

## Zero-Tolerance Phone Policy

**OBJECTIVE:** Create a true sense of engagement and respect on the pool deck both at meets and at practice. We want our TEAM TUNED IN!

**BACKGROUND:** Smart phones have become a distraction for everyone on deck. We want our swimmers engaged, observing, learning and not being late behind the block or running to the locker room just to check their phones. There isn't anything more inspiring and adrenaline-inducing for our swimmers than their teammates being on the sidelines being loud and cheering them on. That can't happen with their faces buried in their phones. And in the same manner that we want our swimmers to engage with us, we want our coaches to be engaged with our swimmers as well.

**ACTION:** We are issuing a Zero-Tolerance Phone Policy for swimmers and staff. During practice hours and during meets, all phones will be either in a locker or in a swim bag and not visible on deck. Phones may be used in the hallway or an office, or only on deck when practice or meets are not going on. Coaches will take attendance using the club-owned iPads. At meets, coaches may use phones to look up race results on Meet Mobile, check prior splits, or other current administrative meet related functions. The only exception to this policy would be athletes who need to have their phones with them at all times for documented medical reasons.

**EMERGENCY USE:** We fully understand the importance of being connected. If you must get information to your swimmer during practice please text them and when practices are done and they have dressed and moved out into the hall they can turn them on and check the messages. If it is a scenario where you need to immediately come get them out of the water, please just come in and get the coaches attention.

**CONSEQUENCES:** The first time the swimmers will be reminded of our policy and told to turn their phones off and put into their bag on the deck or in the locker room. The second time, the swimmer will not be allowed to have a phone at either meets or practices and told the phone must stay at home. Parents will be immediately notified of the situation via email.

**CONCLUSION:** We want everyone to be giving their full attention and getting the most of our time together in the pool. This will eliminate a major distraction and allow for better engagement within our team.