



2024-2025 SEASON REGISTRATION INFORMATION BOOKLET

<i>In Person Registration & Team Gear Order Dates</i>		
Date	In Person Registration & Team Gear Ordering	Location
Thursday August 22	2:45pm-6:00pm	Watermania
Saturday August 24	9:00am-1:00pm	Watermania
Tuesday August 27	2:45pm-6:15pm	Watermania
Thursday August 29	2:45pm-6:15pm	Watermania
Notes:		
1. Returning members are only swimmers that were actively training as of June 1, 2024.		
2. Children that did not participate in a Rapids 2024 Summer Camps or the 2023-2024 season must complete an assessment.		
3. Assessments / tryouts must be booked in advance at Richmondrapids.com .		
4. Potential new members and 2024 Summer camp participants registration procedures are stated on page 4 of this document.		

Questions?
Email: swim@richmondrapids.com
www.richmondrapids.com

TABLE OF CONTENTS

RETURNING MEMBER INSTRUCTIONS.....	3
REGISTRATION INSTRUCTIONS FOR NEW MEMBERS AND 2024 SUMMER CAMP PARTICIPANTS	4
GENERAL INFORMATION	5
<i>Training Schedules & Start Dates</i>	<i>5</i>
<i>Training Locations</i>	<i>5</i>
<i>Rapids Parent Handbook</i>	<i>5</i>
<i>Family Membership</i>	<i>5</i>
<i>Communication</i>	<i>5</i>
<i>Payment Options.....</i>	<i>5</i>
<i>Invoicing & Payment Processing.....</i>	<i>6</i>
<i>Non-Sufficient Funds Cheque & Declined or Expired Credit Card Fee</i>	<i>6</i>
<i>Change of Group</i>	<i>6</i>
<i>Withdrawal Policy</i>	<i>6</i>
<i>Non-Refundable Fees:.....</i>	<i>6</i>
<i>Swim Meets Fees.....</i>	<i>7</i>
<i>Arena Team Training Swim Suit & Team Gear</i>	<i>7</i>
<i>Parent Participation Points</i>	<i>7</i>
PROGRAM DESCRIPTIONS & PRACTICE SCHEDULES	8
<i>Rapids Swim School.....</i>	<i>8</i>
Level 1.....	8
Level 2.....	8
Level 3.....	8
Level 4.....	8
<i>Youth Fitness (Non Competitive)</i>	<i>9</i>
<i>Senior Fitness (Non Competitive).....</i>	<i>9</i>
<i>Technical Development (TD)</i>	<i>9</i>
<i>Age Group Development Program (AGD)</i>	<i>10</i>
Age Group Development 1	10
Age Group Development 2	11
Age Group Development 3	12
<i>Youth Program</i>	<i>13</i>
Youth 1.....	13
Youth 2.....	13
Youth 3.....	14
<i>Senior Programs</i>	<i>15</i>
Senior Regional.....	15
Senior Provincial	16
<i>National Programs</i>	<i>17</i>
National Age Group.....	17
National Group	17
SEPTEMBER STEVESTON POOL SCHEDULE – SEPT 9-29.....	18
RAPIDS HOSTED COMPETITION DATES.....	19
.....	19
RICHMOND RAPIDS POLICIES, CODE OF CONDUCT & AGREEMENTS	20

Returning Member Instructions

****RETURNING MEMBERS ARE ONLY SWIMMERS THAT WERE ACTIVELY TRAINING AS OF JUNE 1, 2024 AND SIBLINGS ASSESSED FOR SUMMER CAMPS.**

STEP 1: Read the 2024-2025 Information Booklet

- Group Descriptions, Monthly Training fees & schedules are posted in this document.
- In addition, full club policies and Parent Participation information can be found on the [Rapids Parent Handbook](#).

STEP 2: Review the Registration Fee Payment Form

- This document will be provided to each family. It will state the following:
 - Family contact info.
 - Swimmer level to register for.
 - All registration fees and payment options.
 - Parent Participation Point (P.P.P.) requirement for the season.

STEP 3: Complete Online Registration

- Online registration will be done via the Rapids website from AUGUST 6th (8PM) to Aug 12th.
- Through the online registration system, parents will:
 - Confirm or provide primary & emergency contact info.
 - Select child(ren) to register and their level/ group schedule.
 - Select payment option.
 - Electronically agree with all of the posted Rapids code of conduct & consent forms.

STEP 4: Provide Payments and order Team Gear.

- Parents paying fees by cheque for the 2024-2025 season must drop off all required post-dated cheques as per the Registration Fee Payment Form by August 29th.
- Parents paying by credit or debit card must submit their card number and expiry date on their fee payment form if using a new card by August 29th. Or email the [authorization form](#) to dennis@richmondrapids.com by August 29th.
- E-transfer for Payment Option 1 only will be accepted. E-transfer must be sent to payments@richmondrapids.com between September 1 and September 6.
- Swimmers will place their team training swimsuit order at the Team Gear ordering days listed on the cover page. The cost of a swimsuit is included in swimmer registration fees for all groups. The swimsuit fee is non-refundable. SWIM SUITS MAY BE AVAILABLE TO PICK UP AT TEAM GEAR ORDERING DAYS

STEP 5: Swimming Canada Online Registration

In September, Parents will be e-mailed information for registering with Swimming Canada.

Beginning September 2024, Swimming Canada will be using a new provider and platform for Swimmer, Officials and Coach registration. This will be called REMS (Registration & Event Management System).

Once this is completed, then the swimmer will be fully registered & insured under Swimming Canada. Swimmers may not participate in Rapids programming if this step is not completed within one week of the Swimming Canada link being sent to the family's registration e-mail account.

Registration Instructions for New Members and 2024 Summer Camp Participants

THESE PROCEDURES ARE FOR ANY SWIMMERS THAT PARTICIPATED IN THE RAPIDS 2024 SUMMER CAMPS, ARE NEW TO THE CLUB, OR ARE RETURNING SWIMMERS THAT DID NOT PARTICIPATE IN THE 2023-2024 SEASON.

IMPORTANT NOTES:

1. Booking an assessment or registration time does not guarantee that your child will be accepted into the club.
2. Space is only available based on the following criteria:
 - Rapids levels pre-requisites for swimmers age and ability.
 - Returning member registration
 - Lane space available at Minoru & Watermania pools.

INSTRUCTIONS:

STEP 1: Book a 2024-2025 Season Assessment Time

- 2024 Summer Camp participants are not required to be re-assessed. Go to step 2.
- Children that were assessed for our 2024 summer camp but did not register are not required to book an assessment.

