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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 selfUse equipment correctly  | Keep hands and feet to self Follow pool/ meet safety rules  | Keep hands and feet to selfCell 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 trashDo 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 **