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|  | **POOL** | **DRYLAND** | **MEETS** | **LOCKER ROOM** | **HOT TUB** | **LOBBY** | **SOCIAL MEDIA** |
| **BE SAFE** | Keep hands and feet to self  Follow pool safety rules | Keep hands and feet to self  Use equipment correctly | Keep hands and feet to self  Follow pool/ meet safety rules | Keep hands and feet to self  Cell Phone in bag  Respect Privacy | Keep hands and feet to self  Enter and exit in appropriate manner | Keep hands and feet to self  Place bags completely under stairwell | Must have permission to post  Only kind, positive, appropriate material |
| **BE RESPECTFUL** | Listen when coaches are talking  Be on time  Positive encouraging words | Listen when coaches are talking  Be on time  Maintain personal space | Respect property and space of others  Use kind, positive language  Say thank you to parents, timers, officials and coaches | Respect property and space of others  Use quiet voices  Use kind words to and about each other | Language is encouraging, positive, and kind  Quiet voices  Maintain personal space | Use quiet voices  Use appropriate language  Keep feet on floor | Be kind  Share good news  Communicate logistics or helpful material |
| **BE**  **RESPONSIBLE** | Follow directions  Come prepared  Maintain great attendance | Follow directions  Communicate with coaches if unable to attend  Give full effort | Clean up trash  Do expected warm up and warm down  Show up on time for team stretch | Use facilities appropriately  Keep space clean  Use in a timely manner | Keep area clean  Exit when requested by parents  Nutrition first | Leave lobby for practice in a timely manner  Clean area | Appropriate posts  Make wise choices with your time |

**AQUACOWBOYS PRIDE MATRIX **