

Lake Forest



Swim Club

LFSC FACILITY POLICIES FOR PARENTS, CARE TAKERS, SWIMMERS, AND SIBLINGS

Parents, care takers, and siblings may not be in any part of the LFA or LFC campus grounds other than the pool viewing areas, locker rooms, or pool without express permission of an LFSC coach. Upon arrival for practice please enter the building and go directly to the pool, locker room, or pool viewing area. During practice parents, care givers and siblings are invited to observe practice but must avoid interacting with your child. All members of LFSC are expected to conduct themselves as guests of any facility we practice at. Specifically, but not all-inclusive restrictions:

1. *Do Not Park in spaces designated for Disability parking.*
2. *All siblings, family, and friends must be supervised in pool viewing areas.*
3. *Be respectful of LFA/LFC/LBPD staff, patrons, and students at all times.*
4. *Specific “off limits” areas at LFA and LFC include the hockey rink, study areas, TV foyer, basketball gym, corridors between the locker rooms and training room, and fitness/weight room areas.*

AT LFA -- The restrooms located in the pool viewing corridor at LFA may be used by LFSC during practice. No changing is permitted in these restrooms and no other restrooms are to be used. The restrooms in the corridor by the LFC weight room is not to be used by our swimmers.

AT LFC – The locker rooms in the hallway near the weight room are off-limits to LFSC members. These are reserved for students, faculty, and

fitness center patrons. LFSC members are permitted to use the locker rooms adjoining the pool, only.

1. *Adults (other than LFSC coaches) are not allowed in the locker rooms. This is a mandated SafeSport policy of USA Swimming.*
2. *No siblings or friends are permitted in the locker rooms at any time during LFSC activities.*
3. *All participants must use appropriate gender locker rooms and restrooms at all times.*

MAINTAINING OUR GUEST RELATIONSHIPS

We encourage all parents/care takers to drop children off 15 minutes prior to practice and return to observe the last 15 minutes of practice. There is limited seating in pool viewing areas (especially at LFA) and this will dramatically enhance our relationship with both LFA and LFC.

SWIMMERS USE OF OUR FACILITIES

LFSC swimmers are only permitted in LFA locker rooms at the conclusion of practice. This is to ensure that LFA student-athletes have privacy and priority use of their locker rooms.

1. *Unless otherwise notified, LFSC practicing at LFA must come to practice in swim suits and bring an appropriate swim bag or backpack for storage on the benches on-deck.*
2. *Swimmers will enter the pool through the side door (not the locker rooms). Prior to or during practice swimmers will use the restrooms in the pool viewing area; REMEMBER: using the restrooms for changing purposes is not permitted.*

Use the locker rooms for changing only. We are guests of LFA/LFC, not members of a health club! Long showers are OK at home but not at practice. As always, at all times and in all facilities, screaming or yelling, disturbing a team mates belongings, and horseplay in the locker rooms is not permitted.

Please Sign that you and your family understand and will abide by all USA Swimming, Lake Forest Swim Club and LFC/LFA policies.