Step 2: Read the 2024-2025 Information Booklet

- Group Descriptions, Monthly Training fees & schedules are posted in this document. Please familiarize yourself with our program schedules for your child's assessed level.
- Full club policies and Parent Participation information can be found in the [Rapids Parent Handbook](#).

STEP 3: Book a Registration time.

- Between August 13 & August 21 assessed swimmers will be emailed a link to book a registration time. This will be done in "waves" and based on swimmer ability, age and available space in specific levels.
- Booking a registration time does not guarantee a space will be available.
- Not all children assessed will be provided this email booking link but will be added to our wait list for the 2024-2025 season if eligible.

STEP 4: Attend In-Person Registration

- The club registrar will provide payment information and consent forms to be signed.
- Order any team gear or training gear required.

STEP 5: Log in to the Rapids website & Swimming Canada Account:

- Upon providing all registration forms and fees, the Rapids club registrar will send an account login e-mail for the Rapids website. Parents must fill in all account information fields for emergency contact information.
- In September, parents receive an email to confirm their Swimming Canada account. More information will be provided at a later date.

General Information

TRAINING SCHEDULES & START DATES

- See training group descriptions for the regular the practice/training schedule (Pages 8-17).
- Start dates:
 - Sept 9 & 10th – RSS 2-4, AGD, Youth, Senior Regional, SRP & National Group at Steveston pool
 - See Steveston pool schedule (Page 18)
 - Sept 9th & 10th – RSS 1 at Minoru
 - Oct 1st and Oct 2nd - Youth Fitness, Senior Fitness & Technical Development at Watermania.
- Practice schedules may be modified due holidays and events held at Watermania or MCAL. This includes Rapids events and other user group event bookings.

TRAINING LOCATIONS

- [Minoru Centre for Active Living](#)
 - Rapids Swim School Level 1
 - October 7-27, 2024 practices will take place at Watermania
- [Watermania](#)
 - RSS 2,3,4 and higher levels.
- [Steveston Outdoor Pool](#)
 - RSS 2 and higher groups
 - September 9-29 practices will take place at Steveston Outdoor Pool

RAPIDS PARENT HANDBOOK

The Rapids Parent Handbook has been updated to provide a full range of information on club governance, finances, P.P.P. and Long Term Athlete Development is posted in the [Parents section on the Rapids website](#). Please take some time to review this document.

FAMILY MEMBERSHIP

All swimmers are members of the Richmond Rapids Swim Club. Each family is entitled to only one vote at the Annual General Meeting.

COMMUNICATION

Families must provide an e-mail address at registration. Information will regularly be e-mailed to each family. Information may also be posted on the club website or social media, or paper handouts. Please e-mail the Rapids office or talk to your swimmer's coach if you have any questions.

PAYMENT OPTIONS

There are four options in paying the required fees: two by cheque (or cash) and two by credit/debit card, either annual or monthly. Please review the registration instructions on page four for a description. Annual payments made by cheque only, starting in September, are entitled to a discount of the training fee only.

Cheques for Parent Participation Points must be provided at registration for families paying by cheque or cash for the annual/monthly fees.

INVOICING & PAYMENT PROCESSING

Before the 1st of each month, members will be e-mailed a billing summary. This e-mail will show the amount to be owed on the 1st of the following month. On the 1st of each month or within the first five days, every account will have an invoice created and subsequently e-mailed. The club registrar will then process credit card payments and e-mail a receipt. Charges will be shown on the next month's invoice.

Credit or debit card information is stored and processed through the Moneris payment processing system. Therefore, any changes to members' credit card information must be sent directly to the club registrar. In addition, a credit card authorization form is posted in the Parents section on the Rapids website.

Members are obliged to keep their account in good standing with the Club. Failure to do so will result in a review of the account's membership by the Board of Directors and Director of Swimming. Any refundable fees will be processed and refunded at the end of the swim season or termination of membership.

NON-SUFFICIENT FUNDS CHEQUE & DECLINED OR EXPIRED CREDIT CARD FEE

\$25 will be charged for any N.S.F. cheques. Any credit cards that fail to process due to being expired or declined will also be subject to the \$25 fee. If two N.S.F. payments or declined credit card payments occur during the season, a certified cheque or bank draft will be required, and the family will be required to keep their account current each month.

CHANGE OF GROUP

Families will be billed for the difference in monthly training fees and Swim BC registration fees that may occur due to a swimmer's promotion during the season.

WITHDRAWAL POLICY

*One month's notice must be given in writing if a swimmer is no longer going to swim with the Club. If the notice is received after the 1st of the month, an additional month's training fee must be paid. No refunds are given if notice is received after April 1, 2024.

Refunds of training fees due to illness or injury will only be considered if a swimmer misses 80% or more of scheduled practices for any given month due to the illness or injury. A letter from a physician must accompany any such request for a refund of training fees. For withdrawal of a swimmer before the season commences, notice in writing must be received before August 31, 2024. Swimmers absent for reasons other than medical will not receive refunds on their fees.

NON-REFUNDABLE FEES:

The Swim BC fee, first month and June training fees are non-refundable. In addition, swim meet fees are non-refundable in most cases. See the information below.

SWIM MEETS FEES

Swim Meet entry fees will be posted in the meet information package. Every Swim BC Sanctioned competition or time trial has an entry fee that will be charged to member's accounts post-competition. These fees are non-refundable after the posted "scratch deadline." Meet entry fees may include Individual & relay event fees, Swim BC splash fees, facility fees and additional coaching fees. Meet fees are typically shown on the event information page on the website.

Team Travel meets (competitions held outside the lower mainland) or travel training trips will incur additional expenses such as transportation, accommodations, food, additional training fees.

ARENA TEAM TRAINING SWIM SUIT & TEAM GEAR

A team training swimsuit is required for all swimmers. Training suits should be ordered at our In-Person Swim Suit order days in August & September. Swimmers will be able to try on swimsuits at this time. All Arena team gear orders, including training suits, will be placed on the 15th of the month. Any orders placed after this date will go on the following month's order (i.e. an order placed on October 16 will go on the November 15th order). From that point, the expected delivery date will be six weeks following. If the national Arena office has the item in stock, it may arrive earlier. If it is back-ordered, expect an additional delay.

Failure to order the team swimsuit by April 1, will result in the fees being forfeited. The team swimsuit will be an optional requirement for swimmers that register or begin swimming after April 1.

Team swimsuit and other gear questions & orders can be sent to gear@richmondrapids.com.

PARENT PARTICIPATION POINTS

To host competitions and other events, parents are required to earn volunteer points based on the child swimming at the highest level. Each point is valued at \$50. Failure to earn some or all volunteer points will result in the points being charged to member's accounts at the end of the season.

