

Vista del Lago High School

Physical Education Department

WATER SAFETY COURSE & POOL USE RULES

The following rules and regulations have been established for the benefit and safety of all students. Students are asked to cooperate in observing these rules and to obey instruction of the physical education staff and lifeguard. Students violating the rules are subject to disciplinary action.

1. No one will be allowed in the swimming area unless a physical education teacher and lifeguard are present.
2. All students must wear appropriate swim attire. Males must wear tied board shorts at the waist level. Females must wear either a one piece tank or a two piece (school appropriate) suit.
3. All students must wear shoes and a PE Uniform t-shirt to and from the pool area. Some shirts and shorts may be worn over suits, see your instructor if you have any questions about his.
4. All students must provide their own towel, sun block, and bag to transport suit.
5. All students are encouraged to wear sun block. Sun block will not be provided.
6. Students must shower before entering the pool in order to rinse off perspiration, lotions, etc.
7. Students must shower after use of the pool in order to rinse off.
8. Running, boisterous or rough play, pushing, acrobatics, dunking, wrestling, splashing, improper conduct causing undue disturbances in or about the pool area will result in disciplinary action.
9. Spitting, spouting of water, blowing nose in the pool are prohibited.

I have read and understand all of the WATER SAFETY COURSE & POOL USE RULES

Please sign and return.

Parent/Guardian Signature

Date

Student Signature

Date

Print Student Name