

## POOL RULES and REGULATIONS (Maryville College)

All swimmers, parents and others with BLAST should enter the pool through the door by the football field.

BLAST swimmers and families are allowed in the pool and locker room areas only!

Please keep pool area doors closed in order for the ventilation system to work properly.

No glass bottles, food or drinks other than water or sports drinks are allowed in or around the pool deck.

No running or rough housing is allowed in College facilities.

Siblings are allowed inside the pool area so long as they remain under the supervision of their parents.

Faucets and showers should be turned off completely and all trash picked up before leaving the locker rooms. Unsafe behavior is not allowed in the locker rooms.

After practice is over, swimmers should help put away lane ropes, kick boards, pull buoys, and other equipment, throw away trash on deck and help squeegee the water off the pool deck.

**Parents need to be on time to pick up swimmer(s) after practice. The coaches have to be at the pool every night of the week and do not get to spend on night during the week with their families. Please respect this request and be on time.**

First Aid supplies are available and should be used with adult supervision, USS Coaches are trained in First Aid.

Remember, we are only allowed to use Maryville College facilities if we follow these rules

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We would like each BLAST swimmer and their parents to sign indicating that they have read and understand the above rules. Thanks and please return this form to Coach Matson.

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Swimmer

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Parent/Guardian