The Club also requires each family to provide post-dated cheques equivalent in value to their assigned P.P.P. dollar value at the time of registration, **unless paying by credit card**. The post-dated cheques required for each swimming level are shown in the following table. A full description of the Parent Participation Program is posted in the Parent Handbook.

Swim Group	Points Required	Cheque Options	Cheques dated January 1, 2025	Cheques dated March 1, 2025	Cheques dated June 1, 2025
RSS 1-4, TD	4	Option A	1 x \$50	2 x \$50	1 x \$50
		Option B	1 x \$100	1 x \$100	0 x \$100
AGD 1	7	Option A	2 x \$50	2 x \$50	3 x \$50
		Option B	1 x \$100	1 x \$100	1 x \$150
AGD 2, Youth 1	16	Option A	3 x \$100	3 x \$100	2 x \$100
		Option B	1 x \$300	1 x \$300	1 x \$200
AGD 3, Youth 2, SR REGIONAL	20	Option A	4 x \$100	3 x \$100	3 x \$100
		Option B	1 x \$400	1 x \$300	1 x \$300
Youth 3, SRP	27	Option A	4 x \$150	3 x \$150	2 x \$150
		Option B	1 x \$600	1 x \$450	1 x \$300
National, NAG	30	Option A	2 x \$250	2 x \$250	2 x \$250
		Option B	1 x \$500	1 x \$500	1 x \$500
YF, SR Fit, RSS 1F	0				

Program Descriptions & Practice Schedules

Pre-Competitive Programs

RAPIDS SWIM SCHOOL

Program Coordinator: Amy Jorundson

Level 1

This program is the first step in the development of a young swimmer. Essential skills include introductions to streamlining, Freestyle, backstroke, dolphin kick, and starts and turns.

Prerequisites:

- Assessed by Rapids coach. Ability to swim 25 meters of front crawl & back crawl (approximate Swimmer 4 level)
- New Swimmers: 6-8 years old as of December 31, 2024

Level 2

This program is the second step in the development of a young swimmer. Streamlining, Freestyle and backstroke are continued, along with breaststroke development, basics of turns, and standing dives.

Prerequisites:

- Successful completion of RSS level 1 or assessed by Rapids coach
- New Swimmers: 6-9 years old as of December 31, 2024

Level 3

This program is the third step in the development of a young swimmer. Skills from the previous levels are developed further, and the addition of butterfly and more advanced starting and turning skills increase the challenge.

Prerequisites:

- Successful completion of RSS level 2 or assessed by Rapids coach
- 6-10 years old as of December 31, 2024

Level 4

This program is the fourth step in the development of a young swimmer. Full strokes of butterfly, breaststroke, backstroke, and Freestyle are developed, along with turns, underwaters, finishes, starts, and back starts.

Prerequisites:

- Successful completion of RSS level 3 or assessed by Rapids coach
- 6-10 years old as of December 31, 2024

RAPIDS SWIM SCHOOL SCHEDULE

GROUP	MON	TUES	WED	THURS	FRI	SAT	SUN	Monthly fee
RSS 1A	5:30-6:20pm	OFF	5:30-6:20pm	OFF	5:30-6:20pm	OFF	OFF	\$168
RSS 1B	6:30-7:20pm	OFF	6:30-7:20pm	OFF	6:30-7:20pm	OFF	OFF	\$168
RSS 1C	OFF	5:30-6:20pm	OFF	5:30-6:20pm	OFF	OFF	5:30-6:20pm	\$168
RSS 1D	OFF	6:30-7:20pm	OFF	6:30-7:20pm	OFF	OFF	6:30-7:20pm	\$168
RSS 1F	OFF	OFF	OFF	OFF	5:30-6:20pm	OFF	OFF	\$57
RSS 2A RSS 3A	5:30-6:25pm	OFF	5:30-6:25pm	OFF	5:30-6:25pm	OFF	OFF	\$173
RSS 2B RSS 3B	6:30-7:25pm	OFF	6:30-7:25pm	OFF	6:30-7:25pm	OFF	OFF	
RSS 2C RSS 3C	OFF	5:30-6:25pm	OFF	5:30-6:25pm	OFF	5:30-6:25pm	OFF	\$173
RSS 2D RSS 3D	OFF	6:30-7:25pm	OFF	6:30-7:25pm	OFF	6:30-7:25pm	OFF	
RSS 4A	5:30-6:25pm	OFF	5:30-6:25pm	OFF	5:30-6:25pm	OFF	OFF	\$173
RSS 4C	OFF	5:30-6:25pm	OFF	5:30-6:25pm	OFF	5:30-6:25pm	OFF	

Fitness & Technical Development Programs

This program is for swimmers interested in continuing to swim and train but are either involved in multiple other activities or are generally more casually interested in the sport. This is a non-competitive program. However, swimmers can opt in to racing at our local hosted meets throughout the season. To move into a competitive program, they will need to train well and meet competitive programming requirements for their age. Additional fees will be incurred to participate in Swim BC sanctioned competitions.

PROGRAM LEAD COACH: Darryl Rudolf

YOUTH FITNESS (NON COMPETITIVE)

Prerequisites

- 12-13 years old as of December 31, 2024
- Rapids Swim School Level 4, or equivalent to a legal 100 FR, 100 BK, and 50 BR.
 - (approximately Red Cross 10/Star Patrol minimum)

Equipment required: Rapids team training suit, goggles, water bottle, athletic shoes, suitable dryland exercise attire

YOUTH FITNESS TRAINING SCHEDULE

MON	TUES	WED	THURS	FRI	SAT	SUN	Monthly fee
OFF	6:45–8:00pm	OFF	6:45–8:00pm	OFF	OFF	OFF	\$141

***All practices include Activation & take place at Watermania beginning in October 1, 2024**

**** Practice schedules are subject to change.**

SENIOR FITNESS (NON COMPETITIVE)

Prerequisites

- 14-16 years old as of December 31, 2024
- Previously registered in Youth Fitness or equivalent to a legal 100 FR, 100 BK, and 50 BR.
 - (approximately Red Cross 10/Star Patrol minimum)

Equipment required: Rapids team training suit, goggles, water bottle, athletic shoes, suitable dryland exercise attire

SENIOR FITNESS TRAINING SCHEDULE

MON	TUES	WED	THURS	FRI	SAT	SUN	Monthly fee
6:45–8pm	OFF	6:45–8pm	OFF	OFF	OFF	OFF	\$141

***All practices include Activation & take place at Watermania beginning September 30, 2024**

**** Practice schedules are subject to change.**

TECHNICAL DEVELOPMENT (TD)

Prerequisites:

- 11 years old, completion of Rapids Swim School level 2.
- This program is for swimmers that have completed RSS 2 and have aged out of the RSS program.
- New swimmers are not eligible for this program.
- Swimmers will be eligible to participate in PASS Meets.

