

TITLE PAGE

*****Please read everything thoroughly as some information has changed.**

Welcome to the **Rams Swim Club Registration** for our upcoming swim season!

The registration process is simple for both new and returning members. Your account will enable you easily declare for swim meets, sign-up to volunteer sessions, see your children's swim times, maintain your own contact information, and much more.

We look forward to having you be a part of the **Rams Swim Club** family and are excited for another great season!

AGREEMENT 1

Rams Swim Club Registration Consents and Agreements

Medical Release Waiver: I certify that I am the parent or legal guardian for my child(ren). I hereby give my permission for any supervisor, coach or other team administrator associated with the Rams Swim Club to seek and give appropriate medical attention for our child(ren) in the event of accident, injury, illness. I will be responsible for any and all costs associated with any necessary medical attention and/or treatment.

I hereby waive, release and forever discharge Rams Swim Club and associated supervisor, coach or other team administrator from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in Rams Swim Club activities, whether or not damages or loss is due to negligence. I hereby acknowledge that my children is (are) physically fit and capable of participation in all Swim Team activities.

Liability Release and Indemnification: I, the undersigned participant and parent, request voluntary participation for minor(s) to participate in all events, which are hereinafter referred to as the "activities" sponsored by Rams Swim Club, USA Swimming and its local swimming committees. This agreement is valid while the participant is a member of USA Swimming.

I consent to my/minor's participation in the activities and acknowledge that the minor and I fully understand my/minor's participation may involve risk of serious injury or death, including losses which may result not only from my/minor's own actions, inactions or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the event or activity is being conducted, and/or the rules of play of this type of event or activity. I understand that if I have any risk concerns, I should discuss the risks associated with my participation with the activity coordinators and event staff, before I sign this document and before any activities begins.

Release - Minor's Rights: In consideration of allowing Minor Participant to participate in the activities, I hereby release and hold harmless Rams Swim Club, USA Swimming and its local swimming committee and their members of its board of directors, officers, employees, volunteers,

other participants, and agents (collectively, the "Released Parties"), of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that Minor Participant may have or sustain with respect to any and all damage and/or injury, of any type, arising out of his or her participating in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Release - Parents/Guardians Rights: In consideration of allowing Minor Participant to participate in this USA Swimming event, I hereby release and hold harmless the Released Parties, of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that I may have or sustain with respect to any and all damage and/or injury, of any type, arising from Minor Participants participation in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Hold Harmless Waiver: It is my intent, as a participant competing in Rams Swim Club sanctioned activities, while participating during activities including any practice, pre-meet or post-meet activities at **SOUTHEAST POLK HIGH SCHOOL OR ANY OTHER LOCATIONS USED BY THE CLUB** for said activities that I am agreeable to the following:

I acknowledge that I am aware that there are risks to me of exposure to directly or indirectly arising out of, contributed to, by, or resulting from:

An outbreak of any and all communicable disease, including but not limited to, the virus "severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)", which is responsible for Coronavirus Disease (COVID-19) and/or any mutation or variation thereof;

In consideration of having the opportunity to participate as either a team member or competitor at location, and in acknowledging that I am aware of and willing to assume the risks associated with this activity, I hereby voluntarily agree to waive, hold harmless and indemnify Rams Swim Club and its trustees, agents, volunteers and employees from any and all claims, demands, damages and causes of action of any nature whatsoever arising out of ordinary negligence which I, my heirs, my assigns or successors may have against them for, on account of, or by reason of my participation in the above activities.

Film and Photography Release: Occasionally, Rams Swim Club takes photographs and/or video during the meets, practices and socials. Photos and videos are used for many different purposes including Facebook, publications, advertising, team newsletters and promotional materials. We need your signature on file if you give your permission to use photos/videos of your child for promotional purposes. I consent to and authorize Rams Swim Club to take photographs in film, digital or print form of my child to be used for the purpose of promoting the Rams Swim Club without compensation to me. All film and images are the sole property of Rams Swim Club.

