



PARENT & SWIMMER HANDBOOK

2025-2026

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Welcome to Storm Aquatics

Stormin' the Pool!

Welcome to Storm Aquatics! We hope that you will enjoy all that swimming has to offer! This handbook is designed as a tool to help swimmers and their families understand what competitive swimming is all about. For swimmers who are new to competitive swimming, this handbook will explain what to expect from practices and swim meets. It contains rules needed to ensure everyone's safety and enjoyment, swim times and practice group levels and current membership obligations, fees, monthly dues. We look forward to getting to know you and your family and having a great time together, enjoying the great sport of swimming! See you on deck!

Mission

Our goal is to provide a diverse program in which swimmers of all levels can strengthen skills and develop a sense of sportsmanship while enjoying competition in a safe, healthy, and positive environment for athletes.

Vision

To inspire and encourage all swimmers to become the best they can be in swimming and in life, and to educate families in the sport of swimming.

League Affiliation

Storm Aquatics is league affiliated to participate in USA Swimming sanctioned swim meets.

USA Swimming

USA Swimming is the national governing body for amateur competitive swimming in the United States. As the national governing body for the sport, USA Swimming is responsible for the conduct and administration of swimming in the United States. In this capacity, USA Swimming formulates the rules, implements policies and procedures, conducts the national championships, disseminates safety and sports medicine information, and selects athletes to represent the United States in international competition.

Pacific Northwest Swimming Association (PNS)

Because USA Swimming cannot effectively supervise the activities of all the swim clubs throughout the country, it has appointed local governing bodies called Local Swimming Committees (LSC). There are 59 committees in the country and PNS is the LSC for most of Western Washington. All our locally scheduled meets are held under the jurisdiction of PNS. PNS clubs sponsor many levels of swim meets, from beginners to regional championships.

Insurance

Clubs, athletes, and adults may all be members of USA Swimming. We are covered under USA Swimming Insurance for all practices, meets and sanctioned fundraisers. For that reason, all coaches, swimmers, club president and Safety Officer are required to become members of and maintain their membership in USA Swimming. If your swimmer's USA Swimming membership is not current, they are not insured and will not be allowed to swim during practices or at meets until they have a current membership.

Lake Stevens High School Pool

Lake Stevens High School (LSHS) pool is in Lake Stevens at 2908 113th Ave NE, Lake Stevens, WA 98258. The pool is owned by the Lake Stevens School District. Storm Aquatics rents swim lanes and deck space from the district for specifically designated practice times. This pool is subject to closures on school and government holidays and periodically for maintenance. If the pool closes for an extended period of time, Storm may arrange for an alternate practice facility. Storm will make every effort to provide a facility in the area with a similar practice schedule during LSHS pool closures.

Storm Board of Directors

Storm Aquatics is a 501(c) (3) non-profit that operates under an elected board of directors. The volunteer board consists of a president, vice president, secretary, treasurer, administrator, and up to four members at large. The organization operates under bylaws adopted by membership. The bylaws can be found on the team's website. The board is voluntary but does receive incentives based on the amount of time each position dedicates to team operation. These incentives are dependent on membership numbers and are subject to change. Board members are expected to attend monthly meetings, team events and activities and be available to meet with team families during practice times. .

President

The president calls the meeting when and where deemed necessary, presides at all meetings, and appoints committee chairpersons for all standing committees, and such special committees with advice and consent of the Board of Directors. The president also will enlist the help of a non-board member who has financial background to conduct an information review of budget, controls, and sampling of transactions. This individual will then make a recommendation, back to the Board of Directors, as to a need for a formal audit. The President is a signer on the banking account. The President is a 2-year term. President incentives include a 35% discount from one (most expensive) swimmer. Fundraising (\$625) and volunteer hours are fulfilled with board duties.

Vice President

The vice president shall perform the duties of the president in the absence of this officer. During official meetings, the vice president shall perform the duties of the secretary in this officer's absence. The vice president shall also aid in the development of policy and coordination of those committees under his/her charge. The Vice President will act as Registrar of organization, verifying that all families have turned in all registration documentation and disseminates information to the Treasurer and Head Coach. The Vice President will oversee the Outreach program. The Vice President is a 2-year term. Vice President

incentives include a 25% discount from one (most expensive) swimmer. Fundraising (\$625) and volunteer hours are fulfilled with board duties.

Secretary

The Secretary is responsible for keeping accurate records of all meetings, assisting, as needed, in official correspondence, issuing copies of minutes to the Board of Directors. The Secretary will also assist with the issuing of notices of all meetings. The Secretary will assist the Vice President with the development and policy and coordination of committees. The Secretary is a signer on the banking account. The Secretary is a 2-year term. Secretary incentives include a 20% discount from one (most expensive) swimmer or Fundraising (\$625) excused. Secretary's volunteer hours are fulfilled with board duties.

Treasurer

The treasurer is responsible for communications with the Team Bookkeeper, monitoring all financial records including banking and checking records and for making timely reports to the Board of Directors. The treasurer is responsible for billing members and communication with parents regarding financial questions. The Treasurer is a 2-year term. Treasurer incentives include a 25% discount from one (most expensive) swimmer and Fundraising (\$625) excused. Treasurer's volunteer hours are fulfilled with board duties.

Member at Large 1

At large position 1 is responsible for marketing, team newsletters and membership communication. Member at Large 1 incentive include a 25% discount from one (most expensive) swimmer and fundraising (\$625) excused. Member at Large 1 volunteer hours are fulfilled with board duties.

Member at Large 2

At large position 2 is responsible for setting up and overseeing team fundraising opportunities. Member at Large 2 incentive include a 25% discount from one (most expensive) swimmer and fundraising (\$625) excused. Member at Large 2 volunteer hours are fulfilled with board duties.

Member at Large 3 (If needed)

At large position 3 is responsible for management of the Safe Sport recognition program and Parent Liaison duties. Member at Large 3 incentive include a 20% discount from one (most expensive) swimmer or fundraising (\$625) excused. Member at Large 3 volunteer hours are fulfilled with board duties.

Storm Aquatics Membership

Club Structure

There are several different levels available for swimmers on Storm Aquatics. The groups are based on both age and ability. It is the Head Coach's decision which level swimmers are placed in or moved to. The Head Coach takes into consideration many things, including swimmer's goals, ability, endurance, attitude, attendance, and age when placing or moving swimmers. Ultimately placement into a level or movement from one level to another is subject to the Coach's judgment.

