

Swimming Unit

All students must swim during the swim unit to show swim proficiency. Students must wear a swim suit or swim trunks. Girls are encouraged to wear a one piece suit. If a two piece is worn then a t-shirt must be worn over. Students who were absent or non-swim must make up swim during lunch PE (swim) for credit.

Any parent excuse must be made up during lunch time make-ups (swim). Students who can not swim due to a medical excuse must bring a Doctor's note prior to the swim unit. The student will then be placed in another PE class or placed in the library to complete sport packets during the swim unit.

Did You Remember to Bring?

- Swim suit/ trunks (2 piece-shirt)
 - Goggles (optional)
 - Towel
- Swim cap (optional)

Swim Rules and Policies

1. No running on deck
2. No horse playing on deck or in the water
3. No hanging on lane lines (only if it's an emergency- very expensive)
4. No chewing gum.
5. No diving in water less than 9 feet.
6. No pushing or dunking students.
7. One person on diving board. Jump then swim to the right or left to nearest exit. (Do not swim across the diving boards!)
8. No jumping off diving board until previous swimmer has exit the pool/area.
9. Let your teacher know if having difficulty breathing or swimming.

Student Name (Print) _____ Date _____

Parents Signature _____ Date _____