

METROWEST YMCA  
STINGRAYS SWIM TEAM POLICIES  
2022-2023



## CODE OF CONDUCT FOR SWIMMERS:

As members of the MetroWest YMCA Stingrays Swim Team (MWYS), our athletes' behavior impacts the reputation of our parents, teammates, coaches, and the MetroWest YMCA. MWYS swimmers are expected to:

1. Display respect, common courtesy, and good sportsmanship towards coaches, fellow swimmers, officials, *trainers* and volunteers at all times.
2. Behave in a manner that reflects positively on my team at all practices, meets, and team social gatherings including those held in public places.
3. Follow facility rules at all practice and competition facilities. This applies to pool deck, locker rooms, rest rooms, and bleacher areas.
4. Be respectful and supportive of my teammates at all times. This includes using proper lane etiquette during practices and warm-ups and cheering for and encouraging my teammates during meets.

The following behaviors will not be tolerated at any time and will result in disciplinary action:

1. Inappropriate or unsafe behavior including but not limited to fighting or striking another athlete, dunking or pushing someone into the pool, or horseplay.
2. Bullying of any kind including physical, verbal, or emotional.
3. Hazing.
4. Interfering with the progress of another swimmer. This includes but is not limited to grabbing, scratching, pulling, or kicking another swimmer or refusing to allow another swimmer to pass you.
5. Using inappropriate language.
6. Stealing, vandalism, or any destructive behavior.
7. Use or possession of any illegal substance (i.e. alcohol, tobacco, drugs)

## SWIMMERS' RESPONSIBILITIES:

In order to get the most benefit from practices and to be a great team member at meets, swimmers should:

1. Be on time for all practices and meets.
2. Come prepared to practices and meets with all necessary equipment. (kickboard, paddles & water bottles)
3. Team caps and suit must be worn at all meets (not at practice).
4. Check the events you will be swimming before each meet.
5. During a meet, stay on the deck with team at all times. Tell a coach if you are going to the locker room. Do not sit in stands with parents during a meet.
6. After swimming each event at a meet, get your time and check in with a coach.
7. Clean up after yourself during practices and meets. Leave pool deck and locker rooms clean and neat.
8. Do not use sauna at Regis College.

# METROWEST YMCA STINGRAYS



## CODE OF CONDUCT FOR PARENTS:

The conduct and behavior of parents is equally as important as our swimmers' behaviors. Parents of MWYS members are required to adhere to the following code of conduct:

1. Display respect, common courtesy, and good sportsmanship towards coaches, swimmers, officials, trainers and volunteers at all times.
2. Behave in a manner that reflects positively on our team at all practices, meets, and team social gatherings.
3. Parents are not allowed on the pool deck during practices and meets at any time unless they are officiating or have a volunteer job. If a parent is volunteering, they may only be on the pool deck during their assigned time.
4. Parents will not coach or instruct any swimmer at practices or meets from the stands or any other area. Do not interfere with the coaches on the pool deck or confront an official or stroke and turn judge at any time.
5. Do not allow your swimmer(s) to sit in the stands with you during a meet.
6. Parents are responsible for their children's supervision and behavior during meets and other swim team functions. Swimmers under age 16 years old may not be dropped off unattended at swim meets. Swimmers under 16 years old must have an adult present at meets, functions, and off-site practices designated as responsible for their supervision, transportation, and their emergency contact. Swimmers 10 years old and younger must have a parent/guardian or designated adult present at practices held at the Framingham Branch who is responsible in the event of an emergency.

*The parent or guardian signing off on this Code of Conduct is responsible for communicating these policies with other family members and guardians.*

*Please note that failure to comply with this Code of Conduct will result in disciplinary action.*

## PARENTS' RESPONSIBILITIES:

1. Bring your child(ren) to practices and meets on time. Let a coach know if you are going to be late for a meet.
2. Read all communications from coaches and volunteers. Respond as necessary.
3. Check the team website regularly for important information and updates.
4. *Volunteering: Our swim team cannot function without the support of parents. In order for your child to be a part of the MetroWest YMCA Stingrays Swim Team, we require all families to volunteer at meets, including timing at meets, and fundraising events. Failure to fulfill your volunteer requirement may result in your child's suspension or termination from the team. Refunds will not be given for suspensions or terminations. Fulfill your team volunteer requirements at meets and fundraising events by signing up on our website. Families are required to volunteer at 5(five) meets/events. Families that have more than one swimmer on the team will be required to volunteer at one*

*additional meet/event. Families of swimmers who qualify for championship meets may need to volunteer at additional meets depending on our team's timing assignments.*

5. Help your child(ren) be prepared for meets with all necessary equipment. Go over events they will be swimming before each meet.
6. Accept each meet for your swimmer to attend. Opt in if you want your child(ren) to attend a meet.
7. Provide your swimmer with a healthy, balanced diet and help keep you swimmer hydrated.
8. All siblings/swimmers are not allowed to run around at our rented facilities. This will be strickly enforced.