TECHNICAL DEVELOPMENT TRAINING SCHEDULE

MON	TUES	WED	THURS	FRI	SAT	SUN	Monthly fee
OFF	6:15-7:30pm	OFF	6:15-7:30pm	OFF	6:15-7:30pm	OFF	\$185

***All practices include Activation & take place at Watermania beginning October 1, 2025.**

**** Practice schedules are subject to change.**

Competitive Programs

AGE GROUP DEVELOPMENT PROGRAM (AGD)

The Age Group Development program is designed to introduce young athletes (age 11 and under) to the sport of swimming. Skill sets begin at fundamental levels, continue upward, and consistently develop skilled and knowledgeable athletes. A.G.D. swimmers are encouraged to be multi-disciplined and multi-sport



Program Lead Coach: Alex Pettifer

Age Group Development 1

This level is for children 11 years old and under who enjoy swimming and are interested in participating in the sport of swimming. Athletes will work on competitive stroke fundamentals, the basics of starts and turns, and their ability to swim more extended freestyle events. This group also aims to graduate to lower mainland regional (LMR) level meets through the Pass system. Pass meets will be offered at Watermania. There may be a possibility of one travel opportunity during the season. If a swimmer completes their Pass requirements, they will be able to compete at LMR meets.

Prerequisites:

- Completion of Rapids Swim School (or comparable program)
- Pass Level 2 and Above: Legal 100 IM under 2:10. Legal 100 Free under 1:50.

Attendance Requirement:

- A.G.D. 1 swimmers practice 3 times a week
- 80% attendance is recommended in this group for children to progress.
- Swimmers may only swim in one option (A, B or C)

AGD 1 TRAINING SCHEDULE

GROUP	MON	TUES	WED	THURS	FRI	SAT	SUN	Monthly fee
AGD 1A	OFF	5:45–7:00 PM	OFF	5:45–7:00 PM	6:15–7:30 PM	OFF	OFF	\$190
AGD 1B	5:45–7:00 PM	OFF	5:45–7:00 PM	OFF	5:45–7:00 PM	OFF	OFF	\$185
AGD 1C	OFF	4:45–6:00 PM	OFF	4:45–6:00 PM	5:15–6:30PM	OFF	OFF	\$190

***Above practices take place at Watermania & include Activation. See Steveston pool schedule for Sept training.**

****Practice schedules are subject to change.**

Age Group Development 2

This level is for athletes 11 years old and under who have been introduced to competitive swimming and wish to continue with the Rapids' long-term development plan. The primary focus of this group is the technical improvement in all strokes and distances, turns, and starts. The secondary focus of the group is on learning the sport of swimming, including rules, nutrition, and self-management at practices and meets. Endurance training is not the primary focus of this group. Any "endurance" improvements will happen as a natural product of learning and rehearsing. Athletes will race at an LMR meet once every four to six weeks. Swimmers who achieve the qualification standards for invitational, divisional or provincial level championships will be encouraged to attend. Travel meets will require a parent or guardian to join their swimmer.

AGD 2 Prerequisites (in short course meters):

- 3:45 200 IM & 3:15 200 FR
- Turn-focused 100 Freestyle. Must complete 100m S.C. with an unbroken streamline to the surface and two (or more) dolphin kicks off of every wall.
- Training Guidelines
 - 8x25 Freestyle on a:40 interval
 - 200m Flutter Kick at or under 4:20
 - 1x50m of each stroke at or under 1:00, legally
- Participation in competitions is required to participate in this group

Attendance Requirement:

- A.G.D 2 Swimmers practice 4 times a week
- 80% attendance is recommended in this group for children to progress.

AGD 2 TRAINING SCHEDULE

GROUP	MON	TUES	WED	THURS	FRI	SAT	SUN	Monthly fee
AGD 2	5:15-7:00PM	5:45-7:00 PM	OFF	5:45-7:00 PM	5:15-6:30 PM	OFF	OFF	\$228

***Above practices take place at Watermania & include Activation. See Steveston pool schedule for Sept training.**

****Practice schedules are subject to change.**

Age Group Development 3

This level of our program is for highly motivated athletes from 11 and under years of age who are committed to long-term development and have met all of the listed group prerequisites. The group's focus is learning to train, mastering more sophisticated techniques, and exposing the swimmer to expanding aspects of competitive swimming and the sporting lifestyle. Training emphasis will consist of skill, physiology, and mental development. Any "endurance" improvements will happen as a natural product of learning and rehearsing. To promote continued improvement through the Rapids' long-term development plan, as well as success in training and at the Divisional and Provincial level. AGD 3 requires elevated commitment from its athletes.

Swimmers will have 12-15 competitions per year, highlighted by a regional, Divisional or Provincial Competition. **Attending meets will often require missing a half-day or more of school, and swimmers are expected to prepare appropriately for these situations.**



Swimmers can move into AGD 3 based on the training and competitive prerequisites provided below. **The Program Coach will make the final decision for all group movements and reserve the right to make decisions based on the Individual.**

Prerequisites (times in short course meters)

- Minimum 1x Provincial standard (L.C. season age group) in a 200m or longer event
- Committed to the competition schedule of the AGD 3 program and the Rapids long-term development plan
- Training guidelines
 - 4:00 for 200 kick
 - 16x25 on:15 rest, holding 200m race pace for each stroke
 - 4x50 on:10 rest, cumulative time at or under personal best 200m time, plus:30 seconds
 - 12x75 on:20 rest, maintaining 800m freestyle race pace

A similar level of competence across all four competitive strokes

Attendance Requirements

- 85% attendance is required for swimmers to continue to train in this program and attend competitions. The AGD 3 Coach will review participation in this group regularly.
- Swimmers must attend all Championship meets they qualify for if they expect to remain in the AGD 3 program.

Equipment Required:

Team Gear: Rapids team training suit, Rapids t-shirt, Rapids cap, water bottle

Pool Gear: Small kickboard, Arena Power Fins, small pull buoy

Dryland Gear: Yoga mat, running or cross-training shoes, gym shorts, jump rope, shoulder stretch cord (supplied by the team for a small fee)

AGD 3 TRAINING SCHEDULE

GROUP	MON	TUES	WED	THURS	FRI	SAT	SUN	Monthly fee
AGD 3	OFF	5:15–7:00 PM	5:15–7:00 PM	5:15–7:00 PM	5:15–7:00 PM	7:45–9:00 AM	OFF	\$238

***Above practices take place at Watermania & include Activation. See Steveston pool schedule for Sept training.**

****Practice schedules are subject to change.**

YOUTH PROGRAM

This level of our program is designed to introduce swimmers at the age of 12/13 years to competitive swimming or to continue to develop regional competition-level athletes. Swimmers are expected to have completed Swim School level 4 or equivalent and be interested in competition. **Promotion in the Youth program is at the discretion of the Youth lead coach and the Head Coach. Swimmers may be promoted that have some but not all of the group requirements.**

PROGRAM LEAD COACH: Darryl Rudolf and Alex Pettifer

Youth 1

The primary goal is to introduce the swimmer to the necessary skills and commitment of this level of swimming to compete at the PASS meets and LMR meets. With the goal of reaching LMR Championships and Divisionals by the end of the season.

