



## Mount Carmel Fitness Center

### Facility Rules and Guidelines

\* No Team members can get in the water before practice time has started. Sitting in the bleachers until it is their time to start is acceptable. Arrive 15 minutes before practice to get ready to change and be ready for practice. No hanging out 30 minutes before practice and that includes parents.

\*Team members must stay in their designated lanes. The other lanes are dedicated to the MC members and cannot be used even if they are empty during practice times. Members see that team members are in those lanes and do not realize they may move back over if someone comes in.

\*No swearing, yelling, screaming, or horse playing in the locker rooms-These locker rooms are also used for families during swim lesson time which will be during the time we are here.

\*No eating in the locker room and/or on the pool deck. All food will be kept in the cafeteria area-food is available for purchase if you wish to eat before or after practice.

\*Team members locking all the lockers in the locker rooms just for fun. This takes away staff's time to open each one of them for families to use.

\*Team members are prohibited from going into the member locker rooms to use the hot tubs, the sauna and steam rooms. Those Team members that are also Mount Carmel members must use the team locker rooms when they are here with the team for practice-this includes during meets. They can use member locker rooms only when here on their own time.

\*All FAST members must make sure they have their key tag to check into the facility with them during each practice and during meets held at MC. Team members walking by the front desk

without checking in first are a liability issue if there were to be an emergency and personnel had to evacuate the building for any reason-MC would need a list of everyone in the building to ensure we that everyone got out and all team members were accounted for.

\*All team members need to make sure they each have a liability waiver filled out and on file with MC to be inputted into their system.

\*Coaches are required to stay until the last swimmer has left the building and the locker rooms have been checked for cleanliness after each practice and meet-coaches will report any issues with lockers, overflowed toilets, broken or leaking showers, or any other issues to the Mount Carmel aquatic staff.

Thanks for adhering to these policies!!

Coach Dale

Coach Brittney