## **DISCIPLINARY POLICY**

The MetroWest YMCA Stingray Swim Team (MWYS) is a high-quality competitive youth swimming organization committed to excellence at all levels. So that all of our team members may pursue their full athletic potential in a safe, supportive environment, the following disciplinary policy has been adopted in the event that the behavior of a swimmer or parent warrants its implementation:

1. Any MWYS swimmer found in possession of, or under the influence of, alcohol or illegal drugs while on YMCA property or during any MWYS event –including swim meets, travel trips, or any additional MWYS-sanctioned event –will be suspended or dismissed from the team.
2. Any MWYS swimmer suspected of engaging in alcohol or illegal drug use may be subject to the penalties or consequences listed below.
3. Any MWYS swimmer or parent participating in bullying, hazing, physical or mental abuse or other behaviors as stated in the Code of Conduct towards team mates and/or coaches will be subject to the penalties or consequences listed below.
4. Any MWYS swimmer or parent engaging in any behaviors as stated in the Code of Conduct that discredit the team or YMCA, is harmful to or poses a risk to the health and/or safety of any other member of the team, as determined by the Head Coach, may be subject to the penalties or consequences listed below.

Any disciplinary action that results from the violation of any of these policies will be at the discretion of the Head Coach, and Assistant Aquatic Director, and Aquatic Director.

Disciplinary penalties or consequences may include, but are not limited to, one or more of the following:

1. Dismissal from the team
2. Suspension from the team
3. Probation with the team
4. Loss of privileges – restriction at events/or swim meets.

**There will be no refund of registration or other fees for the period of dismissal or suspension.**

## METROWEST YMCA STINGRAYS



### TRAVEL POLICY

**During the MetroWest YMCA swim team season athletes need to be transported to and from meets.**

**On occasion meets are out of state – Vermont, New Hampshire and Rhode Island.**

**“Team Travel” is defined as a daytime and/or overnight travel that may or may not include a hotel stay to a swim meet or other team activity that is planned and supervised by the MetroWest YMCA.**

1. Regardless of gender or age, a coach shall not share a hotel room or other sleeping agreements with an athlete.
2. Regardless of gender or age, no athlete will be transported by a MetroWest YMCA employee.
3. Parents and/or guardians are responsible for driving athletes to and from meets.
4. Parents and/or guardians are responsible for athletes' hotel accommodations and supervision while attending any away meet.
5. Parents and/or guardians, for the duration of entire meet/function, are responsible for athletes' supervision while attending any meet or swim team function.
6. Written permission required if an unrelated applicable adult to provide local transportation to minor athlete alone.
7. Written permission required if an unrelated adult athlete to share the same hotel room sleeping arrangement with minor athlete.
8. Travel policy must be signed by all parents.



## **METROWEST YMCA STINGRAYS**

### **BATHROOM PROCEDURES**

The following guidelines are designed to maintain personal privacy as well as to reduce the risk of misconduct in locker rooms and changing areas.

Participants of swim team will be allowed to use the bathroom on an individual basis during swim team practice. They will notify a coach and:

If a child is 11 or older, the child may use the bathroom alone.

If the child is 10 or under, the coach should notify the parent, if they are in the pool viewing area, to come assist their child. If the parent is not available, the coach or another staff member or volunteer must accompany the child to the bathroom with at least one other swimmer or staff member.

**STAFF MEMBERS SHOULD NOT ENTER THE LOCKER ROOM ALONE FOR ANY REASON  
TO ASSIST A CHILD.  
IF IT ABSOLUTELY NECESSARY, AT LEAST 2 STAFF MEMBERS MUST ENTER TOGETHER  
TO ASSIST CHILD.**

All Coaches, timers, officials should use a separate bathroom when available. If no bathroom is available please do not enter bathroom alone.

