

## **Chino Hills Swim Unit Guidelines**

(Benton, Grant, Plascencia, Stevens, Tribe)

The swim unit is state mandated for freshmen. Days of swim are graded in participation and effort. Even if your child does not know how to swim, he or she, will become water safe. We will be swimming Tuesday, Wednesday, Thursday, and Friday of each week. Each Monday will be some type of fitness activity. If you miss a day during the week you will be required to make up a swim day.

### **Swim unit guidelines:**

- Swim clothes only. One piece, two-piece, board shorts or rash guard (wetsuit) is allowed.
- Flip flops, or tennis shoes must be worn to and from the pool.
- Wet items must be taken home in a plastic bag. DO NOT LEAVE WET ITEMS IN LOCKERS.
- Do not change clothes in the bathroom stall. Locker rooms are available for changing.
- Mark all personal items, so your belongings can be returned to you. Beach towel, flip flops, sunscreen, shampoo and conditioner etc.
- Bring your own towel. It is best to have an oversized beach towel to change and for privacy.
- P.E. clothes/tennis shoes must be kept in your locker because there might be a day, we do not swim due to maintenance.
- If you are not swimming you must have a physician's note, or parent note at the start of the school day stating why the student cannot swim.
- STUDENTS NOT SWIMMING WILL BE REQUIRED TO WEAR P.E. SHOES AND CLOTHES TO CLASS (Dressed out).
- SHOWERS ARE PROVIDED FOR STUDENTS TO RINSE POOLWATER OFF THEIR BODIES AND SUITS.
- Please bring plastic containers only for shampoo and conditioner.
- Use restroom prior to class.
- Do not "fake" a drowning. We take water safety very seriously.
- Use of swim goggles are highly recommended.
- No horseplay, or running on the pool deck.
- No diving in the shallow end. Diving only permitted in the deep end of the pool.
- Do not enter pool until instructed to do so.
- Even if you cannot swim, you will become water safe.
- Menstrual cycle issues must be accompanied by a note (for each day) of missed activity.

### Swim Research Paper-Guidelines

- Pick ONE (1) Former Olympic swimmer that medaled between 1970-present
  - 4-5 pages typed
  - Double spaced
- Paper is due at the end of the unit
  - No plagiarism

