AQUATICS BLOOMSBURG AREA SECONDARY SCHOOL

MR. RUSSO

WHY DO YOU HAVE TO LEARN SWIMMING?

You have to learn swimming because drowning is a leading cause of death in every country. The vast majority of deaths by drowning can be prevented.

WHAT DO YOU NEED FOR SWIMMING?

You will need a swimsuit, a towel and a bag to carry the swimsuit and towel. Female students must wear a one-piece bathing suit. If you want to bring in goggles, mask, nose plugs, swim caps and ear plugs they are optional. You can also wear swim-shirts or T-shirts while swimming. Students will lose 5 points every time they are unprepared for swimming class.

WHAT IF YOU FORGET YOUR SWIMSUIT?

You will lose 5 points and you will need to make up the class you missed at the end of your next swimming class.

WHAT IF YOU ARE NOT FEELING WELL?

Since you are in school, you are expected to participate in class. Please, let me know at the beginning of class that you are not feeling well. You will perform according to how you feel. This is also the case if you are returning to school after an illness. Remember always bring your swimsuit and a towel.

WHAT IF YOU HAVE AN EXCUSE?

You must have a doctor’s excuse for not taking class for two days in a row, or you will need to bring in a note from home stating the reason you are not swimming. You may need to make up the class, if it is for an extended period of time you will complete written assignments to make up class time.

DO YOU NEED TO TAKE A SHOWER AFTER CLASS?

You should take a shower after swimming to wash the chemicals off of your swimsuit. If you take a shower, make sure it is quick to allow yourself enough time to get dressed and to get to your next class on time. NO LATE PASSES will be given.

WILL YOUR BELONGINGS BE SAFE DURING CLASS?

If you decide to put a lock on your locker, you must take it off at the end of class, so that someone else can use the same locker throughout the day. Unfortunately we do not have a pool locker for every boy in school. You may also ask me to keep your valuables on the table next to the pool office. **Do not forget to get your valuables at the end of class.**

**POOL RULES**

**Safety is a priority.**

**No running or boisterous or rough play, except supervised water sports, is permitted in the pool, in the dressing rooms or shower rooms, on runways, on the diving board, or platforms.**

**When changing in the locker room, rinse off and change into school clothes, no standing on benches in the locker room. No fooling around in the locker room.**

**\*5 or more whistle blasts means there is an emergency and you must evacuate the pool and go to the bench in front of the bleachers, sit down and wait until further instructions are given.**

Persons having or reasonably suspected to have any cuts, or known or recognizable contagious or communicable diseases, cough, cold, open sore, blisters bandaged wound, fever inflammation of the eyes, nasal or ear discharge, shall not be allowed to enter the pool. Please see me before class begins.

Spitting, urinating, blowing of the nose, spouting of water or deposit foreign matter in pool shall be strictly prohibited.

No children should be in the pool without adult supervision.

No person shall bring or throw into the pool, or its floor, walkways, aisles, or dressing rooms, any object that may in any way carry contamination or endanger the safety of any bather.

Use of pool shall be prohibited during severe weather conditions.

No diving is permitted from the deck into the shallow areas of the pool.

I understand these rules and agree to follow them.

Student Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_\_