

MT. HOOD COMMUNITY COLLEGE
MT. HOOD AQUATIC CENTER
Long Course Training Rules and Regulations

1. All coaches must be current members of USA Swimming and have completed the necessary safety training requirements. A copy of a USA Swimming Coaches membership card **(for each coach)** must be on file at the Aquatic Center. Coaches that are not currently certified will not be allowed on deck.
2. **One coach per club must be present on the pool deck.** The **coach** will actively supervise their athletes.
3. A lifeguard will be provided during all sessions, specifically for the purpose of managing swim team members' safety. Coaches are asked to respect the lifeguards. If you have a problem with a lifeguard's request, please contact the facility supervisor.
4. Each day coaches are to report to the front desk attendant the number of attending athletes.
5. Coaches are responsible to communicate and enforce the following regulations with their athletes and parents. Violation of these or any verbal instructions from MHCC staff can result in loss of future pool usage.
 - A. Train Hard, have fun and swim fast!
 - B. Please do not arrive earlier than 15 minutes prior to your scheduled practice time. Athletes must enter through the main entrance and proceed directly to locker rooms.
 - C. **Athletes are not to enter the water until their coach is on deck to supervise.**
 - D. For health and safety purposes, parents and spectators are not allowed on the pool deck with their street shoes. **No one other than coaches and swimmers shall be allowed on any pool deck. Violation of this rule will result in a "No Spectator Rule."**
 - E. Athletes are not to use the hydrotherapy pool without the facility supervisor's permission.
 - F. Equipment is restricted to the use of the instructional program. **Athletes are to bring their own fins, pull buoys, hand paddles and kickboards.**
 - G. **Teams entering for 5:30 am workout are responsible for putting in the lane lines, pulling pool covers and setting out the pace clocks. Teams may enter the building at 5:15 am. Teams leaving in the evening am will be responsible for taking out lane lines and replacing pool covers.**
 - H. All athletes are required to shower prior to entering the water.
 - I. Oregon Swimming Warm-up and Safety Guidelines must be adhered to during practices.
 - J. Athletes, please no street shoes on the pool deck.
 - K. Team bags, clothes, etc. must be kept in lockers provided in the locker room or in the temporary bleachers next to the 50-meter pool. **No bags are to be left on the indoor pool deck or in areas that could present a trip hazard to any other person.**
 - L. Please encourage your athletes to present a positive attitude at all times. Any loud, rude, or unsafe behavior that interferes with other Mt. Hood Aquatic Center programs will not be tolerated. Unfortunately, athletes or coaches may individually, or as a team, have their privilege to swim revoked for poor behavior.
6. Please do not sublet any of your lanes. If another team requests to share your time, please refer them to the Aquatics Director.

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I have read, understand and acknowledge the above rules and regulations and have the authority to act as the signatory for the following swim club/team:

Team Name: _____

Signatory name (printed): _____

Signature: _____ **Date:** _____