Member Obligations

Storm Aquatics is a non-profit 501(c) (3) organization of parents who, along with the coaches, strive to offer a quality program in which its members of all ages can come to enjoy the sport of swimming. To keep dues down and continue to ensure a quality program, Storm requires its members to participate in fundraising and volunteer during team events.

Fundraising

Each swimmer's **minimum** fundraising obligation is \$625.00 (or \$62.50 per month). A family with more than one swimmer has a maximum obligation of \$875.00 (or \$87.50 per month). Any change of membership or a leave of absence does not reduce your fundraising obligation for the year.

Half of your annual obligation will be due on or before Feb 1st of the current swim season.

- If you have raised \$325 (\$450 for families) or more, you will not be charged at this time.
- If you have raised \$0 - \$299 (\$0 - \$399 for families) you will be charged the amount that will bring you to \$350 (\$450 for families).
- The remaining fundraising obligation, if any, will be due on or before July 31st of the current swim season. If you were charged in February and then were able to raise your full obligation, you will receive a refund.

There will be at least six (6) fundraising opportunities from September through June, as well as a sponsorship option explained below. **All fundraising is nonrefundable and completely tax deductible.** Please check with your employer. Many offer pre-tax contributions to nonprofit organizations like Storm or they may also offer matching funds.

- Fundraising funds in excess of your fundraising obligation cannot be used to pay for your individual fees. Please see Important Fundraising Note on the next page for a further explanation.
- Swimmers **joining** the team during the year will be responsible for the fundraising amount for the whole month they begin in and all months thereafter.
- Swimmers **leaving** the team are required to bring their account current including the complete payment of their fundraising obligation up to and including the month they leave.
- Funds raised may not be shared with other swimmer accounts, except under special circumstances as approved by the board.

- Swimmers participating in the Swim-a-Thon are required to have a minimum of one sponsor to be eligible to participate.
- Individual direct donations can be made by check payable to Storm Aquatics and mailed to: Storm Aquatics, PO Box 171, Lake Stevens, WA 98258. In order for the funds to be applied to the correct fundraising account, the donor must note the recipient swimmer name(s) on the check.

Alternative Fundraising Payment Options

Lump Sum- If you choose not to participate in our team fundraisers, pay the full amount \$625/\$875 on or before October 1st.

Monthly Payment – If you choose not to participate in our team fundraisers you may pay your fundraising obligation in 10 equal monthly payments. \$62.50 a month for individual swimmers or \$87.50 a month for families of more than one swimmer. Payments will begin in September and end in June. Please contact treasurer@stormaquatics.net to set up monthly payments.

Company Matches - Company Matches are a great way to fulfill your fundraising obligation. Ask your employer if they will match your funds as a contribution to a non-profit organization. The same rules apply to company matches as to sponsorships. The total of what you contribute plus the company matched funds in excess of your fundraising obligation cannot be used to pay for your individual fees or dues. The funds above and beyond your fundraising obligation will be applied as “additional fundraising.” Any company match donations received after August 1st will be credited to the following swim season. It is the responsibility of the member to notify Storm about any potential company match funds expected.

Sponsor Credit – We highly encourage you to find sponsors for Storm. This is an easy and quick way to eliminate your fundraising obligation. 50% of the sponsorship funds are credited to your fundraising account and 50% to the team. You will also be credited a volunteer hour for each sponsor. Sponsorship benefits begin at \$200. Sponsors will be featured on our website and any advertising.

All sponsorships must be received before July 1st of the current swim season.

Sponsorship and fundraising funds in excess of your fundraising obligation cannot be used to pay for your individual fees. We are a 501(c) (3) organization and the IRS regulations state that all funds gathered for fundraising purposes must be used to benefit the organization and its members, not just one individual. In all ways we are bound by the rules and regulations for 501(c) (3) entities.

Volunteering/Storm Projects

Storm cannot function without great volunteers. Each family is required to volunteer at least **10 hours** during the swim season. If you choose not to volunteer, you will owe \$50 per hour totaling \$500. Volunteer opportunities will be announced in our weekly team emails, on Facebook and our team website. It is also possible to earn volunteer hours by timing at meets run by other team hosted meets! Please contact president@stormaquatics.net if you work hours at another team hosted event. Unworked volunteer hours will be billed on September 1, 2026 after the conclusion of the season.

Volunteer hours may not be shared with other swimmer accounts, except under special circumstances as approved by the board.

Officials Benefits

Storm families have the opportunity to support the team by becoming a USA Swim Official. Swim Officials are one of the key roles that support the operation of a swim meet, without Officials a swim meet can not take place! You don't have to have swim experience to become an official and you can choose what meet sessions you officiate. Benefits begin after completion of all novice sessions and must be reported to the treasurer for account credit by June 25th of the current season. Please contact stormofficials@stormaquatics.net for more information.

Benefits:

- \$25 account credit for each meet session worked at a Storm hosted meet.
- \$15 account credit for each meet session worked with other club hosting. Maximum of 12 other club hosted sessions per season. Officials are responsible for reporting meets worked quarterly to the Treasurer for account credit processing.
- \$313 discount on fundraising obligation
- Fulfillment of volunteer hours
- Reimbursement of background check and USA swim membership cost once training is completed
- Team officials shirt annually

Dues and Fees

Registration

All swimmers must pay an annual registration fee that will cover Storm Aquatics administrative fees. This is a non-refundable fee that is due upon registration. In addition, each swimmer is required to pay the USA Swimming/PNS membership fee.

The 2025-2026 registration fees are as follows:

- **Storm Aquatics Registration Fee: \$115**
- **2025 USA Swimming Premium Athlete: \$70**
- **2025 Pacific Northwest Swimming Fee: \$16**

Storm offers a registration discount to households with multiple swimmers.

Number of Swimmers in Household	Discount	Annual Registration Total
1 swimmer	N/A	\$115
2 swimmers	\$57.50	\$172.50
3 swimmers	\$115	\$230
4 swimmers	\$172.50	\$287.50
5 swimmers	\$230	\$345

Monthly Dues

The first month's dues are required upon registration. All remaining dues will be required by the 9th of each month and will be considered late on the 15th. A \$10 late fee will be incurred when payment is received after the 15th. If your account is not current, excluding your fundraising obligation your swimmer(s) will not be allowed to swim. Families with multiple swimmers will have a cap on their monthly dues of \$500. **There are no refunds for monthly dues.**

Practice Level	Monthly Dues	Practice Time
Bronze 1	\$132	3 days per week, 45 minutes
Bronze 2	\$180	4 days per week, 1 hour
Silver	\$192	5 days per week, 1 hour
Gold	\$246	5-6 days per week, 1.5 hours
Senior	\$276	6 days per week, 2 hours
HS Conditioning	\$95	2 days per week, 1 hour

Payment

You are required to have a debit/credit card, or bank account on file, **your account will automatically be charged on the 1st of each month for the full amount of the balance due starting in October.**

September payments are not automatically charged and need to be paid manually in SportsEngine. If you

do not manually pay September dues, September and October dues will be billed automatically October 1st.