Prerequisites

- Completed Rapids Swim School or equivalent as assessed by a Rapids Coach
- Legal 100 IM under 2:00

Training and Development Goals

- Technical knowledge of the basics of all four strokes, all turns and starts
- 16x50 Free on 1:00
- 200 Kick Under 4:30

Attendance Requirement:

- Youth 1 swimmers practice 4 times a week.
- 5 Practices are offered a week, swimmers choose 4 practices to attend.
- 80% attendance is recommended in this group for children to progress.

Equipment Required for Youth 1: Rapids team training suit, Rapids t-shirt and cap (if worn), water bottle, small kickboard, running or cross-training shoes, gym shorts,

YOUTH 1 TRAINING SCHEDULE

GROUP	MON	TUES	WED	THURS	FRI	SAT	SUN	Monthly fee
Youth 1	5:45– 7:00pm	5:45– 7:00pm	5:45– 7:00pm	OFF	6:15– 7:30pm	10:15– 11:30am	OFF	\$228

***All practices take place at Watermania & include Activation. See Steveston pool schedule for Sept training.**

****Practice schedules are subject to change.**

Youth 2

The primary goal is to introduce the swimmer to the necessary skills and commitment to successfully compete at an LMR, Regional Championships, Divisional Championships or Provincial Championship level. Competitions include regional meets, a few invitational meets and the possibility of travel in B.C.

Prerequisites

- 200 IM under 3:20, 200 Freestyle under 2:50
- Achieved 12 year old divisional time in at least 1 event
- Committed to the LMR racing schedule (competitions every 4-5 weeks)

Training and Development Goals

- Technical knowledge of the basics of all four strokes, all turns and starts
- 5x100 Kick on 2:15, holding 2:00 or faster
- 12x25 on:15 rest, holding 200m race pace for each stroke

Attendance Requirement:

- Youth 2 swimmers practice 5 times a week
- 80% attendance is recommended in this group for children to progress.

Equipment Required for Youth 2: Rapids team training suit, Rapids t-shirt and cap (if worn), water bottle, small kickboard, running or cross-training shoes, gym shorts, Arena Power Fins, pull buoy.

YOUTH 2 TRAINING SCHEDULE

GROUP	MON	TUES	WED	THURS	FRI	SAT	SUN	Monthly fee
Youth 2	3:40 –5:30 PM	3:40 –5:30 PM	3:40 –5:30 PM	OFF	3:40 –5:30 PM	6:00-8:00 AM	OFF	\$265

***All practices take place at Watermania & include Activation. See Steveston pool schedule for Sept training.**

****Practice schedules are subject to change.**

Youth 3

This level of our program is for highly motivated athletes from 12/13 year of age who are committed to long-term development and have met all of the listed group prerequisites. The group's focus is learning to train, mastering more sophisticated techniques, and exposing the swimmer to expanding aspects of competitive swimming and the sporting lifestyle. Training emphasis will consist of skill, physiology, and mental development. To promote continued improvement through the Rapids' long-term development plan, as well as success in training and at the Provincial level, Youth 3. requires elevated commitment from its athletes.



Swimmers will have 12-15 competitions per year, highlighted by a regional, Provincial, or National Championship. **Attending meets will often require missing a half-day or more of school, and swimmers are expected to prepare appropriately for these situations.**

Swimmers can move into Youth 3. based on the training and competitive prerequisites provided below. **The Program Coach will make the final decision for all group movements and reserve the right to make decisions based on the Individual.**

Prerequisites (times in short course meters)

- Minimum 1x Provincial standard (L.C. season age group) in a 200m or longer event
- Committed to the competition schedule of the Youth 3 program and the Rapids long-term development plan
- Training guidelines
 - 4:00 for 200 kick
 - 16x25 on:15 rest, holding 200m race pace for each stroke
 - 4x50 on:10 rest, cumulative time at or under personal best 200m time, plus:30 seconds
 - 12x75 on:20 rest, maintaining 800m freestyle race pace
 - A similar level of competence across all four competitive strokes

Attendance Requirements

- 90% attendance is required for swimmers to continue to train in this program and attend competitions. The Youth 3. Coach and Head Age Group Coach will review participation in this group regularly.
- Swimmers must attend all Championship meets they qualify for if they expect to remain in the Youth 3 program.

Equipment Required:

Team Gear: Rapids team training suit, Rapids t-shirt, Rapids cap, water bottle

Pool Gear: Small kickboard, Arena Power Fins, small pull buoy, finis paddles

Dryland Gear: Yoga mat, running or cross-training shoes, gym shorts, jump rope, shoulder stretch cord (supplied by the team for a small fee)

YOUTH 3 TRAINING SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN	Monthly fee
AM	OFF	6:00- 7:30 AM	OFF	OFF	OFF	6:00–8:45 AM	OFF	\$304
PM	3:40 – 6:00 PM	OFF	3:40 – 6:00 PM	3:40- 6:15 PM	3:40- 5:45 PM	OFF	OFF	

***Above practices include Activation & take place at Watermania. See Steveston pool schedule for Sept training.**

**** Practice schedules are subject to change**

*****Thursdays and Saturdays practices include 45 minutes of dryland**

SENIOR PROGRAMS

The following programs are for swimmers aged 14 and over. Swimmers will continue to develop and train the skills learned in previous levels at the Regional, Provincial and National Levels. Acceptance into these programs is based on training ability, commitment to the training and competition schedule as well as performance requirements. Full participation is expected from athletes participating in these programs.

Senior Regional

The primary goal is to continue the skills learned and commitment required to successfully compete at an LMR, Regional, or Provincial Championship level. Competitions include regional meets, a few invitational meets and the possibility of travel in B.C.

