



SAN MARINO TSUNAMI RULES

Welcome swimmers, old and new! We are all very excited to begin the swim season. We want to have fun, work hard, and improve our swimming times and technique. In order to have effective practices, the following rules should be followed:

1. **ARRIVE ON TIME.** It is very disruptive to have swimmers entering the pool 10, 20 or 30 minutes after workout has begun. Swimmers who arrive late also do not get a proper warm-up.
2. **PARENTS** should not drop swimmers in the parking lot but should **ALWAYS WALK TO THE POOL DECK FOR DROP-OFF.** On occasion there might be a last minute cancellation due to water conditions or other circumstances, and if you drop your child in the parking lot you might be leaving him or her unattended.
3. As soon as lane lines are in, find out from your coach what your warm-up is for the day. Please do not stand on the deck and chat with your friends. As soon as your coach gives the OK, you should enter the water. **NEVER JUMP OR DIVE INTO THE POOL.** There are too many other swimmers and jumping or diving is not safe. The coaches will let you know if and when you should enter the pool by diving (during certain sprint or relay drills). At all other times, you should sit on the edge and slide in. Once you are in the water, you should stay in the water.
4. As soon as you have entered the water, you should begin your warm-up swim. **DO NOT HANG ON THE WALL OF THE POOL AND CHAT.** Not only should you be swimming for your own benefit, but you are also in the way of other swimmers who are trying to warm up for practice when you do this.
5. **LEAVE ROOM BETWEEN YOURSELF AND THE SWIMMER IN FRONT OF YOU.** The person leaving the wall before you should be passing the flags before you depart. This leaves adequate room between swimmers. This rule applies to warm-up as well as drills.
6. **STAY TO THE RIGHT.** Just like on the road, we have a correct side for swimming. Unless you are doing 25-yard sprints and stopping at the other end of the pool, you should always swim on the right side of the lane. This keeps the swimmers from running into each other. It is called circular swimming and it is how many swimmers can effectively share a single lane.
7. **LISTEN WHEN THE COACH IS SPEAKING.** Talking with your friends between sets is fun and is fine. But in order for practices to run smoothly and efficiently, when a coach is giving directions, all heads should be above water, eyes should be on the coach and all mouths should be closed.

We are looking forward to a terrific swim season with all of you!

CODE OF CONDUCT & Measures

OFFENSE

MEASURES

Pushing and holding under water

1st Offense

1 Warning

2nd offense

Expulsion from the team

Physically hitting & pushing

1st Offense

1 Warning

2nd offense

Suspension for 1 week

3rd Offense

Expulsion from the team

Foul Language

1st Offense

2 Warnings

2nd Offense

Suspension for 3 days

Signature of swimmer/Date

Signature of parent/Date