

Hampton Dolphins Swim Club

Swim Practice Guidelines

The following are important guidelines for our Club's parents with regard to swimming practice, in order to ensure a safe, effective, and pleasant pool environment for all.

We ask for your cooperation in respecting the following:

1. Swimmers must attend the practices of the practice group to which they are assigned. Practice groupings are determined by a swimmer's ability, endurance level, mastery of the clock, and performance of the strokes, turns, drills, etc. If an occasional conflict exists, a parent may request that the child be allowed to swim with a lower level group for a day, but he or she may not swim in a group of a higher ability, for any reason.
2. Parents are not allowed on the pool deck (this includes the areas near the restrooms and office) during practice time, except for the brief period before/after practice to assist their children, if necessary.
3. Parents should refrain from "coaching" their children during practice, as it is disruptive to the coaching staff and swimmers. Any concerns should be taken up with the appropriate coach before or after practice.
4. To avoid any possible accidents:
 - a. Do not permit children to run at any time; the pool deck in particular is very slippery when wet.
 - b. Do not allow children to sit on, stand on, or lean over the spectator railings.
 - c. Do not allow children to play on the stairs, nor slide down the railings.
 - d. Do not allow swimmers/spectators to throw any items (balls, towels, bags, bottles, etc.) anywhere in the pool area.
5. Please keep the stands free of debris, making sure that any crayons, markers, wrappers, etc. are cleaned up.
6. Food and drinks are not permitted in the pool area.
7. Hampton High School has asked that all swimmers exit the locker rooms within 10 minutes of the end of practice.