN SWIM SUIT AND PE SHORTS, SHIRT, SOCKS AND SHOES SO THEY CAN PARTICIPATE IN A SELECTED ALTERNATIVE CARDIO WORKOUT FOR THE DAY

### LOCKERROOM PROCEDURES:

- USE ONLY THE LOCKER ASSIGNED TO YOU, DO NOT SHARE LOCKERS
- ANY UNAUTHORIZED LOCKS WILL BE CUT OFF
- PLACE TOWELS IN THE TOWEL BAGS AFTER GETTING DRESSED
- PLACE SUITS UPSIDE DOWN IN THE SUIT DRYERS AND HOLD FOR 5 SECONDS
- NO SNAPPING TOWELS (IS CONSIDERED FIGHTING AND WORTH 3-DAY SUSPENSION)

### USE OF EQUIPMENT

- MAKE SURE YOU PUT AWAY ANY EQUIPMENT YOU TAKE OUT
- DO NOT WALK ON THE DECK WITH FINS ON
- CARRY THE FINS TO WHERE YOU ARE GOING TO USE THEM, SIT ON THE EDGE, WET BOTH YOUR FEET AND THE FINS, THEN SLIP THEM ON

### SAFETY PROCEDURES

- FIRE DRILL - STUDENTS SIT ON WOODEN BENCHES AT N.E. EXIT DOOR NEAR DOOR 46. ATTENDANCE IS TAKEN A 2ND TIME WHILE STUDENTS REMAIN CALM AND QUIET UNTIL ALL CLEAR.
- TORNADO - STUDENTS WILL ENTER LOCKERROOMS AND SIT AGAINST THE WALLS OF THE SHOWER ROOMS. AFTER ALL CLEAR ATTENDANCE WILL BE TAKEN A 2ND TIME.
- CODE RED - STUDENTS WILL ENTER ONE LOCKERROOM AND SIT SILENT UNTIL SOME ONE COMES TO RELEASE THE CLASS.