

Water Safety Rules for Swim Practice

1. **Sit and Slide entry** for swim practice or **feet first** entry.

Sit and Slide: We are sitting on side of pool and we slide ourselves in slowly making sure we are not colliding with another swimmer

Feet First: most of our entries will be sit and slide but a feet first entry is a jump facing forward and ensuring our feet are the first thing to enter the water. We **NEVER** turn around and reach for the wall behind us while jumping, many injuries happen this way.



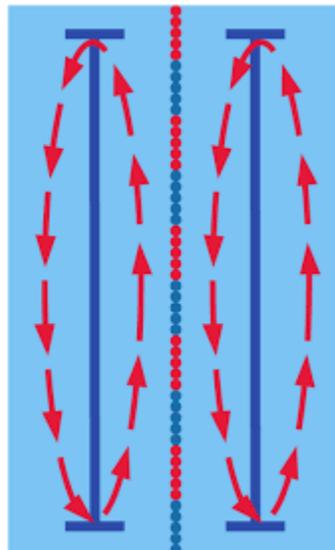
2. **Do not** enter the pool if there is a swimmer in front of you in the water. We wait until there is a clear entry point to keep everyone safe from getting jumped on top of.



3. **No talking while a coach is talking.** There are many reasons for this rule. You are distracting to swimmers trying to listen, distracting to the coach who is talking, you may not hear directions on what to do, not paying attention can lead to injuries. We always give swimmers time to talk with friends before and after practices. If you have questions, raise your hand and a coach will be happy to help



4. **Swim on the correct side of the lane.** This is called **circle swimming.** We will go over this a lot but we are always swimming on the right side of the lane. Swimming in the middle of the lane or on the wrong side can be dangerous for other swimmers in the lane. Especially during backstroke when you cannot see who or what is in front of you in the pool.



5. **No splashing, grabbing, pulling on other swimmers.** We keep our hands to ourselves in the water at all times. A coach will tell you 1 time and if they have to tell you again, we will have you get out and sit on the side until further notice. This is to ensure the safety of all swimmers.



6. **No running on the pool deck.** Not only will the coaches tell you to stop but a lifeguard will not allow this at any time.



7. **We are a team.** We do not tolerate bullying of any sort. We want everyone to feel welcomed and enjoy being at practice. You will be swimming with your teammates all season and even longer after that, everyone is going to be nice to one another.



8. This one's for parents: We are happy to have you on the pool deck but you must stay on the bleachers. **Please do not come up to the coaches or swimmers during the practice.** It is distracting for swimmers and it takes the coach away from the practice. Feel free to come up to us before or after practice completes with any and all questions. Thank you!



9.HAVE FUN!!! Swimming is a great sport and we are so happy to have all of you join us on the YNS Sharks. Our goal is to make everyone feel welcome and a part of our community while bettering our swim skills along the way. Our coaches will be there for support every step of the way. Let's make it a great season!