It is the responsibility of each family to know their current balance by monitoring their swimmer's account on SportsEngine. Payments can be paid with a debit or credit card, or bank account. Please go to your account on the Storm Aquatics SportsEngine website to set up. Bank account/ACH information can only be added via the website (not available on the app).

Steps to make a payment manually in your SportsEngine account:

1. Log into your SportsEngine account at www.stormaquatics.net
2. Go to "My Account" on the left bar
3. Select "Billing Summary" tab at the top
4. Select the green payment button on the right side of the page
5. Review the amount owed
6. Select the "saved card" on file or "add new" card for payment
7. Click "Process Now" at the bottom of the screen to process payment

Heidloff Outreach Fund

In an effort to promote the sport of competitive swimming and encourage diversity, PNS has established an Outreach fund. The goal of the fund is to provide more swimmers with opportunities to compete by reducing some of the financial stress on their families. An outreach swimmer is any swimmer who qualifies for the free or reduced school lunch program (or other options available).

Outreach status waives the annual USASwim/PNS registration fee and offers 20% discount on monthly membership for partial outreach and 40% for full outreach. Storm registration fees, fundraising and volunteer hours are not waived.

2025-2026 Outreach Monthly Membership Dues

Practice Level	Partial Outreach Dues	Full Outreach Dues
Bronze 1	\$105.60	\$79.20
Bronze 2	\$144.00	\$108.00
Silver	\$153.60	\$115.20
Gold	\$196.80	\$147.60
Senior	\$220.80	\$165.60

Outreach Expectations

Outreach members in good standing must have participated in a minimum of 50% of available practices for their training group and two PNS-sanctioned competitions during each season, Season 1: September - February and Season 2: March - August. Swimmers receiving outreach discounts are not eligible for dual sport.

Swim Meet Fees

Storm Club Meet Fees

Storm charges a meet entry fee for each meet to cover the costs of Coaches' travel, cost of relays and other team fees.

- Local Meets (Marysville, Snohomish, Federal Way, Anacortes, Bellingham, Renton etc.) - \$15 meet fee
- Travel Meets (Corvallis, Wenatchee) - \$50 meet fee

Host Club Meet Fees and Event Fees

The host club for each meet charges a per swimmer meet entry fee and a per event entry fee. These fees are determined by the host club.

Storm Fee Billing

Local Unrestricted Meets: Swimmers will be billed the Storm Fee for local meets the team attends that are open to all swimmers with no restrictions, regardless of participation, no exceptions (not to exceed 18 meets per season). Host fee and event fees will only be charged for swimmers who have signed up for the meet.

Restricted Meets: Meets with restrictions of any variety (Examples: Silver times or better, Only 13 & older, No PNS times allowed etc.) will be billed to participating swimmers only.

Travel Meets: Only participating swimmers will be billed fees for these events.

Swimmers will be billed for host club meet fees based upon the meet entries the Head Coach submits to the host team. The swim meet fees will be available when the event registration is open. There are no refunds of meet entry fees after the entry deadline regardless of meet participation.

Communication

E-mail and Facebook

Weekly team emails are used to send important information or changes regarding team practice, fundraising opportunities, events or meets as well billing information. Storm will send out an email every Monday in order to keep you informed about current and upcoming swim events and news. Important information may also be sent out by text and posted in the Storm Aquatics group on Facebook. Additional emails and posts will be sent as needed. **Please check your email and Facebook daily for possible important Storm information such as pool closures, meet information, etc.** If you would like to join the Storm Aquatics group on Facebook, search for Storm Aquatics Families and request to join.

Dial My Calls - Storm utilizes Dial My Calls to send out important information quickly. Primary account phone numbers will be signed up to receive important text messages from Storm.

Bulletin Board - The Storm bulletin board at the pool provides general team information such as different swim levels, swim times, social functions, meet schedules, pool closures, team pictures, fundraising opportunities, our teams Top Ten.

Web Site

Please check our web site www.stormaquatics.net for our meet calendar, specific meet times, contact information, membership information & forms, news articles, pictures, general information, sponsor links, USA Swimming and PNS links, and much more.

Swim Mobile Apps

There are some great apps out there for swimming.

- **SE Motion** is the app version of our website and you can check your account balance, team calendar, newsletters, and even sign up for events.
- **Meet Mobile** is another useful app for many meets. You can get the heat sheet and instant results. There is a fee to use this app.

Changes in Membership

Any changes in membership must be sent in writing via the 2025-2026 Change in Membership Form to the Vice President. The Change in Membership paperwork must be submitted to, and approved by, the Vice President by the 25th of the month prior to the Change in Membership start date.

High School Sport Authorization (Drop In)

High School Swim Authorization is intended for Storm Aquatics swimmers who wish to participate with the High School Swim Team while maintaining their membership with Storm Aquatics. The High School Swim Authorization form allows swimmers to participate in Storm Aquatics practices at a drop-in rate of \$10 per session, up to 10 sessions per month. If the swimmer attends more than 10 practices per month during the dates listed above, you will be charged regular monthly membership dues. If a swimmer does not drop in for practice, it will be considered a leave of absence and a \$20 per month fee will be charged to hold their spot. Swimmers may also participate in Storm Aquatics meets and other events. Drop in must begin on the first of the month and continue for the whole month. In order to participate as a member of Storm Aquatics under High School Swim Authorization, a Storm Aquatics swimmer must:

- Register with PNS / USA Swimming
- Pay the Storm Aquatics registration fee
- Complete and sign the High School Swim Authorization form
- Fundraising and volunteer obligations are NOT waived during this time.

Dual Sport

Dual Activity Authorization is intended for Storm Aquatics swimmers who wish to participate in extracurricular activities (theater, choir, band) or sports outside of swimming during the entire swim season. Dual Activity Authorization is only available to swimmers in levels Silver and Gold.

