

GCST Practice Rules and Guidelines

- Swimmers are to arrive at the pool at least 15 minutes prior to the workout time and get ready for practice upon arrival.
- Senior HP, Gold, and Silver 1 swimmers must have dryland equipment (running shoes, shorts, t-shirt, stretch cords etc.) at all practices. Check with coach on required equipment for your group.
- Notify the coach in advance if your child will be late.
- Chronically late swimmers will be sent home.
- Swimmers wearing caps will only be allowed to swim in a GCST swim cap. Other caps will not be permitted except Friday.
- Disruptive behavior by swimmers during practice will not be tolerated, and may result in swimmer(s) being asked to leave or suspended from practice.
- Parents are not to interfere with coaches unless invited by the coach to come onto the deck.
- Parents are not to interfere with their children or distract them during practice.
- Coaches will determine which groups and lanes swimmers should be placed into, and when they can advance.
- Swimmers must ask a coach to get out of the pool to go to the bathroom.
- 1 swimmer at a time is allowed to go the the bathroom during practice.
- Swimmers will not ask to go the the bathroom during sets unless it is an extreme emergency.
- Swimmers are responsible for bringing their equipment to the pool and picking it up afterwards.
- Check with your child's coach on required training equipment.
- Equipment can be purchased through our Team Store on the GCST website. Once practice is over, Parents are responsible for picking up their child.
- Coaches are not permitted to give children rides home.
- Swimmers that report an injury or illness must discontinue practice immediately. Coaches cannot diagnose or force, ill or injured swimmers to continue with the practice. Coaches must notify the swimmers parents as soon as the swimmer exits the pool. It's the parents responsibility to seek medical diagnosis if needed.

FGCU Workout Policies

- Swimmers wearing caps will only be allowed to swim in a GCST swim cap. Other caps will not be permitted.
- GCST swimmers are NOT allowed to use any FGCU equipment at anytime.
- You must bring your own equipment.
- GCST swimmers are NOT allowed to leave swim bags and or back packs in the locker rooms or on chairs during workout at anytime.
- Plastic insulated jugs are the only acceptable container allowed during workouts at the aquatic center.
- No vending machine or plastic non-insulated original drink bottles allowed.

Workout Schedules

- The GCST workout schedules are posted under the "Calendar" tab.
- Changes will be e-mailed, sent by text, and posted on the GCST website home page using Team Feed or social media.

Practice Cancelations

- Make arrangements for your child to be picked up in case practice is canceled due to severe weather.
- Failure to pick up your child within 30 minutes of practice cancelation notification will result in a \$1 per minute charge to your account for every minute past the 30 minute deadline.

GCST Practice Rules and Guidelines

- If we are under a Lightning Alert, please do not drop off your child and leave as a cancellation notice may be issued.
- If there is lightning in the immediate area, practice may be cancelled. If conditions clear, practice will continue.
- Check The GCST website for any practice changes if severe weather is threatening.
- We will also send e-mail notifications, and text alerts by GCST Communications.
- You must set up your phone to receive these alerts through the GCST website under "My Account" to receive these messages.
- GCST coaches follow guidelines of FGCU, Lee County Parks and Rec, and City of Bonita Springs Recreation in regards to threatening weather.
- Parents are responsible for your child to be picked up once practice is canceled.