

## Ehrnfelt Recreation Center Guidelines

We want to help you navigate the Ehrnfelt Recreation Center!

Please abide by all the rules of the Ehrnfelt Recreation Center.

Always enter on the right side of the front desk.

- If you are a member of the ERC, just punch in.
- If you are not a member during this 2 week trial, please sign in on the clipboard marked "SwimStrong".

Please use the locker rooms on the lower level. Please do not use the "family" locker rooms located at the bottom of the steps.

**PUT A LOCK ON YOUR LOCKER!** We can't stress this enough!

For the first few days of practice, there will be a table on deck staffed by SwimStrong volunteers to check in swimmers and collect missing forms. Please check in at the table **FIRST!**

### **When you come out on to the pool deck:**

- You may bring what you need to practice with you in a mesh bag. (Towel, goggles, fins, water bottle, etc.)
- You may not bring on the pool deck your things such as your winter coat, book bags, or food.
- Please do not chew gum in the pool area.
- Please do not wear your "street" shoes on the pool deck.
- Please shower any "hair products" out before entering the pool.

**Write your name on your belongings.** SwimStrong has its own lost and found so your lost items will not go in the giant pile of ERC's daily lost and found!

If you have any questions, just ask a lifeguard, coach, board member or a parent with swim team experience!