Prerequisites

- LMR Championship Qualified
- 200 Free Under 2:50
- Committed to the LMR racing schedule (competitions every 4-5 weeks)

Training and Development Goals

- Technical knowledge of the basics of all four strokes, all turns and starts
- 3:00 or better 200 IM & 6:00 or better 400 Freestyle
- 5x100 Kick on 2:15, holding 2:00 or faster
- 12x25 on:15 rest, holding 200m race pace for each stroke
- **Swimmers will swim four practices per week and must maintain a 75% attendance record.**
- **Swimmers are encouraged to try other sports on their off days**

Equipment Required for Senior Regional.: Rapids team training suit, Rapids t-shirt and cap (if worn), water bottle, small kickboard, running or cross-training shoes, gym shorts, skipping rope, flippers

SENIOR REGIONAL (SRREG) TRAINING SCHEDULE

GROUP	MON	TUES	WED	THURS	FRI	SAT	SUN	Monthly fee
Senior Regional	5:15-7:00 PM	6:00-7:30 AM	5:15-7:00 PM	5:15-7:00 PM	OFF	8:45-10:30 AM	OFF	\$265

***Above practices include Activation & take place at Watermania. See Steveston pool schedule for Sept training.**

**** Practice schedules are subject to change**

**** Thursday PM Practice Starts with an 45 Minutes of Dryland, swimmers must come prepared for activity on the pool deck.**



Senior Provincial

COACH: Dennis Silva

This program is for Swim BC divisional and provincial-level swimmers working to develop and maintain the ability to perform at a Swim BC Championship level and achieve national time standards. The group's focus is to continue physiological and technical training with exposure to multiple levels of competition. There will be many competitive opportunities throughout the season, highlighted by two provincial competitions per year. In addition, swim-up options with the National group will be available to highly devoted and high-performing athletes. Swimmers in this group may move into the National program should they meet the requirements.

Prerequisites:

- **14 years or older & Demonstrated a minimum of 80% attendance or higher in previous season.**
- Divisionally Qualified in multiple events, and Provincial Championship qualified or "on-track,"
- 80% attendance of all scheduled practices is required to compete. Failure to meet this group requirement will result in a re-evaluation of the swimmer's position in the program by the Senior Provincial Coach and Director of Swimming.
- Swimmers who do not meet this requirement monthly may not be entered in upcoming meets.
- Full commitment to competition schedule, including competitions that require missing school days.
- Swimmers are required to attend Provincial competitions for which they qualify.
- Swimmers must demonstrate an ability to contribute to overall team success through a positive attitude, strong work ethic, sportsmanship, coachability and commitment to the training & competition schedule.
- Swimmers wishing to progress to the National program must attend the National meets for which they are eligible.
- **The Senior Provincial Coach reserves the right to accept swimmers into the program that have made some but not all of the above criteria.**

Training & Performance Requirements:

- 16 X 100 FR on 1:40 holding 1:30 or better
- 10 X 100 IM on 1:45
- Sub 8:00 400 Kick
- Boys 400 FR under 5:15 400 FR, Girls under 5:30
- Boys 200 IM under 2:40, Girls under 2:50

Equipment Required:

Team Gear: Rapids team training suit, Rapids t-shirt, white Rapids provincial hoodie, water bottle

Pool Gear: Kickboard, Arena Pull-kick Pro, Arena Swim Snorkel Pro, Finis Agility or Finger paddles, Rite in the Rain notebook to be Provided by Coach.

Dryland Gear: Running or cross-training shoes, gym shorts, shoulder band (supplied by club), yoga mat, Skipping rope.

SRP TRAINING SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN	Monthly fee
AM	OFF	OFF	OFF	6:00- 7:30 AM	OFF	7:40- 10:00 AM	OFF	\$363
PM	3:40 – 6:00 PM	3:40 - 6:00 PM	3:40 - 6:00 PM	3:40- 6:00 PM	3:40 - 5:30 PM	2:00-3:00 PM at TC	OFF	

***All practices include Activation & take place at Watermania. See Steveston pool schedule for Sept training.**

**** Practice schedules are subject to change**

***** Final 30 minutes on Monday & Wednesday practices have 30 minutes of dryland.**

******Saturdays 2-3pm training takes place at [True Conditioning](#) in Steveston. Appropriate dryland clothes and runners must be worn. Address is 3960 Chatham Street, Richmond**

NATIONAL PROGRAMS

COACH: Robert Pettifer

National Age Group

N.A.G is a pre-senior level program. The goal of NAG is to develop dedicated athletes further to be successful at national-level competitions (Western Canadian Championships and Junior National Championships) and prepare them for senior-level development. Athletes in this group will be involved in the decision-making process for parts of their training and competition preparation and held accountable for those decisions.

National Group

The National group level of our program is for motivated and dedicated nationally qualified swimmers. The focus of this group is to develop the athlete's ability and skills to qualify and compete as a finalist at the National level with the potential to reach the International level. Swimmers will have multiple competitive opportunities throughout the season, highlighted by two National Championship competitions. Exceptional work ethic and positivity will be *required* daily.

Participation in these groups is the sole decision of the Head Coach. Coaches reserve the right to accept swimmers that meet some, but not all, requirements. Squad members will be evaluated regularly to determine if each Individual is meeting the group's high standard.

N.A.G. Entrance Guidelines

- Ages 13-14
- Provincially qualified
- Committed to supporting an atmosphere of positivity, sportsmanship, and professionalism

National Entrance Requirements:

- Qualified for at least Western Nationals or Junior Nationals
- Committed to the **entire** training and competitive schedule
- **The Head Coach reserves the right to accept swimmers into the National program that have made some but not all of the above criteria**

Attendance:

- Swimmers must attend **85%** of all scheduled monthly practices for the NATIONAL group. Failure to meet this group requirement will result in a re-evaluation by the Head Coach of the swimmer's position in the National program.
- Swimmers are **expected** to attend all Provincial Championship meets and any National competitions for which they qualify.
- Workouts and schedules will be flexible and appropriate for the age and ability level of the athlete.
- Additional Dryland workouts may be added and take place at the Balance in Motion Studio.

Equipment Required for National groups:

- **Team Gear:** Rapids training suit, Rapids t-shirt, white Rapids hoodie, water bottle
- **Pool Gear:** Kickboard, Arena Pull-Kick Pro, Swim Snorkel, paddles (Small & Large), ankle band, fins
- **Dryland Gear:** Running or cross-training gym shorts, skipping rope, exercise band, knee band

NAG & NATIONAL TRAINING SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN	Monthly fee
AM	NAG & NAT: Swim: 6:00–7:30	Off	OFF	NAT: Gym TBA NAG: OFF	OFF	NAT GYM: TBA NAT & NAG: Activation: 9:30-9:55 Swim: 10:00 AM- 12:00 PM	OFF	NAG: \$346 NAT: \$391
PM	Activation: 3:30-3:55 Swim: 4:00-6:00	Activation: 3:30-3:55 Swim: 4:00-6:00	Activation: 3:30-3:55 Swim: 4:00-6:00	Activation: 3:30-3:55 Swim: 4:00-6:00	Activation: 3:30-3:55 Swim: 4:00-6:00	OFF	OFF	

***GYM NOTE: limited space - in both sessions and 100% commitment to the Gym program is required.**

****GYM fees are not included in NAG training fee shown.**

SEPTEMBER STEVESTON POOL SCHEDULE – Sept 9-29

Watermania will be closed for maintenance from September 3rd to 29th. Practices will be held at Steveston Outdoor starting September 9 until September 29. Below is the schedule during this time.

