



# OPERATION RISK COMMITTEE

## Dryland Video Training Protocol

**Audience:** All Club leadership; Sport Development

**Policy Purpose:** The USA Swimming Operational Risk Team has advocated for accommodations relative to Dry Land training to help club leadership and coaches maintain training regimens during periods of public facility closure. The key modification to the program is the addition of virtual dryland training included in the definition of 'Covered Activities' under the participant accident insurance program.

**Insurance applicability:** The updated verbiage going into effect reads as follows (Bolding added for emphasis):

### **USA SWIMMING**

*Covered activities include **Virtual dryland training/instruction under the direct supervision of a USA Swimming member coach.** The training must involve live online streaming/real-time instruction or training via the internet. The instructor should be able to communicate visually and verbally with the participants at all times during instruction. **Coverage does not extend to recorded videos/sessions where there is no live or real-time interaction, and the recordings are accessible by someone other than your clients/members.***

### **Required Protocol:**

- **Members:** Only registered USA Swimming members may participate in the training
- **Supervision ratio:** The Coach/Instructor to athlete ration shall be no greater than 1:8 (1 coach per 8 athletes)
- **Recommended exercise:** Training shall consist primarily of body weight or light weight exercises
- **Spatial limitations:** Coach shall ensure the athlete is in an open space free from obstruction prior to training.
- **Content:** All content must be professional in nature.
- **Timing of training:** All video training must take place between the hours of 8:00 am – 8:00 pm.
- **Parent/3<sup>rd</sup> party Adult involvement:** If there is only one minor athlete and coach conducting the training, the minor's legal guardian must be present and able to observe the training and video.
  - For any group setting, at least one other adult must be present and able to view the video activity during the training session.
  - The parents should sign a release for at home dryland training.

### **RISK/LEGAL/SAFETY TEAM RESOURCES**

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Operations Risk	Clubs and Membership	Drafted by: Steve Levine
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