Because these activities often occur during our practices, we recognize that it may be difficult to participate in Storm Aquatics full-time. This form allows swimmers to participate in Storm Aquatics practices as a “dual” at a 20% discounted rate. Dual sport must begin on the first of the month and

continue for the whole month. Swimmers may also participate in Storm Aquatics meets and other events.

In order to participate as a member of Storm Aquatics under Dual Sport Authorization, a Storm Aquatics swimmer must:

- Register with PNS/USA Swimming
- Register with Storm Aquatics (pay Storm Aquatics registration fee)
- Complete and sign the Dual Sport Authorization form

Group	# of practices	2024-2025
Bronze 1	N/A	N/A
Bronze 2	N/A	N/A
Silver	3	\$153.60
Gold	3	\$196.80
Senior	N/A	N/A
HS Conditioning	N/A	N/A

Leave of Absence

If your swimmer needs to take a leave of absence, please notify the Coach and Vice President of the intent to take a leave of absence in writing by filling out a leave of absence form, located in the Forms Section on the team website. The Leave of Absence paperwork must be submitted by the 25th of the month prior to the Leave of Absence start date.

- Should a swimmer take a leave of absence for any reason, illness, vacation, etc, and returns within a month, the full payment of Storm dues and any fundraising fees that may have accrued during that time must be paid in full.
- If a swimmer should be absent for a month or more and plans to return, a payment of \$20.00 per month for each missed month is required to reserve your spot on the team.
- Leave of Absence dues adjustment must begin on the first of the month and continue for the whole month.
- Fundraising and volunteer obligations are NOT waived during this time.
- You are responsible for removing your swimmer(s) from swim meets they are signed up for and will not attend. You can contact coacheric@stormaquatics.net or remove them via your SportsEngine account. If not removed, or if the deadline has passed you will be charged regardless of participation.
- You are responsible for removing any volunteer jobs you are signed up for and will not fulfill. You can do this via your SportEngine account.

Withdrawal Policy

It is understood that there may be many reasons a swimmer must withdraw from swimming. A Withdrawal Form must be sent to the Treasurer. If the withdrawal agreement is received prior to the 25th day of the month there will be no fee charged for the next month. If the withdrawal agreement is received after the 25th of the month, then you will be charged for the next month's dues. Upon notice of intent to withdraw all accounts must be made current. All late fees apply to any unpaid dues or fundraising balances and volunteer hour obligations. No swimmer may return to Storm Aquatics until their balance is made current.

- You are responsible for removing your swimmer(s) from swim meets they are signed up for and will not attend. You can contact coacheric@stormaquatics.net or remove them via your SportsEngine account. If not removed, or if the deadline has passed you will be charged regardless of participation.
- You are responsible for removing any volunteer jobs you are signed up for and will not fulfill. You can do this via your SportEngine account.

If your swimmer is transferring to another team, USA Swimming and PNS require that an athlete remain unattached from any team for 120 consecutive days from the date of last open sanctioned competition in accordance with USA Swimming Rules and Regulations 203.3. Please refer to the PNS website for more information at <https://www.teamunify.com/Home.jsp?tabid=0&team=pnws2>

2025-2026 Change in Membership Form



Name of Swimmer: _____ Date: _____

Please fill out form and email to vicepresident@stormaquatics.net This form must be filled out and approved prior to the 25th of the month before the change in membership status occurs.

Select Change Type:

☐ High School Sport Authorization (Drop In)

High School Sport Authorization is only allowed for members who wish to participate in the High School swim season.

Name of School: _____

Dates of drop-in: _____ to _____

Drop In terms:

- Practice fee will be at a drop-in rate of \$10 per session, up to 10 sessions per month. If the swimmer attends more than 10 practices per month during the dates listed above, you will be charged regular monthly membership dues.
- If the swimmer does not drop in for practice, it will be considered a leave of absence and a \$20 per month fee will be charged to hold their spot.
- Fundraising obligation and required volunteer hours are NOT waived during this time.

☐ Dual Sport

Dual Sport Authorization is intended for members who wish to participate in extracurricular activities (theater, choir, band) or sports outside of swimming during the normal swim season. Dual sport is available for Silver and Gold.

Name of activity: _____

Dates of Dual Sport: _____ to _____

Dual Sport terms:

- Dual rates listed for their training group (see table below)
- If the swimmer attends more than more practices than allowed by the dual Storm schedule, you will be charged regular monthly membership.
- Fundraising obligation and required volunteer hours are NOT waived during this time.

☐ Leave of Absence

Reason for leave of absence: _____

Dates of Absence: _____ to _____

Leave of Absence terms:

- Should a swimmer take a leave of absence for any reason (illness, vacation, etc.) and return within a month, the full payment of Storm dues and any fundraising fees that may have accrued during that time must be paid in full.
- If a swimmer should be absent for a month or more and plans to return, a payment of \$20.00 per month for each missed month is required to reserve your spot on the team.
- Fundraising obligation and required volunteer hours are NOT waived during this time.

I have read and understand the above requirements for a change in membership.

Parent/Guardian's Name (print)

Parent/Guardian's Signature



Notice of Intent to Withdraw Form

It is understood that there may be many reasons a swimmer must withdraw from swimming.

- **A Withdrawal Form must be sent to the Treasurer: treasurer@stormaquatics.net**
- This withdrawal form must be received prior to the 25th day of the month to avoid membership dues charged for the next month.
- If the withdrawal agreement is received after the 25th of the month, you will be charged for the next month's dues. No exceptions.
- Upon notice of intent to withdraw all accounts must be made current.
- All late fees apply to any unpaid dues or fundraising balances and volunteer hour obligations.
- No swimmer may return to Storm Aquatics until their balance is made current.
- You are responsible for removing your swimmer(s) from swim meets they are signed up for and will not attend. You can contact coacheric@stormaquatics.net or remove them via your SportsEngine account. If not removed, or if the deadline has passed you will be charged regardless of participation.
- You are responsible for removing any volunteer jobs you are signed up for and will not fulfill. You can do this via your SportsEngine account.

Name of Swimmer: _____ **Date:** _____

Withdrawal effective date: _____

Reason for withdrawal:

I have read and understand the above requirements for a withdrawal of membership.

Parent/Guardian's Name (print)

Parent/Guardian's Signature

Training Information

Practice Groups

There are several different levels available for swimmers on Storm Aquatics. It is the Head Coach's decision which level swimmers are placed in or moved to. The Head Coach takes into consideration many things, including swimmers' goals, ability, endurance, attitude, attendance, age and maturity when placing or moving swimmers. Ultimately placement into a level or movement from one level to another is subject to the Coach's judgment. These guidelines are subject to change.

