

# Desert Mirage High School Aquatics Syllabus

## **Unit Safety Guidelines & Grading Policy**

**Ms. Lutz | [www.desertmirageaquatics.com](http://www.desertmirageaquatics.com)**

As part of Desert Mirage High School aquatics unit, students will review and refine their swimming skills in the following strokes: freestyle, backstroke, breaststroke, elementary backstroke and butterfly. After the unit has been completed, students will understand safety precautions and benefits of aquatic facilities. This requirement is for all 9<sup>th</sup> grade students. There will be two sets of 3 week units; one unit in fall semester and one unit in spring semester.

**Safety First:** The pool, like any place in our world has inherent dangers. In order to truly be able to enjoy it, certain safety precautions need to be followed.

### **Aquatic Facilities:**

1. ***The Deck:*** a hard surface that may be slippery. Running and horseplay on the deck will not be tolerated as this may lead to injury.
2. ***Shallow end of pool:*** The shallow end of the pool at Desert Mirage High School is 4'6" deep. This area will be separated from the deeper end by a lane line to prevent swimmers with lesser skill from gaining access to the deeper water before they are ready. This will also serve as the area for the swim assessment prior to the start of the unit. ALL swimmers who are unable to meet the swim assessment requirements will remain in the shallow end until their skills improve and are able to swim without floor assistance.
3. ***Deep end of the pool:*** The deep end of the pool at Desert Mirage High School is 7 feet deep. Only competent swimmers who meet or excel the swim assessment requirements will be allowed in this area.
4. ***Rescue Equipment:*** Students will be introduced and instructed on how to use the following items properly: Shepard's Hook & Ring Buoy.

**Diving Guidelines:** Diving will only be allowed in designated DEEP ends of the pool for students who fall within the Level 2 and Level 3 requirements. There is NO diving in the shallow end of pool. No front flips or back flips will be allowed. Students who break these rules will be given consequences for their actions.

**Buddy System:** All students will be assigned one to two friends in order to keep a safe and fun swim environment. Students will be responsible for knowing where their buddy is throughout the unit.

**Sun Care:** This is a desert environment where sun protection is highly recommended. This includes items such as: sunscreen, zinc, rash guards, etc. Please note that the pool deck will become hot during the warmer months of the year and it is strongly recommended that students wear proper foot attire when on the pool deck.

**Eye Care:** Although the pool is a chemically balanced environment, eyes may become irritated while swimming. Students will not receive goggles but may bring their own from home. Students may not share goggles. Students may not wear snorkel masks or goggles that cover the nose. When leaving the pool students should take the time to rinse out their eyes using the on deck showers. On the rare occasion that there is a chemical imbalance in the pool water, alternate activities will take place.

**Ear Care:** To decrease the occurrence of ear infection, the ear canal needs to be dried soon after leaving the pool. It is recommended that students use a soft tissue to absorb the water in ears.

### **Swimming Equipment Necessary Items:**

1. ***Acceptable swim attire:*** one-piece suit, trunks, modest 2-piece suit, nylon shorts with drawstring, rash guard, dri-fit shorts, jammers, speedos.
2. ***Towel:*** to dry off after swimming

3. **Plastic Bag:** each student must have a plastic bag with them daily to put their wet suits, shirts, towels in after swimming.
4. **PE Clothes:** students should ALWAYS have a clean pair of PE clothes in their PE locker in the event of pool closure.

**STUDENTS MAY NOT STORE WET ITEMS IN PE LOCKERS. WET ITEMS WILL BE TAKEN HOME DAILY AND DRIED OVERNIGHT IN ORDER TO BRING THEM BACK IN PLASTIC BAG THE NEXT DAY READY FOR CLASS.**

Recommended Items:

1. Goggles: enhance the enjoyment of swimming
2. Sandals: wear on pool deck and to roll call (\$1.00 at Walmart)
3. Sunscreen: protect from UV rays

## **Desert Mirage High School Aquatics Grading Policy**

Each student may earn up to 5 points per day:

- 4 points – Participation/ Effort
- 1 point – Attendance

**Nonsuits: if student is unprepared to enter the pool, it will be impossible for the student to practice/participate in the daily aquatics activity techniques. Students whom are unprepared and choose not to participate in the aquatic pool activities will receive no more than 40/100 points for the unit. Forty points will result in a non-passing unit grade (F).**

There will be no make-ups for an unexcused absence during the aquatics swim class. Please refer to [www.desertmirageaquatics.com](http://www.desertmirageaquatics.com) for videos to review in the case of absence. Contact Coach Lutz in the event of an absence: [michelle.lutz@cvusd.us](mailto:michelle.lutz@cvusd.us)

**Students will ALWAYS have a clean pair of regular PE clothes in their PE locker in the event of pool closure.**

**Grading Breakdown: Students may earn up to 100 points for the Swim Unit as follows:**

**10 points: Signed Syllabus**

**15 points: Pre-Swim Assessment**

**75 points: Daily In-Water Lessons**



**Return to Coach Lutz on the day of your Pre-Assessment**

I have read and understand the Desert Mirage High School Aquatics Syllabus and Safety Guidelines. I recognize the importance of safety in and around the water and promise to follow the guidelines given by the aquatics teacher; as well as the rules for safety around the water established by Coachella Valley Unified and state of California as posted on the pool deck. I also understand that I will be required to supply my own equipment for swimming and will be required to take my wet items home on a daily basis to dry. I commit to the following established safety guidelines and supplying my own swimming equipment for the PE Swimming Unit.

Student Name (print): \_\_\_\_\_ Period: \_\_\_\_\_ Regular PE Teacher: \_\_\_\_\_

Parent/ Guardian Name (Print): \_\_\_\_\_ Contact #: (\_\_\_\_\_) \_\_\_\_\_

Parent Email: \_\_\_\_\_ Best time to call: \_\_\_\_\_