Swim practices will be held rain or shine.

Dryland practices will be held in the field behind the pool.

- Swimmers are to meet their coach in front of the pool entrance.
- Proper dryland practices will be subject to weather conditions.
- Proper dryland attire is required.
- Practice times include Activation

Regular training at Watermania will begin October 1.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
National	3:15-5:00 PM	OFF	3:15-5:00 PM	3:15-5:00 PM	3:15-5:00 PM	9:45 AM - 12:00 PM	OFF
Senior Provincial	6:15-7:30 PM	5:45-7:30 PM	5:45-7:30 PM	OFF	6:15-7:30 PM	7:45-10:00 AM	OFF
Senior Regional	5:00-6:00 PM Dryland	OFF	OFF	6:15-7:30 PM	OFF	OFF	7:45-9:30 AM
Youth 3	OFF	4:00-5:00 PM Dryland	3:15-4:30 Swim 4:30-5:30 Dryland PM	OFF	3:45-5:30 PM	7:45-9:30 AM	9:15-11:30 AM
Youth 2	4:45-6:30 PM	4:00-5:00 PM Dryland	4:45-6:00 PM	OFF	4:45-6:30 PM	10:15 AM-12:00 PM	OFF
Youth 1	6:15-7:30 PM	6:15-7:30 PM	5:00-6:00 PM Dryland	OFF	6:15-7:30 PM	OFF	OFF
AGD 3	OFF	3:15-5:00 PM	OFF	4:45-6:30 PM		9:00-10:00 AM	OFF
AGD 2	OFF	3:15-5:00 PM	OFF	4:45-6:30 PM	4:00-5:00 PM Dryland	OFF	OFF
AGD 1A	3:15-4:30 PM Swim 4:30-5:00 PM Dryland		OFF	6:00-6:30 PM Dryland 6:30-7:30 PM Swim		OFF	OFF
AGD 1B	OFF	4:30-5:00 PM Dryland 5:00-6:00 PM Swim	OFF	OFF	5:00-5:30 PM Dryland 5:30-6:30 PM Swim	OFF	OFF
AGD 1C	OFF	3:15-4:30 PM Swim 4:30-5:00 PM Dryland	OFF	3:15-4:30 PM Swim 4:30-5:00 PM Dryland	OFF	OFF	OFF
RSS 4A	OFF	OFF	6:30-7:30 PM	OFF	OFF	OFF	9:00-10:00 AM
RSS 4C	OFF	5:00-6:00 PM	OFF	OFF	OFF	OFF	10:00-11:00 AM
RSS 3A	4:30-5:30 PM	OFF	4:30-5:30 PM	OFF	OFF	OFF	OFF
RSS 3B	5:30-6:30 PM	OFF	5:30-6:30 PM	OFF	OFF	OFF	OFF
RSS 3C	OFF	5:00-6:00 PM	OFF	4:30-5:30 PM	OFF	OFF	OFF
RSS 3D	OFF	6:00-7:00 PM	OFF	5:30-6:30 PM	OFF	OFF	OFF
RSS 2A	4:30-5:30 PM	OFF	4:30-5:30 PM	OFF	OFF	OFF	OFF
RSS 2B	5:30-6:30 PM	OFF	5:30-6:30 PM	OFF	OFF	OFF	OFF
RSS 2C	OFF	4:30-5:30 PM	OFF	4:30-5:30 PM	OFF	OFF	OFF
RSS 2D	OFF	5:30-6:30 PM	OFF	5:30-6:30 PM	OFF	OFF	OFF

Rapids Hosted Competition Dates

Rapids Swim School Mini Meets	Rapids PASS Meets
- Participating groups: RSS 1,2,3,4 - Saturday's 9am-12pm, Sundays 10am-1pm	- Participating groups: TD, AGD 1, Youth 1 (Non LMR Qualified swimmers) - Saturday's 9am-12pm, Sundays 10am-1pm
RSS Mini Meet Dates	PASS Meet Dates
- Sunday, October 20 - Saturday, November 30 - Sunday, January 26 - Saturday, March 8 - Sunday, April 27 - Saturday, May 31	- Saturday, October 19 - Sunday, December 1 - Saturday, January 25 - Sunday, March 9 - Saturday, April 26 - Sunday, June 1

Rapids Time Trials

- Participating groups: LMR Qualified swimmers in AGD 2,3 YOUTH 1,2,3, SRREG, SRP, NAT
 - Friday October 18
 - Thursday November 28
 - Friday January 24
 - Thursday April 24

Rapids LMR Distance Meet - Sunday, November 3

- Participating groups: LMR Qualified swimmers in AGD 2,3 YOUTH 1,2,3, SRREG, SRP, NAT

Rapids Fast Swim Classic – December 19-22

- Participating groups: Qualified Swimmers in AGD 2,3 YOUTH 1,2,3, SRREG, SRP, NAT

LMR Championships – February 8-9

- Participating groups: Qualified Swimmers in AGD 2, YOUTH 1,2,3, SRREG, SRP, NAT

Rapids West Coast Open – May 2-4

- Participating groups: LMR Qualified swimmers in AGD 2,3 YOUTH 1,2,3, SRREG, SRP, NAT

Rapids Summer Festival– June 14-15

- Participating groups: LMR Qualified swimmers in AGD 1, Youth 1 & higher.



Richmond Rapids Policies, Code of Conduct & Agreements

I/we agree to the following policies, procedures, standards, and registration fees set by the Richmond Rapids Swim Club, its coaching staff, and board of directors. These policies are available on the Rapids website.

- [Privacy Policy](#)
- [Travel Policy](#)
- [Code of Conduct and Ethics Policy](#)
- [Discipline and Complaints Policy](#)
- [Alternate Dispute Policy](#)
- [Appeal Policy](#)
- [Athlete Protection Policy](#)

PERSONAL INFORMATION, PARENT & Swimmer Agreements

Medical Release: In the event of a medical emergency I/we authorize our child(ren) to be treated by certified emergency/medical personnel. ***I have provided all necessary medical information about my child via the Rapids website. Please note:*** Access to medical information will only be available to employees, chaperones, and board members of the Rapids deemed necessary to access this information by the Director of Swimming and/or Registrar.