## METROWEST YMCA STINGRAYS



### Photography and Video Recording Devices

The MWYS will take photographs (individual and in a group) of swimmers under the age of 18 that may include your child during their Membership in the MWYS. All photos will be taken and published in line with the club policy. The club requires parental consent to take and use the photograph.

The team photo is published on TeamUnify every year. Please let us know if you do not want your child's photograph to be taken.

Parents have the right to refuse having their child photographed. If you wish to refuse having you child photographed please fill out the Photography policy and return to Aquatic Office.

No photographs should be taken from behind swimming block at the start of a race or a child climbing out of the swimming pool.

No photographs should not be taken in locker rooms or bathrooms.

- **No cell phones should be used in the locker room, bathroom and program areas**
- **Talking on cell phones is restricted to offices, conference rooms hallways and lobby areas**

## **METROWEST YMCA STINGRAYS**



### **Electronic Communication Policy**

The MetroWest YMCA Stingrays recognizes the prevalence of electronic communication and social media in today's world. Many of our swimmers use these means as their primary method of communication. While the MetroWest YMCA Stingrays acknowledges the value of these methods of communication, the MetroWest YMCA Stingrays also realizes that there are associated risks that must be considered when adults use these methods to communicate with minors.

- All communication must be professional in nature.
- All communication concerning an athlete's personal life, social activities, relationships or family issues must be transparent, accessible and professional.
- all Text and E-mail communications must include the parent and take place between the hours of 7:00am to 9:00pm
- Facebook and instagram blogs and similar sites - coaches are not allowed to join or have as friends. Their site should be set to private.

### **Request to discontinue all electronic communications**

Parents or guardians of an athlete may request in writing that their child not be contacted by coaches through any form of electronic communication.





# **Minor Athlete Abuse Prevention Policy**

**Organization Name**

**Effective: September 1, 2021**



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### **THIS POLICY APPLIES TO:**

**In-Program Contact:** Any contact (including communications, interactions or activities) between an Adult Participant and any Minor Athlete(s) related to participation in sport. Examples include, but are not limited to: competition, practices, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions and/or summits.

**Adult Participants:** Any adult 18 years of age or older who is a:

- USA Swimming member, either athlete or non-athlete;
- Participating non-member (e.g., meet marshals, meet computer operators, timers, etc.);
- Authorized, approved or appointed by USA Swimming, Zones, Local Swimming Committees ("LSCs") or member clubs to have regular contact with (e.g., ongoing interactions during a 12-month period wherein the individual is in a role of active engagement) or authority over Minor Athletes; and/or
- Within the governance or disciplinary jurisdiction of USA Swimming, Zones, LSCs or member clubs.

### **GENERAL REQUIREMENT**

USA Swimming Zones, LSCs and member clubs are required to implement this Minor Athlete Abuse Prevention Policy in full. The Minor Athlete Abuse Prevention Policy must be reviewed and agreed to in writing by all athletes, parents/legal guardians, coaches and other non-athlete members of member clubs on an annual basis with such written agreement to be retained by the club or LSC, as applicable.

### **DEFINITIONS**

**Athlete:** A USA Swimming athlete member.

**Authority:** When one person's position over another person is such that, based on the totality of the circumstances, they have the power or right to direct, control, give orders to, or make decisions for that person (e.g., when a power imbalance exists).

**Dual Relationship:** When an Adult Participant has a relationship with a Minor Athlete that is outside of the sport program. Examples of Dual Relationships include, but are not limited to, family members, mental health professionals, teachers, medical professionals and family friends.

**Emergency Circumstances:** A serious, unexpected and possibly dangerous situation that requires quick action and cannot be avoided. Emergency circumstances include, but are not limited to: a physical, mental or emotional medical emergency involving the Minor Athlete, relative of the Minor Athlete or relative of an Adult Participant; a Minor Athlete's suicidal ideations/behavior; a report of abuse; a severe weather event; and last-minute practice changes.

**Electronic Communication:** Includes, but not limited to, phone calls, emails, videoconferencing, video coaching, text-messaging and social media.

**Event or Facility Under Partial or Full Jurisdiction:** Includes any USA Swimming sanctioned event (including all travel and lodging in connection with participation in the event) or any facility that USA Swimming, Zones, LSCs or member clubs owns, leases or rents for practice, training or competition.

