

Dryland Rules, Regulations, and Swimmer Agreement

The purpose of drylands is to enhance your overall strength, power, and performance in competition. In order to ensure that every swimmer gains the maximum benefit from these dryland sessions, all participating swimmers will be expected to comply with the following rules and regulations:

- 1. Dress code: T shirts and shorts are required. Shorts must completely cover your bottom. Tennis shoes are to be worn to every session. Non see through leggings are permitted**
- 2. NO cellphones are permitted in the dryland room.**
- 3. NO disruptive behavior will be allowed. If you are interrupting drylands by constant talking/socializing, you will be asked to leave. Absolutely NO vulgar or sexual talk/ innuendo is permitted.**
- 4. If you have an injury that will limit your dryland training, The dryland instructor must receive a script from your physician stating what activities are permitted and what activities are restricted. If you do not have a script, you will be expected to do all dryland exercises that are planned. Exception: If you have an injury that requires only slight modifications of dryland exercises, then you will be permitted to stay. If your injury limits >25% of assigned exercises, then you will be given exercises that you can perform on your own until you are well enough to come back to drylands(with a physician script).**
- 5. You are not permitted to “hang out” in the dryland room unless you are planning on performing all assigned exercises.**
- 6. Drylands will begin at 4:00PM at the pull up bars and progress to the drylands room at 4:15.**
- 7. You must be on time to drylands. If you arrive more than 10 minutes late, you will be marked as absent.**
- 8. If you fail to comply with any of the above rules, you will receive one verbal warning. After one verbal warning you will be asked to leave. You may return to the next scheduled dryland session if you are ready to comply with all stated**

rules. If you have to be asked to leave the dryland room three times (3 strikes you're out) during a semester, you will be banned from drylands for the rest of the semester or four months (whichever is longer).

I _____, agree to all the above rules and regulations stated above, and I will do my best to comply.

All swimmers must sign and return this agreement before participating in further dryland sessions.