Media Permissions: Group photographs may be posted without identifying swimmers. In addition, I/we give permission to post individual photographs of our children or ourselves on the club website, bulletin boards, newsletters and related publications and to include names and achievements in team stories.

Travel and Behavior Guidelines: I/we confirm reading and signing the Rapids Code of Ethics form I/we agree that we will explain and discuss these guidelines with our child(ren) and agree to abide by these guidelines.

Parent Participation Program: I/we confirm reading the Parent Participation Program included in the registration booklet and agree to contribute to team activities as outlined.

Outstanding Balances: I/we understand that we will receive periodic account statements and can also view outstanding account balances via the Rapids website. The outstanding balance must not exceed \$500 at any point.

Privacy: The Richmond Rapids Swim Club is required to submit information such as swimmer names, birth dates and contact information to Swimming-Natation Canada (S.N.C.) and Swim BC, the National and Provincial governing bodies, for registration and insurance. Further information regarding use of personal information can be found here: <https://swimbc.ca/wp-content/uploads/2020-08-19-PIPA-Letter-1.pdf>

In addition, personal information is kept on the Club's website for registration and billing purposes. Team Unify is a subsidiary of N.B.C. Universal. Members are subject to N.B.C.'s privacy policy. More information about this policy can be found here: <https://www.nbcuniversal.com/privacy#accordionheader5>

Lastly, please be aware that competitive swimming takes place in a public forum. Therefore, competition results, including swimmer's names, will be posted at swim meet locations, on our website, and at the S.N.C. Meets site (<https://www.swimming.ca/MeetList.aspx>).

Any questions may be submitted to swim@richmondrapids.com.

Parent/ Guardian or Adult Swimmer Initials: _____

RAPIDS PARENTS CODE OF CONDUCT

As a parent/guardian of a swimmer, parents must understand that swimming is simply a sport that their child does. The role of a swimming parent is to support, love and encourage their child. Swimming teaches children many life skills and can build one's character. The Rapids coaches will help teach the swimmers about commitment, work ethic, teamwork, living a healthy lifestyle and managing their time, not just how to swim fast. Support the coach and the program.

Kids progress at different rates. Parents must understand that some swimmers will be much more skilled and advanced at a young age while others will progress faster as they get older, stronger, more skilled or more coordinated. Your kids will have successes and failures. Be a positive role model in these times. As a parent, your children look to you to set the example, not to be a coach. If you have questions or concerns, talk to the coaches after a practice or phone or e-mail them. Don't gossip or speak negatively about the program. If there's a problem, discuss it with your child's coach or the Director of Swimming, rather than complain about it. There's always a solution. Your child and their coach will appreciate you for it.

Lastly, a swimming parent must understand that swim clubs are primarily driven by the support of its members. By volunteering or supporting the Club with any ideas that will help the team grow, be a better organization or assist with building a successful environment for children striving for excellence in sport.

Parent/ Guardian: _____

CONFLICT RESOLUTION PROCEDURES

In keeping with the Team Philosophy outlined in the Parent Handbook, all communication between parents and coaches should be respectful and constructive. Aggressive or abusive language is not permitted.

When a parent has questions or doubts about what is happening at the pool, the first step should be to talk with the coach after practice about the concerns. If the parent is dissatisfied with the answers, they should **wait 24 hours** before further action. This requirement allows time for a reassessment of the matter in the hope of calming any emotional reactions.

If an agreement cannot be reached after discussion with the coach, the Parent Conflict Resolution flowchart should be used to determine the next appropriate action. With everyone's help, we can continue the tradition of Rapids being a place for young athletes to train and grow.

-The Rapids Board of Directors.

Parent/ Guardian or Adult Swimmer Initials: _____

ILLNESS POLICY

Each member and family of the Rapids has a role and responsibility in keeping the spread of illness such as colds, flu or more serious viral infections such as Covid-19 as low as possible. While the risk and transmission of such illnesses may never be eliminated, parents/guardians of swimmers shall agree to the following:

1. Keep their child home if feeling sick or experiencing any symptoms of Covid-19 or infectious disease.
2. Only return to training once feeling fully healthy.
3. Inform the child's program lead coach and/or registrar if missing multiple practices.
4. Respect and follow Federal, Provincial, Municipal health policies required to participate in sport in case of an infectious disease outbreak.

Parent/ Guardian or Adult Swimmer Initials: _____

SWIMMER CODE OF CONDUCT

As a member of the Richmond Rapids Swim Club, all swimmers must adhere to the rules and regulations of the swim club. Swimmers that do not adhere to these rules. A review of the swimmer's participation and/or membership with the Club by the swimmer's coach and/or the Director of Swimming or Club President.

General Rules

1. Be respectful of others and yourself.
2. Be respectful of property (pool change rooms, hotel rooms, equipment etc.)
 - a. Any willful damage will result in costs being charged back to the swimmer.
3. No use of alcohol, illegal drugs or tobacco products regardless of legal age or not.
4. No possession of pornographic, racist, or any other inappropriate material.
5. At travel meets, no breaking curfew set by the coaches or chaperones.
6. Swimmers must wear Rapids team gear when competing at any competition.
7. Have appropriate training gear at practice at all times.
8. Strive for excellence and know your priorities: 1. Family 2. School 3. Swimming
9. Swimmers will not speak, text, e-mail or post negative, rude, disrespectful comments about the Club, club staff, or their teammates on social networking sites.
10. I agree to stay home if sick and/or experiencing symptoms of Covid-19 or any other infectious disease and follow health and safety protocols as required by Federal, Provincial and Municipal health organizations for sport.

Non-compliance with any of the above rules is grounds to have one's membership reviewed and/or revoked. In addition, at travel meets, these rules and those established by the coach or chaperone are sufficient grounds for swimmers to be withdrawn from the meet and to be sent home at their own expense, based on the discretion of both the coach and the chaperone.

Each and every member has a role and an effect on the success of the team. As a member of the Club, swimmers must understand their participation in this program is a **privilege** and strive to be the best athlete, teammate, and competitor by acting positively and respectfully.

Parent/ Guardian or Adult Swimmer Initials: _____

Acknowledgement of Policies

As a parent of a swimmer in the Richmond Rapids Swim Club and/or adult swimmer, I have read the Richmond Rapids Policies, Agreements and Code of Conduct forms on pages 20, 21 and 22 of this document. I agree to these terms as a condition of membership in the Club.

Participant Name: _____ Date: _____

Signature of Participant (if over 18 years of age): _____

Parent or Guardian Name: _____

Signature of Parent / Guardian (if participant is a minor): _____