


**2ND GRADE
WATER SAFETY AND SWIM PROGRAM
LISD WESTSIDE AQUATIC CENTER**


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LOCKER ROOM


Etique & Option




LOCKER ROOM ETIQUETTE...

- There will always be at least two coaches in the locker room to supervise
 - No running, climbing, horseplay or opening lockers
 - During changing time all students will keep eyes on either the locker in front of them or the floor
 - Students will dress completely except for shoes and socks in the locker room. Shoes and socks will be carried out to bleachers
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CHANGING OPTIONS...

- General locker room area
 - Bathroom stalls
 - Girls: Shower stalls
 - Boys: Changing tents
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GENERAL LOCKER ROOM AREA INSTRUCTIONS...

- After swimming - dry body off with suit on
 - Put large towel either vertically over your head or horizontally over your shoulders
 - Lean forward (you can put one hand on bench in front of you)
 - Take off bathing suit
 - Dry with the towel around you
 - Put on underwear and loose fitting school clothes
 - Put your wet bathing suit in a plastic bag
 - Collect your belongings
 - Carry your shoes and socks out to bleachers
 - Put shoes and socks and fix hair while sitting on bleachers
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BATHROOM STALL INSTRUCTIONS...

- After swimming - dry body off with suit on while waiting for a stall to open
- Step into available stall
- Take off bathing suit and dry off completely
- Be careful not to drop your clothes in the toilet
- Put on underwear and loose fitting school clothes
- This should only take 2 minutes
- Put your wet bathing suit in a plastic bag
- Collect your belongings and place in your bag
- Carry your shoes and socks out to bleachers
- Put shoes and socks and fix hair while sitting on bleachers

GIRLS SHOWER STALL INSTRUCTIONS...

- Step into available stall
 - Take off bathing suit and dry off completely
 - Put on underwear and loose fitting school clothes
 - This should only take 2 minutes
 - Put your wet bathing suit in a plastic bag
 - Collect your belongings and place in your bag
 - Carry your shoes and socks out to bleachers
 - Put shoes and socks and fix hair while sitting on bleachers
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BOYS CHANGING TENTS INSTRUCTIONS...

- Dry off while waiting for tent
 - Put your bag in the tent, step in and close tent
 - Take off bathing suit and dry off completely
 - Put on underwear and loose fitting school clothes
 - This should only take 2 minutes
 - Put your wet bathing suit in a plastic bag
 - Collect your belongings and place in your bag
 - Unzip tent and carry your shoes and socks out to bleachers
 - Put shoes and socks and fix hair while sitting on bleachers
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FOR MORE INFORMATION...

- ▶ **Be sure to complete all the items on your permission slip**
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