

E.A.S.C. RULES & REGULATIONS

PLEASE READ WITH YOUR CHILD

1. All practices are Monday - Thursday 6 - 8:15pm. (Slightly later on Tuesdays) Exact time will vary depending on age and skill level as determined by coaches. During summer season, morning practices will be added once school is out of session. Swimmers must attend two practices per week or they will not be entered in the upcoming swim meet. Special circumstances will be taken into account if discussed with the coaches, i.e. sickness, appointments, participation in other sports, school priorities, etc. If swimmer will miss practices, you must notify coaches at least an hour before the practice.
2. Swimmers must be dropped off and picked up at the designated time(s). Please be prompt. Swimmers must be **READY TO SWIM** when their practice time starts. For safety reasons DDE school doors must remain locked at all times. We recommend exchanging numbers with E.A S.C. parents. Coaches cannot leave the pool area to open doors! If you will be late for practice, please call a parent on the team to let you in. Please come inside to pick up young swimmers. This is a safety issue.
3. Girls must wear a one-piece bathing suit. Caps are required if hair is longer than chin length. Sorry, we do not loan out goggles. Swimmer must bring his/her own. The first E.A S.C. cap is free; additional caps are \$3 each.
4. As part of a team, swimmers are required to purchase a team suit to be worn at all meets.
5. No parents/siblings are allowed on the pool deck during practices. Bleacher seating is available and you are welcome to watch practices. However, small children **MUST** be supervised. **Running or jumping on bleachers/pool area is not allowed AT ANY TIME for the safety of your children.** Parents: please ensure that your swimmers actually make it into the pool for practice. Swimmers wandering the building could jeopardize E.A S.C.'s use of the Eisenhower pool.
6. Swimmers must indicate their participation in a meet via the online sign-up sheet by the deadline date. Calendars will be posted on the team website and in the pool area. Please check regularly as dates do change. Communication of E.A S.C. cancellations will be done ASAP via text (so please be sure to sign up for group texts from coach), email or voice message. Information will be posted on our website as well. **www.eascseademons.com**. We cannot reimburse any swimmer if he/she is unable to attend practices. We still pay our coaches.
7. All parents will be asked to help out at our home meets and or other events. By working a minimum of 3 occasions and or performing an additional club function as set forth by a parent board member, your family fee (\$50.00) will be returned.
8. As a member of USA Swimming we are bound by their Code of Conduct to be a Safe Sport. These policies state: Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited. It is our policy that non-athlete adult members should respect the privacy of athletes in situations such as changing of clothes, showering etc. Non-athlete adult members should protect their own privacy in similar situations. Therefore we maintain that only swimmers are permitted in designated pool locker rooms. Public restrooms are available.
9. **E.A S.C. does not permit disruptive/unruly behavior at practices, swim meets, E.A S.C. events, or in the locker room.** Locker rooms must be kept clean at all times. Please instruct your swimmer to pick up after themselves. **Swimmers should not enter their locker rooms through the office nor should they exit through the school hallway.** The pool office is off limits unless a coach is present. We also recommend putting swimmer's names on their belongings: clothing, bags, towels, goggles or swim caps. We are not responsible for lost or stolen items. We recommend that your swimmer leave all valuables such as electronics and/or money at home.
10. Horseplay, swearing or crude gestures, or disrupting a teammate's belongings are not allowed. Additionally, a swimmer may be removed from the E.A S.C. for non-payments of fees by due dates. The parents will be notified should their child's membership be in jeopardy. **Please be conscious of due dates as we do not like to repeatedly ask for payments.**

E.A S.C. RULES AND REGULATIONS ACKNOWLEDGEMENT FORM

We have received a copy of the E.A S.C. Rules & Regulations. We have read and understand them and agree to abide by them.

Read & Signed by:

Swimmer 1

Date

Swimmer 2

Date

Swimmer 3

Date

Parent / Guardian

Date