**In-Program:** Activities related to participation in sport. Examples include, but are not limited to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award



ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

**In-Program Contact:** Any contact (including communications, interactions or activities) between an Adult Participant and any Minor Athlete(s) related to participation in sport. Examples include, but are not limited to contact occurring at or related to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

**In-Program Massage:** Any Massage involving an Adult Participant and any Minor Athlete(s) related to participation in sport. Examples include, but are not limited to Massage occurring at or related to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

**In-Program Travel:** Any transportation or travel involving an Adult Participant and any Minor Athlete(s) related to participation in sport authorized or funded by the Organization. Examples include, but are not limited to transportation or travel to or related to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

**Massage:** Any massage, rubdown, athletic training modality including physical modalities (e.g., stretching, physical manipulation, injury rehabilitation, etc.) and electronic or instrument assisted modalities (e.g., stim treatment, dry needling, cupping, etc.).

**Minor Athlete:** An athlete under 18 years of age who is a USA Swimming member or was a USA Swimming member within the previous 12 months.

**Organization:** Organization Name

#### **EXCEPTIONS**

**[Note: Exceptions apply only where specified]**

**Close-In-Age Exception:** In-Program Contact between an Adult Participant and a Minor Athlete is permitted if:

- a. The Adult Participant has no authority over the Minor Athlete; and
- b. The Adult Participant is not more than four years older than the Minor Athlete.

**Dual Relationship Exception:** An Adult Participant has a dual role or relationship with a Minor Athlete. This exception requires written consent of the Minor Athlete's parent/legal guardian at least annually.



### **ONE-ON-ONE INTERACTIONS**

#### **I. Observable and Interruptible**

All one-on-one In-Program Contact interactions between a Minor Athlete and an Adult Participant must occur at an observable and interruptible distance from another adult, except:

- a. In emergency circumstances;
- b. When a Dual Relationship exists; and/or
- c. When the Close-In-Age Exception applies.



## **MEETINGS AND INDIVIDUAL TRAINING SESSIONS**

### **I. Meetings**

- a. Meetings between a Minor Athlete and an Adult Participant may only occur if another adult is present and where interactions can be easily observed and at an interruptible distance from another adult.
- b. If a one-on-one meeting takes place, the door to the room must remain unlocked and open. If available, it must occur in a room that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.
- c. Meetings must not be conducted in an Adult Participant or Athlete's hotel room or other overnight lodging location during In-Program Travel.

### **II. Meetings with Licensed Mental Health Care Professionals and/or Health Care Providers**

If a licensed mental health care professional and/or health care provider meets one-on-one with a Minor Athlete at an Event or Facility Under Partial or Full Jurisdiction of the Organization in conjunction with participation, the meeting must be observable and interruptible by another adult, except if:

- a. The door remains unlocked;
- b. Another adult is present at the facility;
- c. The other adult is advised that a closed-door meeting is occurring **although the Minor Athlete's identity does not need to be disclosed;**
- d. The Organization is notified that the licensed mental health care professional and or health care provider will be meeting with a Minor Athlete; and
- e. The licensed mental health care professional and/or health care provider obtains consent consistent with applicable laws and ethical standards, which can be withdrawn at any time.

### **III. Individual Training Sessions**

- a. In-Program one-on-one individual training sessions outside of the regular course of training and practice between Adult Participants and Minor Athletes must be observable and interruptible by another adult, except:
  - i. When a Dual Relationship exists; and/or
  - ii. When the Close-In-Age Exception applies.
- b. The Adult Participant providing the individual training session must receive advance, written consent from the Minor Athlete's parent/legal guardian at least annually, with a copy provided to the **Organization Name**, which can be withdrawn at any time.
- c. Parents/legal guardians must be allowed to observe the individual training session.



## **ELECTRONIC COMMUNICATIONS**

### **I. Content**

All Electronic Communication from Adult Participants to Minor Athletes must be professional in nature.

### **II. Open and Transparent**

- a. If an Adult Participant communicates one-on-one with a Minor Athlete via Electronic Communications, the Minor Athlete's parent/legal guardian must be copied or included. If a Minor Athlete communicates to the Adult Participant privately first, said Adult Participant must copy or include the Minor Athlete's parent/legal guardian on any Electronic Communication response to the Minor Athlete. Adult Participants must only use Electronic Communication platforms that allow for Open and Transparent communication.
- b. The following exceptions apply to Section II(a):
  - i. In emergency circumstances;
  - ii. When a Dual Relationship exists; and/or
  - iii. When the Close-In-Age Exception applies.
- c. When an Adult Participant communicates electronically to the entire team or any number of Minor Athletes on the team, said Adult Participant **must copy another Adult Participant**.

