



TROUP COUNTY SHARKS LOCKER ROOM AND SHOWER RULES

1. **Locker room use is restricted to changing, using the restroom and using the shower.**

Please limit locker room use to **10 MINUTES BEFORE PRACTICE AND 20 MINUTES AFTER PRACTICE**. Please make sure all your belongings are stored in a locker or duffle/swim bag. Clothing should not be scattered all over the benches or floors. When you are done changing, exit the locker room so that others can use the facilities.

2. **Please keep conversation appropriate in both content and voice level.**

Show respect to others at ALL times. No Ethnic, Racial, Sexual Comments or Behavior. No Disrespectful Comments, Bullying, Screaming, Expletives or Hazing!

Absolutely no horseplay. No pushing, shoving, running or chasing anyone. No boxing. **No snapping of towels at individuals in locker room.**

3. **Share and keep shower time to a minimum.**

Get in and get out! A tried and true swimmers shower routine is...Wet hair, rotate, put suds in, rotate, rinse, rotate...etc. This system has worked for swimmers forever. This way everyone gets an opportunity to use the shower with little waiting.

Please make sure to keep shower curtains closed and inside the shower base. Additionally, please respect other's personal space and sensitives by wearing a towel and quickly changing discretely.

4. **Clean up after yourselves.**

Keep the locker rooms clean. Discard all trash in trash cans and leave the locker rooms cleaner than when you arrived. Again, this is not our own personal space. Do not leave shower gels, shampoos or clothing scattering about.

5. **DO NOT TOUCH ANYTHING THAT DOESN'T BELONG TO YOU!**

6. **NO CELLPHONE USE IN THE SHOWER OR LOCKER ROOM AREAS**

Please do not use your cell phones inside the locker rooms. **Taking pictures or sending communications from within a changing facility makes others uncomfortable and is strictly prohibited.** This is a very serious issue so there can be NO GRAY areas on this matter. Any swimmer found using their cell phone inside the locker room for anything other than checking the time will lose their locker room privileges.