

# COC Locker Room Policy: Swim Lessons & Swim Team

This facility is owned by COC and shared with other COC programs and sports teams. Both Canyons Aquatic Club and College of the Canyons prioritize ensuring the safety and privacy of all swimmers and limiting the possibility of any incidents or liability.

## Locker Room Usage:

- **Swim Lessons:**
  - Participants cannot use the locker room for changing. Come dressed and ready for your lesson.
  - To use the restroom, sign in at the swim lessons desk for a bathroom pass. A parent must accompany the swimmer. If no parent is present then they cannot use the restroom.
  - **Parents:** Please note that anyone over 9 years old cannot be with a parent of the opposite gender in the locker room. They will be reminded when signing in.
  - **Parking:** Please use Lot Five, not the lot directly outside COC. They will be reminded when signing in.
  - **Supervision:** A swim lesson teacher will check the locker room every 30 minutes.
  - **No Showers:** Showers are off-limits to Canyons swimmers and parents. Please do not use them.
  
- **Swim Team:**
  - Use the restroom before practice to minimize restroom breaks during workouts.
  - All athletes must arrive and leave in their swimsuits. 12 and under athletes cannot change in the locker room.
  - **Bathroom Usage for 12 and Under:**
    - Accompaniment by a parent is required.
    - Sign out a bathroom pass at the swim lessons desk.
    - The parent escorts the athlete in and out of the locker room.
    - In emergencies with no parent present:
      - A buddy system will be used (never alone).
      - We will note this on the sign-in form and email the parent to explain our policy and the incident.

## Drop-off & Pick-up:

- **12 and Under:**
  - Parents must accompany athletes to the pool and pick them up on deck.
  - Upon arrival, parents sign their child in for practice.
  - For departure, the child waits on deck until their parent arrives.

**Monitoring:**

- A designated monitor will do their best to:
  - Oversee locker room entrances from a distance.
  - Ensure everyone remains inside the pool facility and not playing in the courtyard.

**Additional Notes:**

- Staff will remind parents daily at sign-in about:
  - Sign-in/out procedures
  - Bathroom policy
  - Appropriate locker room for their gender
  - Parking in Lot Five

**Policy Agreement:**

- Parents and coaches must sign a document acknowledging that they have read and agree to this policy.

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Signature

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Date