Parents have a right to refuse agreement to their child being photographed. If you choose to not have your child photographed, the team must have written documentation of your request. Please email our team admin Frankie Hanson at admin@ramsswimmingia.com with the following: name of your swimmer, training group and the specific season they are participating on swim team.

Volunteer Agreement: The Rams Swim Club depends a great deal on parent volunteers to make each event successful. More than 100 individuals are needed for a USA swim meet to run effectively; therefore, parents are required to volunteer in order for their children to swim in meets.

The Board has adopted a policy, which is also used by several other teams and clubs in the area. Rams Swim Club **requires** that each family volunteers the required number of sessions at a **USA swim meet or Rams Swim Club activity which required volunteers. Fall/Winter 2022/2023 requires a minimum of 8 volunteer sessions per 2 registered athletes per family account.**

If you do not fulfill the volunteer requirement, your account will be charged \$200 with the funds going directly to the Rams Swim Club. This charge will occur after all the meets are completed. This charge will be prorated.

Minor Athlete Abuse Prevention Policy: The Rams Swim Club and members are mandated to follow the Minor Athlete Abuse Prevention Policy. The policy can be reviewed at [CLICK HERE](#). With registration you acknowledge that you have received, read and understood the Minor Athlete Abuse Prevention Policy. I further acknowledge and understand that agreeing to comply with the contents of this Policy is a condition of my membership with Rams Swim Club.

Parents check the box at Registration that states "I have read and agree to the above statements", the following documents are being signed electronically:

- **Medical Release Waiver**
- **Liability Release and Indemnification**
- **Hold Harmless Waiver**
- **Film and Photography Release**
- **Volunteer Agreement**
- **Minor Athlete Abuse Prevention Policy (MAAPP)**

You further agreed by registering your child for the Rams Swim Club that your electronic signature is the legal equivalent of your manual signature.

AGREEMENT 2

Rams Swim Club Swimmer Code of Conduct

The Rams Swim Club includes people of all different swimming abilities and ages. Despite every individual's differences, the common goal is for each person to have the possibility to succeed. To do that each swimmer must conduct themselves in a manner which displays respect for other swimmers, coaches, and property, whether at practice or a meet. The club recognizes that it is difficult to document all possible situations; therefore the board empowers the coaches to discipline for any instances that are disruptive to the success of the club at practice or meets. The following CODE OF CONDUCT is a general list of the type of behavior that all swimmers are expected to follow at all times.

As a Rams Swim Club Swimmer, I promise that:

1. I will listen to the best of my ability and I will not disrupt practices or meetings.
2. I will not waste practice time and I will respect the instructions given by my coaches.
3. I understand that my coaches will challenge me mentally and physically.
4. I will do my best to come to practices and meets prepared to face all these challenges and actively participate in practice.
5. I will always support my teammates in their efforts to succeed at their goals.
6. I will be responsible for being ready and behind the blocks for my races at meets.
7. I will not use profanity (swearing).
8. I will not physically/verbally abuse any other swimmer, coach or official.
9. I will respect the belongings and equipment of others, will not use another person's property without permission, and will not purposely damage or misuse equipment or property.
10. I will not participate in unsportsmanlike conduct (taunting, insulting or derogatory remarks or acts, etc).
11. I understand that the coaching staff has the authority to remove me from a practice or meet at any time for disruptive behavior.
12. I will not take part in public displays of affection.
13. I will not have electronics out during meets, this includes cell phones.
14. I will not display unruly behavior including grabbing, fighting, hitting, or striking another individual.

15. I will not participate in bullying behaviors and will report any suspicions of bullying to the coach on deck immediately.
16. I will not put another swimmer's safety at risk at any time, including in and out of the water.
17. I understand that when I am at a Rams Swim Club activity, including practice or a swim meet, I am representing my team and I will be respectful to all coaches, athletes, officials, parents and spectators.

I understand that failing to comply with set rules of conduct could initiate immediate contact to my parents/guardians and invoke disciplinary action by the coach on deck. Disciplinary action could include removal from practice, meets or club functions for 1-7 days. If more extensive discipline is warranted, the head coach and the board will discuss and determine suspension and/or expulsion on a case-by-case basis.

