



Pointe-Claire Swim Club

Team Travel Policy and Waiver

To ensure the safety and proper conduct of the swimmers participating in a travel meet, all swimmers and parents must read and sign the Travel Waiver document in order to participate in PCSC competitions.

When competing in meets, participating on trips and/or attending other meet-related functions, swimmers must understand that they are representing both themselves and Pointe-Claire Swim Club. Athlete behaviour must positively reflect the high standards of the club.

Travel Meets

PCSC “travel” meets are defined as competitions where the travel and accommodations are provided by the club. Participating swimmers must travel and eat their meals with the club and stay with the team at the hotel for the duration of the competition. The swimmers are supervised by the coaching staff and designated chaperones.

**All travel must be done with the team. Swimmers cannot receive transportation to or from a meet by their parents unless special permission has been granted by the head coach prior to the meet (waiver form must be filled out prior to departure).*

Swimmers must stay with the team, the coaches and chaperones at all times.

Parents

Parents are welcome to attend the meet as spectators; however they must provide their own transportation, lodging, and meals. Furthermore, parents who are spectators are asked to keep a distance from their children for the duration of the trip so that they may have a chance to interact and bond with their team mates and coaches at the event.

When only one athlete and one coach travels to a competition, the athlete must have his/her parents’ (or legal guardian’s) written permission in advance to travel alone with the coach.

Curfews

Curfews shall be established by the coaching/chaperone staff each day of the trip. There may be one curfew for swimmers to be in their assigned rooms and another for lights-out and quiet. No team member may be out of their room after the room curfew and the “no noise” policy must be respected. Permission must be obtained from the coach or chaperone to leave the room past this time. Cell phones and computers should be turned off after “lights-out” has been established. If this rule is not respected, the cell phone and/or computer may be confiscated for the evening and will be returned the next morning.

Hotel

Any damages, excessive mess or thievery incurred at a motel/hotel will be at the expense of the swimmers assigned to that room and further disciplinary action may be taken. No loud or boisterous behaviour will be tolerated in the hallways or public areas. Hotel rooms should be kept neat, with garbage removed regularly and maid service accepted daily.

Regardless of gender, a coach or chaperone shall not share a hotel room or other sleeping arrangement with an athlete.

To ensure the propriety of the athletes and to protect the staff, no males are permitted in female hotel rooms and no females are permitted in male hotel rooms. Male and female athletes can interact with each other in common areas such as the bus, restaurants and pool facilities.

During team travel, when doing room checks, two-deep leadership will be maintained: both a male and a female will be present. Coaches and chaperones will interact with the swimmers in open and observable environments.

General

Attendance: Team members traveling with the team will attend all team functions including meetings, practices, meals, meet sessions, etc. unless otherwise excused or instructed by the coach or chaperone. Punctuality for meetings, meals, practices and meet sessions is expected.

Public Places: When visiting public places such as shopping malls, movie theatres, etc. swimmers will stay in groups of no less than three persons. Athletes 12 and under will be accompanied by a chaperone.

Restaurants: All team members will be polite and quiet in restaurants. Swimmers must not disturb the other patrons of the restaurant. Leave an appropriate tip (15% minimally) if it hasn't been arranged by the chaperones. If there has been a problem with the service, see the coach or chaperone.

Uniform: All swimmers must abide by the team uniform policy at all times. Red PCSC t-shirts are mandatory during the competitions. The grey team jackets are mandatory at provincial, national and international competitions.

Sportsmanship: Team members (swimmers, coaches and parents) will display proper respect and sportsmanship towards coaches, officials, administrators, teammates, fellow competitors and the public at all times.

Drugs and Alcohol: The consumption or possession of alcohol, tobacco, or any other illegal drug/substance of any kind will not be tolerated. In addition, any team member found to be in the presence of others partaking in any of the above activities could be subject to the same punishments and possible expulsion from Pointe-Claire Swim Club.

Language: Swimmers are to refrain from use of inappropriate language. Swimmers will also refrain from inappropriate physical contact at team activities and events.

Disciplinary Action

Failure to comply with the PCSC Team Travel Policy as set forth in this document may result in disciplinary action.

Warnings will be given to the athletes in the following fashion:

1. Verbal warning describing the infraction by the chaperone or coach.
2. Verbal warning by a coach and instructing the swimmers what the possible disciplinary actions might be. The swimmers will also be shown the Team Travel Policy that they and their parents have signed before leaving for the meet.
3. Coach will contact the parents or legal guardians (anytime of the day or night) to discuss the situation.

Discipline may include, but may not be limited to:

1. New room assignments.
2. Scratch one or more events from the competition.
3. Disqualification from future team travel meets.
4. Financial penalties.
5. Suspension or dismissal from the team. (Serious infraction)
6. Dismissal from the team trip and immediate return home at the athlete's expense. Parents may be asked to pick up their child from the competition. (Serious infraction)
7. An incident report will be filled out and given to the Aquatic Director.

The directions and the decisions of the coaches regarding rules and disciplinary actions while on the trip are final.

THIS WAIVER IS APPLICABLE FOR ALL TRAVEL MEETS FOR THE 2023-2024 SEASON

I agree to abide by all terms of the PCSC Team Travel Policy.

Name of swimmer (Please print)

Signature

My swimmer and I have read and understood the agreement and agree to abide by the PCSC Team Travel Policy.

Signature of Parent/Guardian: