**GCSTO’s Pre & Post Practice Safety Guidelines**

**HEAR SOMETHING, SEE SOMETHING, SAY SOMETHING**

* If I drive I will respect all speed limits on the grounds of our facilities and will take care to watch out for others who may not be watching out for themselves.
* If I am a passenger in a vehicle I will encourage the driver to respect all speed limits on the grounds of our facilities and encourage them take care to watch out for others who may not be watching out for themselves.
* I will respect others and other activities by being quiet entering and exiting our facilities and will set a good example of behavior and ethics at all times.
* I will refrain from foul language, violence & behavior deemed dishonest, offensive, or illegal.
* I will not wander into other portions of our facilities but will make sure that I walk directly to and from the pool before and after practices and will only use the entrances and exits from the locker rooms and facilities that have been designated for such use.
* I will dress properly entering and exiting our facilities. This includes ensuring that I am properly dressed during cold weather conditions AND being properly covered during hot weather conditions. I understand that a swimmer wearing nothing but a swimming suit at a pool is seen as acceptable but that a swimmer wearing nothing but a swimming suit anywhere but in the immediate pool area is not seen as appropriate by the general public.
* I will remain indoors during cold condition and during low-light until such time as my ride arrives when the pick-up point is visible from within the facility.
* If the pick-up point is NOT visible from within the facility and I leave the facility and find that my ride is not present I will come back into the facility and notify a coach.
* If the person picking me up for practice is NOT who I expected to pick me up I will make sure to notify my coach immediately before leaving with that individual for identity verification.
* If I see someone suspicious or demonstrating suspicious behavior inside or outside one of our facilities I will immediately report that to a coach or parent.
* I will be respectful of the feelings, personal belongings and personal space of anyone using the deck or bleacher areas at all times.
* I will be respectful of all equipment and facilities at all times.
* I will immediately report violations of these guidelines to my coach, my parent(s) or, if at a meet, a meet administrator or an official.
* If I am unsure of whether or not someone else’s actions are a violation of these guidelines I will report the occurrence to my coach or my parent(s) for guidance.
* In summary… I will act in the manner that if I would not say something or do something in front of my coach or my parent(s) then I would not say that something or do that something coming into or out of practice each day.