



CELL PHONE POLICY

Effective February 1, 2019

CELL PHONE POLICY: 13 & OVER SWIMMERS

No cell phones usage will be allowed on deck during swim meets. If a swimmer wants to listen to music on their phone it must be kept away in a pocket to limit distraction. Coaches will give a warning if a swimmer is not following this policy, after the first warning we will take the phone or require that the phone be given to a parent or guardian. If a swimmer is still not willing to follow the above guidelines they will be asked to leave the meet and coaches will request a follow up meeting with swimmer and parent(s).

If a swimmer needs to use their phone for an emergency he/she will be asked to leave the deck and return as soon as possible.

We know that social media is a distraction and that performance is negatively impacted by social media and cell phone usage. We also know that our team is more engaged and supportive when cell phones are removed from the deck, which leads to better performances.

CELL PHONE POLICY: 12 & UNDER SWIMMERS

We will encourage our young swimmers to limit their time on their devices during swim meets so they are ready for no cell phone usage on deck when they join our 13 & over swimmers. Parents can also help with this and discourage the distractions that may deter from the swim meet experience.

REMINDER: Cell phone usage is prohibited in locker rooms and bathrooms per school district policy and USA Swimming policy.