

## AYALA Swim Unit Guidelines

(Mrs. Ojinaga / Mr. Capps / Mr. McGuire / Mr. Saiz)

The swim unit is a State-Mandated unit for the Freshman class. Days of swim are graded on participation and effort. Even if your child does not know how to swim, he/she will learn how to swim, or become water safe. We will begin the swim unit in August. We will be swimming every Tuesday, Wednesday and Thursday of each week in August/September. Each Monday we will continue with a Bulldog Mile Run. We do not swim on Mondays due to the short instruction time. Friday will be Weight Room Fitness Training for our Modified P.E. classes.

### Swim unit guidelines:

- Swim clothes only. One piece, two piece, trunks, board shorts or rash guard is allowed.
- Flip flops or tennis shoes must be worn to and from the pool.
- Wet items must be taken home daily in a plastic bag. **DO NOT LEAVE WET ITEMS IN LOCKER.**
- Do not change clothes in the bathroom stall. Locker room and team room are available for changing.
- Mark all personal items so your belongings can be returned to you. Beach towel, flip flops, sunscreen, shampoo, conditioner.
- Bring your own towel. It is best to have an oversized beach towel to change with privacy.
- P.E. clothes/tennis shoes must be kept in your locker at all times because there might be a day when we don't swim due to pool maintenance.
- **SHOWERS ARE PROVIDED FOR STUDENTS TO RINSE SALTWATER OFF THEIR BODIES AND SUITS.** Students remain in swim suits while showering.
- Please bring plastic containers only for shampoo and conditioner.
- Students must stay off lane lines in the pool.
- Use restroom prior to class, the pool deck restrooms will also be unlocked.
- Do not "fake" a drowning. We take water safety very seriously!
- Use of swim goggles is required. **NO EXCEPTIONS.**
- 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 instruction is given to do so.
- Even if you cannot swim, you will be required to participate in the swim unit. Most instruction is given on the pool deck, or in the shallow end of the pool.
- Menstrual cycle issues must be accompanied by a note for each day of missed activity.

STUDENT name (please print) \_\_\_\_\_

Parent signature \_\_\_\_\_ Date \_\_\_\_\_