



Swimmers will be encouraged to come dressed for practice and to change and shower at home. Locker/changing rooms are generally areas that are shared with the general public. As such, be aware there are likely to be people who are not associated with CLASS in the changing area around the time of practice. CLASS Aquatics has staggered practices, with different groups arriving and departing throughout the day. It is therefore not practical to constantly monitor locker rooms and changing areas over this extended course of time. While we do not post staff, coach, parent, or other adult inside or at the doors of the locker rooms and changing areas, we do make occasional sweeps of these areas. Staff, coach, parent, or other adult conduct these sweeps, with women checking on female locker rooms, and men checking on male locker rooms. The following facility/locker room rules for behavior must be followed by CLASS swimmers while in any facility utilized by CLASS:

- Honor the USA Swimming Code of Conduct.
- NO Horseplay. No pushing, shoving, running or chasing anyone. No snapping of towels at individuals in the locker room.
- No disruptive behavior of any kind. Disruptive behavior will not be tolerated.
- Show respect to others at ALL times. No derogatory comments or foul language. No ethnic, racial, sexual comments or behavior. No disrespectful comments, bullying, hazing or lewd behavior. No yelling or shouting.
- Keep the locker room clean. Discard all trash in trash cans. This includes wrappers, cups, papers, towels, etc. Leave the locker room cleaner than when you arrived.
- Do not stand on benches.
- Do not be naked longer than necessary. Do not sit on anything while naked. Use a towel and proper disrobing and dressing behaviors.
- Keep to yourself in locker rooms, do NOT touch or invade the personal space of others.
- Lock all valuables in a locker. Do not take items that do not belong to you. If it appears an item has been left behind, give it to a coach or a locker room monitor so they can try to return it to the owner.
- Report any injuries or lost items to your coach.
- Don't linger in the locker rooms. The locker room is a place to get ready. It is not a social place.
- Swimmers will be held personally responsible for the destruction of any property.
- Cell phones are to remain in your swim bags at all times. Locker rooms are for changing, not taking pictures. Swimmers who take pictures in the locker room are subject to suspension.
- Report any inappropriate behavior to your parent and/or coach. If you choose to break any of the above listed rules, discipline action against you will be taken. We will not tolerate behavior problems in locker rooms, hallways or in the pool. Please report any suspicious individuals or behavior occurring on any facility pool deck or locker rooms used by CLASS Aquatics to a coach or the pool staff immediately

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