### **III. Requests to Discontinue**

Parents/legal guardians may request in writing that their Minor Athlete not be contacted through any form of electronic communication by the Organization or by an Adult Participant subject to this Policy. The Organization must abide by any such request that the Minor Athlete not be contacted via electronic communication, or included in any social media post, absent emergency circumstances.

### **IV. Hours**

Electronic communications must only be sent between the hours of **5:00 a.m. and 9:00 p.m.** local time for the location of the Minor Athlete, unless emergency circumstances exist, or during competition travel.

### **V. Prohibited Electronic Communication**

- a. Adult Participants are not permitted to maintain private social media connections with Minor Athletes and such Adult Participants are not permitted to accept new personal page requests on social media platforms from Minor Athletes, unless the Adult Participant has a fan page, or the contact is deemed as celebrity contact as opposed to regular contact. Existing social media connections with Minor Athletes must be discontinued. Minor Athletes may "friend", "like" or "follow" the Organization's official page.
- b. Adult Participants must not send private, instant or direct messages to a Minor Athlete through social media platforms.
- c. The following exceptions apply to Section V:
  - i. When a Dual Relationship exists; and/or
  - ii. When the Close-In-Age Exception applies.



## **IN-PROGRAM TRAVEL AND LODGING**

### **I. Transportation**

- a. During In-Program Travel, observable and interruptible environments must be maintained.
- b. An Adult Participant must not transport a Minor Athlete one-on-one during In-Program Travel and must always transport at least two Minor Athletes or another Adult Participant, except:
  - i. In emergency circumstances;
  - ii. When a Dual Relationship exists;
  - iii. When the Close-In-Age Exception applies; and/or
  - iv. The Minor Athlete's parent/legal guardian has provided, at least annually, written consent for the Adult Participant to transport the Minor Athlete one-on-one, which can be withdrawn at any time.
- c. Adult Participants, including team managers and chaperones, who travel with the Organization must be USA Swimming non-athlete members of USA Swimming.

#### **[Recommended]**

Adult Participants who are parents/legal guardians of Minor Athletes must pick up their Minor Athlete first and drop off their Minor Athlete last in any shared or carpool travel arrangement.

### **II. Lodging**

- a. An Adult Participant must not share hotel room, sleeping arrangement or overnight lodging location with an Athlete.
- b. During In-Program Travel, all In-Program Contact in a hotel room, sleeping arrangement or overnight lodging location between an Adult Participant and a Minor Athlete must be observable and interruptible.
- c. During In-Program Travel, when doing room checks, two-deep leadership (two Adult Participants should be present) and observable and interruptible environments must be maintained.
- d. The following exceptions apply to II(a), (b) and (c):
  - i. When a Dual Relationship exists, the Adult Participant is not a coach, and the Minor Athlete's parent/legal guardian has provided advance, written consent for the lodging arrangement; and/or
  - ii. When the Close-In-Age Exception applies and the Minor Athlete's parent/legal guardian has provided advance, written consent for the lodging arrangement.
- e. Minor Athletes should be paired to share a hotel room, sleeping arrangement or overnight lodging location with other Minor Athletes of the same competition category and of similar age.

### **III. Written Consent**

A Minor Athlete's parent/legal guardian must provide written consent, at least annually, for all In- Program Travel and lodging during In-Program Travel, which can be withdrawn at any time.

### **IV. Meetings**

- a. Meetings during In-Program Travel must be conducted consistent with the One-on-One Interactions section of this Policy (e.g., any such meeting must be observable and interruptible).
- b. Meetings must not be conducted in an Adult Participant or athlete's hotel room or other overnight lodging location during In-Program Travel.





## **LOCKER ROOMS AND CHANGING AREAS**

### **I. Requirement to Use Locker Room or Changing Area**

The designated locker room or changing area must be used when an athlete or Adult Participant changes, in whole or in part, into or out of a swimsuit when wearing just one suit (e.g., deck changing is prohibited).

### **II. Observable and Interruptible**

All In-Program Contact between Adult Participants and Minor Athletes in a locker room, changing area or similar space must be observable and interruptible, except:

- a. In emergency circumstances;
- b. A Dual Relationship exists; and/or
- c. The Close-In-Age exception applies.