Bronze 1 Group

For swimmers who have learned how to swim as a skill and want to continue improving their swimming while having fun. This group places them on the road to be a competitive swimmer by bringing their strokes, starts and turns up to competition standards and more efficiently. Swimmers will be expected to swim in meets.

Swims 3 times a week, 45 minutes

Equipment : goggles, suit, towel for after practice

Requirements: Ability to swim 25 yards of freestyle and backstroke

Goals

- Ability to swim race legal strokes in distances up to 50 yards
- Build enough endurance to be able to swim 100 or more yards without stopping in practice, multiple times in a practice
- Comfortable starting races out of the water
- Can turn in a race legal manner
- Knows how to streamline off walls
- Listens to the coach, behaves appropriately at practice
- Understands the fundamentals of swimming laps with other swimmer

Bronze Group 2

In this group they begin their journey as a competitive swimmer by focusing on the fundamentals, while having fun. Participants will learn what it takes to be a competitive swimmer both in and out of the water. This includes the basics of goal setting, nutrition, and training. In this group the emphasis is on form rather than yardage. Swimmers in Bronze 2 will be expected to swim in meets to give them an opportunity to use, evaluate and improve their skills.

Swims 4 times a week, 1hr

Equipment – Goggles & attire appropriate for racing, including a team suit, water bottle, Zoomers (i.e. short fins) and snorkel.

Requirements – can perform most strokes in a race legal manner, has enough endurance to start doing sets

Goals

- Uses proper lane etiquette during practice
- Understands the importance of sportsmanship
- Knows how to warm up and cool down effectively
- Knows how to use a pace clock, and how to swim intervals
- Knows what to do at meets
- Participates in meets, swims at least 100 yards races
- Performs racing start & relay starts from the blocks
- Performs flip turns and open turns regularly in practice and meets
- Uses streamline kicks off walls regularly in practice and meets

High School Conditioning

This group is intended for High School age swimmers who are interested in maintaining conditioning for their high school swim season. In this group they will be focusing on the fundamentals and increasing endurance. Participants will learn what it takes to be a competitive swimmer both in and out of the water. This includes the basics of goal setting, nutrition, and training. In this group the emphasis is on form and conditioning. Swimmers in High School Conditioning may swim at meets to give them an opportunity to use, evaluate and improve their skills. Members of this group will not be expected to participate in fundraising or volunteer hour requirements.

Swims 2 times a week, 1hr

Equipment – Goggles & attire appropriate for racing, including a team suit, water bottle, Zoomers (i.e. short fins) and snorkel.

Requirements – can perform most strokes in a race legal manner, has enough endurance to start doing sets

Goals

- Uses proper lane etiquette during practice
- Understands the importance of sportsmanship
- Knows how to warm up and cool down effectively
- Knows how to use a pace clock, and how to swim intervals
- Performs racing start & relay starts from the blocks
- Performs flip turns and open turns regularly in practice and meets
- Uses streamline kicks off walls regularly in practice and meets

Silver

This group is for more advanced swimmers. This group has an increased emphasis on aerobic training, swimming intervals and race strategy, while continuing to refine their stroke technique to get additional benefits. Swimmers in this group are expected to attend meets to use, and continue to develop, the skills and conditioning they obtain during practices. Swimmers in this group will periodically do test sets to determine their conditioning.

Swims 5 times a week 1hr

Equipment – Goggles & attire appropriate for racing, water bottle, Zoomers (i.e. short fins), swim paddles, snorkel.

Requirements - Swimmers must demonstrate sufficiently refined strokes, starts and turns to be considered for this group. In addition to being able to complete

- 10 x 100 free on 2:10 or under
- 10 x 100 IMs on 2:15 or under
- 10 x 50 free kick on 1:15 or under
- 8 x 100 IMs on 2:50 or under

Or comparable sets.

Goals

- Attends practice regularly
- Understands the basics of different types of training
- Uses proper passing etiquette
- Participates in meets, swims races longer than 100 yards
- Understands basic racing strategies

Gold

A group for more experienced and dedicated swimmers, who have mastered most of the fundamentals of technique. This group has an increased emphasis on aerobic, anaerobic and strength training, while they continue to refine their strokes, starts and turns to a high level.

Swims 5-6 times a week for 1.5 hours

Equipment – mesh bag, snorkel, water bottle, Zoomers (i.e. short fins), swim paddles

Requirements

- T-30 of 1800 yards or more
- 10 x 100s free on or under 1:40
- 10 x 100s IM on or under 1:50
- End of practice 200 Fly on 3:40
- End of practice 400 IM on 6:40
- 10 x 50s free kick on 1:05

Or comparable sets

Goals

- Sets a good example for other groups
- Attends practices regularly
- Can perform at a high level at practice to replicate racing conditions
- Can train appropriately
- Reaching the requirements for Senior Group
- Has a more advanced understanding of the strokes, start and turns
- Continues to refine their stroke to increase efficiency & speed

Senior

A group for highly experienced and dedicated swimmers who have a strong foundation in technique, and training. This group has an increased emphasis on aerobic, anaerobic and strength training, while they continue to refine their strokes, starts and turns to an advanced level. Swimmers in this group are expected to be leaders for the team.

Swims 5-6 times a week for 2 hours

Equipment – mesh bag, snorkel, water bottle, Zoomers (i.e. short fins), paddles

Requirements

- T-30 of 2,200 yards or more
- 10 x 100s free on or under 1:20
- 10 x 100s IM on or under 1:35
- End of practice 200 Fly on 2:50
- End of practice 400 IM on 5:30
- 10 x 50s free kick on :55

Or comparable sets

Goals

- Is dedicated to swimming, attends practices regularly
- Sets a good example for other groups
- Helps and/or leads lower level groups

Note: Dual sport is not an option for Senior group swimmers (other than High School swimming).

Practice Schedules

Please refer to the team website for current practice schedules.

Swim Gear

During each practice and meet, swimmers need the proper swim gear to get the most benefit.

Suits

We recommend a minimum of two practice suits for each swimmer. This will allow the swimmer to rotate the suits and extend the life of each suit. Storm requires that girls wear one-piece suits and boys wear jammers (knee-length suits) or other appropriate swim wear during practice. Suits are expected to be kept in good condition and worn appropriately. Due to the effects of chlorine, practice suits have a tendency to stretch and become thin or transparent over time. Suits should be checked regularly to ensure that they are appropriate for wearing in public.

