

Student's Name (please print) _____

**CAUTIONS, CONSIDERATIONS, AND RESPONSIBILITIES TO INCREASE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC SWIMMING AND DIVING
WORTHINGTON SCHOOLS**

The boys and girls swimming and diving teams extend a competitive opportunity to all students. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve safety and enjoyment of the sport.

PREPARATION FOR PRACTICE OR CONTEST

1. Choose a suit which fits comfortably and dries easily.
2. All goggles come off before the balls enter the pool.
3. Proper earguards must be worn at all times by all players.
4. A swim cap can help keep hair out of the eyes and keep body heat from being lost, thus keeping you warmer during practice.
5. **ALL STUDENTS MUST HAVE THE APPROPRIATE PHYSICAL EXAMINATION CARD ON FILE.**
6. Observe safety regulations on vans/buses to and from contests.

LOCKER ROOM

1. Locker room floors in general are often slippery.
2. Open locker doors can have sharp edges. Close and lock your locker when away from it. Leave no valuables in locker.
3. Use soap and shampoo in the shower area only.
4. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
5. No rough house or horse play.

ENTERING THE POOL AREA

Look around the pool facility and notice:

1. deep and shallow pool depths
2. location of safety equipment
3. location of ladders
4. pool rules posted on the wall
5. other equipment which may be in the area (tables, chairs, timing equipment)

CAUTIONS SPECIFIC TO SWIMMING AND DIVING

1. Be alert to changes in deck level, the edge drops down to the gutter spill, the step up to bulkheads, and uneven areas around the drains.
2. Note objects in the area which extend into the deck space - drinking fountains, chalkboards, lane line rollers, safety equipment, benches, storage bins.

INSURANCE

Student accident insurance is not provided by the Worthington Schools. All medical expenses incurred by an athlete must be paid by the parent and/or their insurance policy. I, the undersigned, understand that I must either use my own accident insurance or enroll my child in a school insurance program which has been made available for me to purchase. Otherwise, I realize that my son/daughter will not be covered by accident insurance.

ACKNOWLEDGEMENT

We certify that we have read and understand the cautions, considerations, and responsibilities required for participation in a Worthington Schools Swimming and Diving Program.

3. Note equipment stored on the deck for use by swimmers - kickboards, pull buoys, hand paddles. Use them as needed and return them appropriately.
4. Divers must check the water under the board before any approach, and have an orientation to the pool depth before diving.
5. Divers must check all new, difficult dives with their coach(es).
6. Do stretching exercises on the deck. The coaches will provide you with simple exercises. Take time to stretch before each swim practice.
7. No horse play in the pool or diving area. No punching, kicking or dangerous play will be tolerated.
8. Look before you enter the water, feet first entries only.
9. Racing dives from the shallow end must be approved by the coach.
10. Lanes will be designed for various stroke and conditioning routines. Swim to the right of any designated lane.
11. Self induced hyperventilation is prohibited.
12. Observe all weight room policies for progressions, spotting, and general safety.

EMERGENCIES

If someone has suffered an accident or has suddenly become ill in the swimming area, you may be asked to help. Report all accidents to the coach.

1. Be alert. Look around. Get the attention of other people and the coach.
2. The coach will manage the person in trouble. You may be asked to assist in one of several ways:
 - a. Help the injured person.
 - b. Telephone for additional assistance. Phone numbers and information are posted by the telephone.
 - c. Obtain first aid supplies or equipment.
 - d. Direct the rescue squad to the accident site.
 - e. Keep onlookers back.
3. Fires or fire drills may require immediate evacuation of the pool.
 - a. Evacuate or remain outside the building.
 - b. Move 100 yds. from the building.
 - c. Be prepared to implement emergency procedures outlined in #4.

PARENT SIGNATURE

DATE

STUDENT SIGNATURE

DATE