### **III. Private or Semi-Private Space for Minor Athletes**

The Organization must provide a private or semi-private place for Minor Athletes that need to change clothes or undress at Events or Facilities Under Partial or Full Jurisdiction of the Organization.

### **IV. Use of Recording Devices**

Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces by a Minor Athlete or an Adult Participant is prohibited.

### **V. Undress**

Adult Participants must not change clothes or behave in a manner that intentionally or recklessly exposes his or her breasts, buttocks, groin or genitals to a Minor Athlete under any circumstance. An Adult Participant must not request a Minor Athlete to expose the Minor Athlete's breasts, buttocks, groin or genitals to the Adult Participant under any circumstance. Nothing in this section shall be construed to apply to areas of the body exposed while wearing swimwear which conforms to the current concept of the appropriate for the individual's competition category.

### **VI. Showers**

- a. Adult Participants must not shower with Minor Athletes unless:
  - i. The Adult Participant meets the Close-in-Age Exception; and/or
  - ii. The shower is part of a pre- or post-activity rinse while wearing swimwear.
- b. Parents/legal guardians may request in writing that their Minor Athlete(s) not change or shower with Adult Participants during In-Program Contact. The Organization must abide by such a request.

### **VII. Monitoring**

The Organization must regularly and randomly monitor the use of locker rooms and changing areas to ensure compliance with this Policy. Locker rooms and changing areas may be monitored by use of the following methods:

- a. Conducting a sweep of the locker room or changing area before athletes arrive;
- b. Posting staff directly outside the locker room or changing area during periods of use;
- c. Leaving the doors open when adequate privacy is still possible; and/or
- d. Making occasional sweeps of the locker rooms or changing areas with women checking on female locker rooms and men checking on male locker rooms.

Every effort must be made to recognize when a Minor Athlete goes to the locker room or changing area during practice and competition, and, if the Minor Athlete does not return in a timely fashion, to check on the Minor Athlete's whereabouts.

### **VIII. Parents/legal guardians in Locker Rooms or Changing Areas**



If a parent/legal guardian enters a locker room or changing area, it must only be a parent/legal guardian of the same competition category and the parent/legal guardian should notify a coach or administrator in advance.



## **MESSAGES, RUBDOWNS AND ATHLETIC TRAINING MODALITIES**

### **I. General Requirement**

Any In-Program Massage performed on an athlete must be conducted in an observable and interruptible location and must be performed by a licensed massage therapist or other certified professional. However, even if a coach is a licensed massage therapist, the coach must not perform a rubdown or massage of an athlete under any circumstance.

### **II. Additional Minor Athlete Requirements**

- a. Written consent by a parent/legal guardian must be obtained in advance at least annually by the licensed massage therapist or other certified professional which can be withdrawn at any time.
- b. Parent/legal guardians must be allowed to observe the Massage, except for competition or training venues that limit credentialing.
- c. Any Massage of a Minor Athlete must be done with at least one other Adult Participant physically present and must never be done with only the Minor Athlete and the person performing the Massage in the room.
- d. Any Massage of a Minor Athlete must be performed with the Minor Athlete fully or partially clothed, ensuring that the breasts, buttocks, groin or genitals are always covered. Nothing in this section shall be construed to apply to areas of the body exposed while wearing swimwear which conforms to the current concept of the appropriate for the individual's competition category.
- e. [Recommended] Any Massage of a Minor Athlete must only occur after a proper diagnosis from a treating physician and be done in the course of care according to the physician's treatment

# **METROWEST YMCA STINGRAYS**

## **Confirmation of Receipt of Policies 2022-2023**



1. Code of Conduct for and Swimmers and Swimmer's Responsibilities
2. Code of Conduct for Parents and Parents' Responsibilities
3. Disciplinary Policy
4. Travel Policy
5. Bathroom Procedures
6. Photography Policy
7. Electronic Communication Policy
8. Minor Athlete Abuse Prevention Policy

I have received and read a copy of the above policies and procedures and have or will review and discuss them with my child. I understand and agree to comply with these policies and procedures.

I understand that it is my responsibility to communicate these policies with other family members and guardians.

**Parent/Guardian**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent/Guardian Name (please  
print):** \_\_\_\_\_

**Parent/Guardian**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent/Guardian Name (please  
print):** \_\_\_\_\_

**Swimmer Name(s) (please  
print):**\_\_\_\_\_