The following list are some situations that are subject to immediate suspension from the club and will then be presented to the Board to discuss and determine if expulsion is warranted. Other actions are subject to suspension or expulsion at the discretion of the Head coach and the Board.

1. The use of drugs, alcohol or tobacco products affecting any club activity.
2. Conviction for any unlawful act.
3. Theft of club, facility or swimmer property.
4. Extreme demonstration of disrespect to property or individuals related to club activities.

By checking the box below that states "I have read and agree to the above statement" you are signing the Swimmer Code of Conduct Agreement. You further agree that your electronic signature is the legal equivalent of your manual signature. You also agree that you have read to, and informed your swimmer (s), the Swimmer Code of Conduct Agreement and that they also agree to follow the terms listed above at all times.

AGREEMENT 3

The Rams Swim Club includes people of all different swimming abilities and ages. Despite every individual's differences, the common goal is for each person to have the possibility to succeed. To do that each parent must conduct themselves in a manner which displays respect for other swimmers, coaches, and property, whether at practice or a meet. The following CODE OF CONDUCT is a general list of the type of behavior that all parents are expected to follow at all times.

The Rams Swim Club is very fortunate to have highly experienced professional coaches working to allow each swimmer the possibility to strive to attain success, and to develop the skills to succeed both in and out of the water. As parents, it is essential that we display respect for the coaching staff at all times.

As a Rams Swim Club parent, I promise that:

1. I will support the values of discipline, commitment, and teamwork during practice, meets, and other Rams Swim Club functions and in all actions and communication with coaches, parents, swimmers and officials.
2. My attitude toward my swimmer's participation, the sport of swimming, the Rams Swim Club program, the coaches, and the Board members, is key to a positive attitude and the success of my swimmer.
3. I will not coach my swimmer or any other swimmer at practice and/or meets from the stands or any other areas, nor will I interfere with coaches or officials on the pool deck.
4. I understand that swimmers may not be treated equally. Each swimmer and group has different capabilities and motivations, the coaches will coach based on those capabilities and motivations.
5. I understand that my swimmer will be challenged both mentally and physically at practices by our coaches.
6. I will notify our coach if my child has any injuries or illnesses that may affect their ability to train.
7. I will expect that my child will be coachable and not disruptive during any practices or meets that we attend.
8. I will know my role and maintain control.

- **Swimmers-swim**

- **Coaches-coach**
- **Officials-officiate**
- **Parents-parent**

9. I will demonstrate good sportsmanship at all times by maintaining personal control and conducting myself in a manner that is respectful of my child, other swimmers, parents, officials, board members and all coaches during every practice, meet or other club activity or meeting.
10. I understand that unsportsmanlike conduct towards officials, coaches, board members, volunteers, or any swimmer, includes taunting, insulting or derogatory remarks or acts, criticizing, name-calling or use of abusive language/gestures, grabbing, fighting, hitting, or striking another individual. This will not be permitted and will result in disciplinary action.
11. I will not speak with coaches or other parents about other athletes on the team.
12. I will not participate in bullying behaviors and will report any suspicions of bullying to a Board member or a member of the coaching staff.
13. I understand that coaches make many decisions. I will not always agree with all of them, but I will respect them.
14. I understand that the coaching staff will have final approval on each swimmer's meet entries.
15. I understand that it is inappropriate to confront a board member or a coach at practice or a meet. I will discuss any concerns or take suggestions to a member of the coaching staff or the board via email first by simply stating that I'd like to meet to discuss an issue. I also agree that the email is not the place to write a lengthy complaint and a time will be set up to meet with the coach and a board member. I will further not burden coaches or board members by directing excessive phone, emails, or text messages.
16. I understand that I will not text the coaching staff during a meet unless coach has reached out to me. I will only text coaches before a meet if we are running late or illness will require removal from races.
17. I understand the coaching staff has the authority to remove my swimmer and/or myself from an individual practice or meet at anytime for disruptive or rude behavior.
18. I understand that board members are volunteers that are involved with many different aspects of running the club, their time is limited and patience needs to be exercised.
19. I will direct any questions or concerns regarding any decisions made by an official to a member of the coaching staff or board member.
20. I will fulfill my family's volunteer/donation requirements. If I do not fulfill my volunteer obligation I agree that my bank account will be charged \$100/\$15 with the funds going directly to the Rams Swim Club.
21. Should I conduct myself in a way that breaches the Rams Swim Club code of conduct or that brings disrespect, discredit, or discord to the Rams Swim Club, I voluntarily subject myself to disciplinary action. The Rams Swim Club maintains the right to suspend or terminate any membership with or without cause in the interest of our vision, mission and objectives.