The Storm suit is a suit chosen at the beginning of the season. The suits can be ordered at the beginning of the season. You may follow the "Gear" link on our website to order the team suit from SwimOutlet, as well as additional swim apparel and equipment. Please remember a tight-fitting suit reduces drag and will in turn make your swimmer feel fast in the water. A girl's suit is too big if the straps can be pulled above the swimmers' earlobes.

Team suits are highly encouraged but are not a requirement. **A black competitive suit will work.**

Under USA Swimming athlete members in competition at any sanctioned, approved or observed meet.

(1) Exceptions to the foregoing restriction are only for Junior Nationals, U.S. Open, National Championships, and Olympic Trials. (2) A Technical Suit is one that has the following components: a. Any suit with any bond102.8 SWIMWEAR .1 Design A Swimwear shall include only a swimsuit, cap, and goggles. It is not permissible to wear more than two (2) caps. Armbands or leg bands shall not be regarded as parts of the swimsuit and are not allowed. B In swimming competitions, the swimmer must wear only one swimsuit in one or two pieces, except as provided in 205.10.1. All swimsuits shall be made from textile material 102.7 2022 Rules & Regulations 33 1 als. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee (see 701.4.4 for open water exception). (1) Exemptions to the foregoing restriction may be granted to a swimmer, on a case by case basis, by the Chair of the Rules & Regulations Committee (or his/her designee). Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs, verified medical conditions or other reasons deemed appropriate by the Rules Chair. (2) Procedures for applying for an exemption will be established by the Rules & Regulations Committee and posted on the USA Swimming website. (3) No exemption to this restriction will be granted for a swimsuit that will give the swimmer a competitive advantage. (4) The decision of the Rules Chair may be appealed only to the entire Rules & Regulations Committee, whose decision shall be final and binding on all parties. C Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. D Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate. E No swimmer is permitted to wear or use any device, substance or swimsuit to help his/ her speed, pace, buoyancy or endurance during a

race (such as webbed gloves, flippers, fins, power bands, adhesive substances, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee. Therapeutic elastic tape is prohibited. Any other kind of tape on the body is not permitted unless approved by the Referee. F No Technical Suits shall be worn by any 12 &ed or taped seams regardless of its fabric or silhouette; or b. Any suit with woven fabric extending past the hips. (Note: WOVEN FABRIC — A suit with woven fabric and sewn seams that does not extend below the hips is permitted.) (Note: KNIT FABRIC — A suit with knit fabric and sewn seams not extending below the knees is permitted.)

Caps

Storm strongly recommends that all swimmers wear swim caps for practices. Swimmers are required to wear their team swim caps during meets. Storm provides a latex cap to new swimmers. If swimmers wish to purchase additional caps, they are \$5 for latex and \$12 for silicone. Swim caps from other PNS teams or High Schools are not allowed during Storm practices or at swim meets.

Goggles

Goggles make swimming much more pleasant for all swimmers. Storm does not provide goggles to swimmers but strongly recommends that they be worn, as there are literally hundreds of goggle styles available. Swimmers should find the goggles that they feel comfortable with. Goggles should be bought in pairs as they are small and easily lost.

Zoomers (i.e. short fins): Bronze 2 and up

See the team store for examples or speak with your coach.

Snorkel

See the team store for examples or speak with your coach.

Lake Swim Gear (Silver, Gold and Senior) – Swim buoy is required for Silver group and optional for Gold and Silver. Wetsuits are optional.

Team Gear– Storm Aquatics team shop is available year round at

<https://www.swimoutlet.com/collections/storm> This store has swim gear, training accessories and fan gear for the whole family.

Swim Meets

Swim meets are a great family experience! Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and detailed as we possibly could. Once you have attended a few meets, this will become routine. Please do not hesitate to ask any other Storm parent for help or information.

Meet Participation

Storm swimmers are expected to participate in all eligible local swim meets each year. Swimmers who do not enter by the registration due date will not be able to attend the meet.

- **There are no refunds of meet entry fees after the entry deadline regardless of meet participation.**

Before the Meet Starts

1. Arrive at the pool at least thirty (30) minutes before the scheduled warm-up time begins. The warm-up time will be listed in the meet information available to all swimmers or you may check out the meet information at <https://www.gomotionapp.com/team/pnws2/page/home> choose the tab Meets.
2. Upon arrival, your swimmer should immediately find his or her coach. While they are doing this, it's a good time to find a place to put your swimmer's blankets, swim bags and towels. The team usually sits in one place together, so look for some familiar faces.
3. Purchase a heat sheet (usually for sale for between \$5-\$15). The heat sheet is usually available for sale in the lobby or concession area of the pool or on Meet Mobile. Each swimmer and their previous best time in that event are listed. If the swimmer is swimming an event for the first time, they will be listed at a "No Time" (NT) and will most likely swim in one of the first heats of the event.
4. Read the heat sheet and find your swimmers events. Write each event-number on your swimmer's arm in ink. Sharpie works best. This helps them remember what events they are swimming and what event number to listen for. This is usually written as **Event, Heat, Lane and Stroke**:

E	H	L	S
5	2	3	50 free

5. Your swimmer now gets their swim cap and goggles and reports to the coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. Swimmer's bodies are just like cars on a cold day, they need to get the engine going and warmed up before they can go all out.
6. After warm-up, your swimmer should gather their snacks, water, towels and find a place close to the coach to stay.
7. The meet will usually start about ten to fifteen minutes after warm-ups are over.
8. *According to USA Swimming rules, due to insurance requirements, parents are not allowed on deck unless they are a USA Swimming member.* Similarly, all questions concerning meet results, an officiating call or the conduct of a meet, should be referred to the coaching staff. They will pursue the matter through the proper channels.

Note: The four competitive strokes are freestyle, backstroke, breaststroke, and butterfly. Events are held in all of the competitive strokes at varying distances depending on the age group of the swimmer. In addition, there is a combination of the strokes swum by one swimmer called the Individual Medley (IM). Other swimming events include relays, which are a group of four swimmers who either all swim freestyle or each swim one of the competitive strokes in the order of backstroke, breaststroke, butterfly and freestyle.

