



## Swim Team Programs Rules and Risks:

### Swimmers:

- Swimmers must obey all pool rules. Parents and Caregivers are expected to reinforce the rules.
- Swimmers must listen patiently and quietly to the coaches. Do not interrupt the coach or distract teammates.
- Follow directions.
- Waite patiently for your turn.
- Gear such as kickboards should be used properly. No sitting or standing on the boards .
- You may only dive into the pool with direct supervision of a swim coach. Use a feet first entry at all other times.
- Do not roughhouse in the water or on the pool deck.
- Do not push someone underwater.
- Make sure everyone can hold on to the wall or lane line while they wait their turn.
- Do not sit on or try to push the lane line underwater.
- If you need to use the restroom, tell your coach so they know you are leaving the pool for a few minutes. They will watch for you to return.

### At swim meets:

- Check in with your coach when you arrive.
- Follow a facility's Pool Rules at all times.
- If a facility has rules about behavior at a swim meet, follow them without question.
- Use a feet first entry when you get in the pool for warm-up. The coaches will specify when it is time to use racing dives.
- Stay with your coach and age group during the meet. If you must leave your group, let the coach know where you are going and remember to return as quickly as possible.
- When you are ready to leave, make sure your coach knows you are leaving with your parents.
- You may not leave with a friend without your parent's approval.

**Parents:**

- Children under age 12: Parents or Caregivers must escort their child to/from the pool and check their child in and out with a coach. Children may not be dropped off at the Club and expected to get to the pool on their own.
- Parents /Caregivers must be prompt in picking up their child after practice.
- A parent must provide a signed note if their child will be going home with another child's parent.
- If someone other than the usual person will be delivering or picking a child up, a parent must arrange for a temporary caregiver pass in advance. The caregiver will be required to provide identification at the Club's Front Desk.
- At swim meets: Parents should watch their child during warm-up and alert the Lifeguards or coach if they feel their child needs help. Warm ups can be crowded and busy - Staff will be watching the kids, but it still helps to have extra people keeping an eye on things when the pool has lots of swimmers at one time.
- At swim meets: Parents are expected to display good sportsmanship at all times. The Ribbon Judges' and official's decisions are final. Spectators are not permitted to talk to the judges or officials even if some spectators believe they saw things differently.
- If your child is disqualified from a race, the coaches or officials will explain why so the swimmer knows what needs to be corrected.

**Risks: As with any activities in or around the water, there are risks, known and unknown.**

In addition to all of the Swim Team's rules and procedures above and in The Houstonian's Pool Rules and Risks, a child may be exposed to or encounter:

- Chemicals in the water used to balance and sanitize the water. The chemicals are expected to be maintained within the City of Houston Health and Safety Codes. These chemicals may irritate a child's skin and eyes. Their hair may become dryer and it may bleach out some. Their swimsuits may fade.
- Insects and Wildlife: Our pools are outside and in wooded areas. There may be biting or stinging insects such as mosquitoes, ants, bees, wasps. There may be snakes, rodents and other animals like raccoons, armadillos..etc.
- Wet pool decks: The pool decks have water on them and may become slippery. Everyone should walk with caution at all times.
- Swimming gear may cause harm or discomfort if not used properly. If someone else loses control of their gear such as a kickboard, it may accidentally pop out of the water impact another swimmer. Gear that is left sitting by the pool may be a trip hazard.
- Swimmers may run into each. This risk typically reduces as a swimmer gains control of steering their body.
- Swimmers may impact the wall (Hit the wall with their head or over-reach and hit their hand or arm on the side). This risk usually reduces as a swimmer learns to respond to visual signals that they are approaching the wall.