By checking the box below that states "I have read and agree to the above statement" you are signing the Parent code of Conduct Agreement and you agree to follow the terms listed above at all times.. You further agree that your electronic signature is the legal equivalent of your manual signature.

AGREEMENT 4

THIS IS NEW FOR ALL USA SWIMMING TEAMS. YOU MAY WANT TO TAKE A SCREENSHOT OF THIS INFORMATION.

Every Swimmer and Club must be a registered member of USA Swimming to participate in USA Swimming practice and competition (meets).

USA Swimming has changed how they handle their memberships. If you are a returning swimmer, historically you have paid for your USA Swimming membership at the time of registration and our team admin submitted the forms and payment for you to USA Swimming. Starting 9/1/22, USA Swimming will move to having their own direct portal,

where families will be able to sign up for their swimmer's membership directly. (This is a change by many of the USA national governing bodies of sports.)

When available, our team admin will send to you an unique link for registering your swimmer with USA Swimming and tagging Rams Swim Club as the club. The 2023 USA Swimming membership year registration opens September 1, 2022. If you are brand new to a USA Swimming club, you will need to register with USA Swimming at this time. If you have been a USA Swimming member, check your swimmer's expiration date. It may be good through the end of 2022. Our team admin will be auditing our team roster and assisting you to make sure your swimmer is compliant.

Transferring Swimmers: Athletes and Non-Athletes seeking to transfer from one club to another, or coming to Iowa Swimming from another LSC can initiate a transfer online.

1. Log in to your member account [here](#)
2. Select VIEW for the member seeking to transfer
3. Under My Account, select Club Transfer
4. Select the V under Club to view current status, and Initiate Transfer.
5. Complete the transfer form, and click Submit.

Once submitted, the transfer will be pending approval by the IASI Registrar, who will confirm when the transfer has been completed, and invoice the club for any transfer fees that apply.

Financial Assistance Swimmers: If you receive [one of these forms of financial assistance](#), you will qualify for USA Swimming Outreach membership. You will be provided an unique link for USA Swimming registration. Please connect with our team admin to receive this link at admin@ramsswimmingia.com.

AGREEMENT 5

Our training group practices schedule pdf and fees are listed on our team website using this link: <https://www.teamunify.com/team/iarsc/page/about-rsc/training-groups>

These fees listed are the monthly fees for practice and do not include meet fees, apparel, unfulfilled volunteer sessions, etc.

Upon checkout, you will be charged a \$15 non-refundable registration fee and the first month of dues if registering after 9/1. At the first of the month, you will be drafted for your practice fees. If your swimmer attends a meet, the meet fees will be invoiced after the meet and paid for in the following month on the 1st.

You will be able to choose to pay by credit card (with a 3% transaction fee) or ACH (new this year). Only credit cards may be used for registration. Once you are registered, you may update your team account with your ACH information for monthly dues.

All monthly fees must be paid by the 15th of the month for your swimmer to be in good standing and continue to train on the team.

SUCCESS PAGE

Your registration and payment has been successfully processed! Thank you. A receipt of the charges has been emailed to ==EMAIL==. If you are registering as a NEW Member, after your registration is APPROVED by our team, you will receive a separately emailed **Sign In** instructions granting you access to your private online Account. This make take up to 24 hours to complete.

As a registered member of the **Rams Swim Club**, signing into your private account delivers you access to job sign-ups, declaring for swim meets, private time tracking participation and much more.