Meet Starts

1. It is important for all swimmers to know what event numbers they are swimming in; this is why they need to have the numbers on their arm. They may swim right after warm-up or wait awhile.
2. Swimmers should check in with their coach before each event.
3. A swimmer's event number will be called, usually over the loudspeaker and they will be asked to report to the blocks. Swimmers should report with their cap and goggles on. Generally, girls events are odd numbers and boys are even.
4. The swimmer swims their race and checks with the timer for their time.
5. After each swim, the swimmer should go directly to the coach. The coach will discuss the swim with each swimmer.
6. As a parent, remember to do the following after each swim:
 - a. Tell them how great they did. Remember: A PARENT parents and a COACH coaches. The coach will discuss stroke technique; you need to tell them how proud you are and what a great job they did.
 - b. Make sure they get a drink and have something light available to eat.
 - c. Make sure they get back to their towel area to wait for their next event.
7. When a swimmer has completed all their events they can go home. **Make sure to check with the coach before leaving, it is possible that your swimmer is included in a relay event.** It is not fair to other swimmers who may have stayed to swim on a relay if one of the relay team members is not there.

A Disappointing Swim

If your child has a poor race and comes out of it feeling bad, talk about the good things you saw. There is nothing wrong with a swimmer negatively evaluating a race. The important thing is for the child not to dwell on it. You should move the swimmer on to something good. Immediately start talking about the positive things.

What to Take to a Meet

1. Bring your team swim suit, team cap and 2 pairs of goggles.
2. Towels, your swimmer will be at the meet for a while so pack a few.
3. Bring something to sit on like a thick blanket or sleeping bag.
4. Sweat suits, swimmers may want two because they can get wet
5. A change of clothes
6. Games, books, things to pass the time
7. Food, light snacks and drinks. There are usually snack bars at meets, but the lines can be long and food choices may not be the best.

Special Parent Note

The pool area is usually very warm. Therefore, you need to make sure you dress appropriately. There is nothing worse than being hot at a swim meet. At some of the meets, the parents are allowed to sit with the swimmers but swimmers are encouraged to sit together with their teammates and cheer them on. Feel free to bring bleacher seats or folding chairs to sit on.

Time Standards

You can find the most up-to-date standards on the PNS website at

<https://www.gomotionapp.com/team/pnws2/page/fast-times/time-standards>

Record Board Rules and Regulations

1. Only times swam during USA Swimming sanctioned meets will be eligible for posting on the Storm Aquatics record boards. This includes all sanctioned high school District and State meets.
2. Swimmer must have received over half of their training with Storm Aquatics during the year the record is broken.

Examples -

- College Student – College Students who swim on their college's team gets more than half of their training with that team and their times will not be placed on our record boards.
 - Swimmer transferring from another team – At the time of the record-breaking swim if the swimmer has trained more with their past team, then the times will not be placed on our record boards.
 - Summer League Swimmers #1 – If the Summer League Swimmer has trained with another team during the current season, then that time must be less than the time, they swim with Storm for their times to be placed on our record boards.
 - Summer League Swimmers #2 – If the Summer League Swimmer has not trained with another team, then their total season with us is the Summer League Season and then their times will qualify for our record boards as long as their swim takes place during a USA Swimming sanctioned meet.
3. All swimmers must have their Storm Aquatics accounts current.
 4. New records will be posted once a year at the beginning of the season to reflect records broke during the previous season.

Top Ten Rules and Regulations

1. Only times swam during USA Swimming sanctioned meets will be eligible for posting on the Storm Aquatics Top Ten. This includes all sanctioned high school District and State meets.
2. Swimmer must have received over half of their training with Storm Aquatics during the year the record is broken. See Rules and Regulations for Record Boards for examples of this rule.

Athlete Code of Conduct

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. By signing this code of conduct, I agree to the following statements:

- I will respect and show courtesy to my teammates and coaches at all times. I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- I will not bully or harass my teammates in any way and realize that doing so will result in disciplinary action.
- I will attend all team meetings and training sessions, unless I am excused by my coach.
- I will show respect for and follow rules set forth by all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will obey all of USA Swimming's rules and codes of conduct.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the swim club's board of directors. Some infractions may result in immediate suspension or expulsion from the team.

Disciplinary Procedure

- First offense – Warning
- Second offense – Removal from pool for ten minutes and/or limited locker room usage.
- Third offense – Removal from workout. Parent and Board informed of action and offense.
- If a swimmer is asked to leave practice two or more times in a month, a parent or guardian will be required to attend all practices, meets, or team events that the swimmer is at for a 30 day period following the last offense.
- Swimmers who repeat the third offense behavior within the same month can be suspended from team participation.

The full disciplinary policy can be found in the Storm Handbook.

Swimmer Name

Signature Date

Parent's Signature Date

Storm Aquatics Discipline Procedure

The coaching staff will evaluate each behavior issue as it presents itself and will have the flexibility to make whatever judgment call is necessary to promote the health and safety of the team. Adults (parents, guardians, spectators) are also subject to team discipline for offensive and disruptive behavior at any team events.

Discipline Process

- First offense – Warning
- Second offense – Removal from pool for ten minutes
- Third offense – Removal from workout. Parent and Board informed of action and offense.
- If a swimmer is asked to leave practice two or more times in a month, a parent or guardian will be required to attend all practices, meets, or team events that the swimmer is at for a length of time determined by the Board of Directors and/or the Head Coach.
- Swimmers who repeat the third offense behavior within the same month can be suspended from team participation.

Penalized Activities Examples

- Threatening/Intimidating behavior
- Intentionally disruptive lane/workout behavior
- Talking while the coach is talking
- Disrespectful attitude or behavior
- Foul language
- Inappropriate behaviors in the locker room

Suspension

- One week or more, determined case by case; dues and fees will not be prorated.
- Length of suspension will be determined by the coach and/or the Board.

IMMEDIATE Suspension or Expulsion

There will not be a disciplinary process for these situations, it requires a no tolerance approach.

- Physical violence- in action or in speech
- Vandalism or destruction of pool property
- Sexual misconduct- in action or in speech
- Theft
- Drug, alcohol, vaping, or tobacco use

Failure to comply with these disciplinary rules can result in expulsion.

Appeals

Any appeals to suspension or disciplinary action must be submitted in writing to the coach and board to determine appropriate action.

Coaches Code of Conduct

The purpose of this code of conduct for coaches is to establish common expectations for all members of the coaching staff of the club. It is to be used as a guide to promote a positive team environment and good sportsmanship.

