



SWIMMER'S/PARENT'S AGREEMENT

Swimmer Responsibilities

- Always be on time for swim practice or swim meet with the necessary equipment- swimsuit, goggles, caps, kick boards, etc.;
 - Inform and notify the Head Coach **in advance** if you are unable to attend your scheduled practice; □
 - Obey all pool regulations; □
 - Show respect for all Swim Nigeria coaches, other swimmers, Executive, □volunteers, parents or pool staff; □
 - While attending any swim meets swimmers are to show respect for other Club, and officials; □
 - Be a Team Player: Swimmers are to always wear the team swimsuits and cap to all meets (which will serve as a means of identity with Swim Nigeria) and stay with the team cheering them on.□All members of the Swim Nigeria Club should remember that they are ambassadors of their club and at all times should act in a manner which reflects the pride of their Club. □A Code of Conduct is for everyone's benefit. It is important that everyone understands it.
1. All members of Swim Nigeria are expected to exhibit good sportsmanship □
 2. Swimmers are expected to be well mannered and polite. They are expected to listen and follow instructions of their coaches and while traveling without their parents are expected to obey the instruction of their chaperones. This ensures safety □and well being of all. □



3. At no time should members have possession of drugs, alcohol, tobacco or abusive substance.
4. At the beginning of each swim class/season the swimmer will be given a form outlining the basic rules of conduct while at the pool. **The swimmer shall read and sign this form and then have a parent/guardian sign it as well.** This will be kept in their file.

The swimmer will be held accountable for their behavior and actions. A swimmer may be instructed to leave the pool or even the Club if recommended by the Coach and Executive.

Discipline Policy

In the event of a swimmer's misbehavior in the pool or on the pool deck area, the coach will take the following steps:

1. If the swimmer is disrupting the practice he/she will be given first a verbal warning;
2. If the swimmer continues to disrupt practice, the swimmer will be asked to get out of the pool and sit quietly on the pool deck for a limited period of time;
3. If the swimmer continues to disrupt once getting back into the pool, the swimmer will then be requested to leave the pool and get dressed and return to the pool deck until practice is over. The coach will then issue a yellow card which serve as a final warning to the swimmer to be signed by the swimmer's parent upon return.
4. After two yellow cards, swimmers will be issued a red card and the swimmer's parents will be required to meet with the Swim Nigeria Head Coach.



Changing Rooms Policy

Swimmers will be asked to use the male or female changing rooms only. Swimmers will be given 10 minutes to get a quick shower and changed, and make their way out to the reception for pickup by the parents. The changing facilities at the pool are for all customers of facility not just for the swimming area. The Swim Nigeria club would like to ensure that the swimmers behavior reflects the club's respect for our beautiful swimming facility.

_____ Swimmer
Signature

_____ Parent /
Guardian Signature

**THIS FORM MUST BE SIGNED AND RETURNED TO THE COACH
BEFORE ENTERING THE POOL**