- At all times, adhere to USA Swimming's rules and code of conduct. ***Coaches who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.***
- Set a good example of respect and sportsmanship for participants and fans to follow.
- Act and dress with professionalism and dignity in a manner suitable to his/her profession.
- Respect officials and their judgment and abide by the rules of the event. Treat opposing coaches, participants, and spectators with respect.
- Instruct participants in sportsmanship and demand that they display good sportsmanship.
- Coach in a positive manner and do not use derogatory comments or abusive language.
- Win with humility and lose with dignity.
- Treat every athlete fairly, justly, impartially, intelligently, and with sensitivity.
- Always place the well-being, health, and safety of swimmers above all other considerations, including developing performance.
- Continue to seek and maintain their own professional development in all areas in relation to coaching and teaching children.
- Always maintain a professional separation between coach and athlete.

Any complaints of a coach violating this code of conduct will be brought to the attention of his/her supervisor and/or the club's board of directors.

Parent Code of Conduct

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents. As a parent/guardian, I understand the important growth and developmental support that my child's participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team. I agree with the following statements:

- I will set the right example for our children by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and all facilities.
- I will get involved by volunteering, observing practices, cheering at meets, and talking with my child and their coach about their progress.
- I will refrain from coaching my child from the stands during practices or meets.
- I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
- I will respect the integrity of the officials.
- I will direct my concerns first to my child's coach; then, if not satisfied, to the board.
- ***Parents who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.***

I understand the above expectations and that my failure to adhere to them may result in disciplinary action including my family's removal from the team.

PNS Concussion Information

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion must be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and athletes is the key for athlete safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion must be removed from the meet or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well- established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

and

“...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion. Remember it’s better to miss one meet or practice than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<https://www.cdc.gov/headsup/youthsports/index.html>



Minor Athlete Abuse Prevention Policy

Storm Aquatics

Effective: October 16, 2024

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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).

Billeting: A residential environment facilitated by an Adult Participant or Storm Aquatics, or sanctioned event staff in which a Minor Athlete is temporarily housed in a private home with an adult or family who is not related to or known by the Minor Athlete. This lodging arrangement is in conjunction with an activity related to sport.

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, social media or any other electronic medium.

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: 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, 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, Manual Therapy, Therapeutic and Recovery modalities, involving an Adult Participant and any Minor Athlete(s) related to participation in sport. Examples include, but are not limited to Massage, Manual Therapy, Therapeutic and Recovery modalities 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 USA Swimming. 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.

Lodging and Residential Environment: Lodging arrangements include, but are not limited to hotel stays, rentals (i.e. Airbnb, VRBO, HomeToGo, etc.), and long-term residential environments, including lodging at training sites and Billeting.

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 months¹.

Storm Aquatics: USA Swimming, LSC or Club

Regular Contact: Ongoing interactions during a 12-month period wherein an Adult Participant is in a role of direct and active engagement with any minor athlete.

¹ This term shall also include any minor who participates in, or participated within the previous 12 months in, a non-athlete role at an Event or Facility Under Partial or Full Jurisdiction. Examples include, but is not limited to: volunteer or timer.

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, determined by birthday, than the Minor Athlete.

Dual Relationship Exception: An Adult Participant has a role or relationship with a Minor Athlete that is outside of the sport program. This exception requires written consent of the Minor Athlete's parent/legal guardian at least annually, which must also identify which portion of MAAPP the parent/guardian is providing consent.

Emergency Exception: Applies to all situations in MAAPP where an Adult Participant must violate requirement(s) of the MAAPP due to an emergency. Adult Participants must carefully consider whether specific circumstances meet the threshold of an emergency circumstance.

- a. It is strongly encouraged that the Storm Aquatics or Adult Participant document the emergency circumstance.

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, Health Care Providers,

If a licensed mental health care professional, health care provider, and/or a student under the supervision of a licensed mental health care professional or licensed health care provider, meets one-on-one with a Minor Athlete at an Event or Facility Under Partial or Full Jurisdiction of Storm Aquatics 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. When appropriate and not violating a providers professional licensure, Storm Aquatics is notified that the licensed mental health care professional, health care provider, and/or a student under the supervision of a licensed mental health care professional or licensed health care provider, will be meeting with a Minor Athlete, whose name does not need to be disclosed; and
- e. The licensed mental health care professional, health care provider, and/or student under the supervision of a licensed mental health care professional or licensed 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 Storm Aquatics, which can be withdrawn at any time.
- c. Parents/legal guardians must be allowed to observe the individual training session.

It is recommended that prior to parents/guardians providing consent, said parent/guardian complete the U.S. Center for SafeSport's education and training on child abuse.

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, or another adult family member, 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, or another adult family member, 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 Storm Aquatics or by an Adult Participant subject to this Policy. Storm Aquatics and/or Adult Participant 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 10:00 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" USA Swimming'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 AND RESIDENTIAL ENVIRONMENTS

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, who are at least 8 years of age, 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 USA Swimming athletes must be USA Swimming non-athlete members of USA Swimming.

It is recommended that 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.

It is also recommended that prior to parents/guardians providing consent, said parent/guardian complete the U.S. Center for SafeSport's education and training on child abuse.

II. Lodging and Residential Environments

- a. An Adult Participant must not share a lodging arrangement including, but not limited to hotel stays, rentals (i.e. Airbnb, VRBO, HomeToGo, etc.), and long-term residential environments, including lodging at training sites and Billeting, with an Athlete.
- b. During In-Program Travel, all In-Program Contact in a lodging arrangement including, but not limited to hotel stays, rentals (i.e. Airbnb, VRBO, HomeToGo, etc.), and long-term residential environments, including lodging at training sites and Billeting, 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 lodging arrangement including, but not limited to hotel stays, rentals (i.e. Airbnb, VRBO, HomeToGo, etc.), and long-term residential environments, including lodging at training sites and Billeting, with other Minor Athletes of the same competition category and of similar age.
- f. Adult Participants, including team managers and chaperones, who lodge with USA Swimming athletes must be USA Swimming non-athlete members of USA Swimming.

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.

It is recommended that prior to parents/guardians providing consent, said parent/guardian complete the U.S. Center for SafeSport's education and training on child abuse.

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

Storm Aquatics 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 Storm Aquatics.

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 remove their 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. Storm Aquatics must abide by such a request.

VII. Monitoring

Storm Aquatics 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. Media and Championship Celebrations in Locker Rooms

Storm Aquatics may permit recording or photography in locker rooms to highlight a sport or athletic accomplishment if:

- a. Parent/legal guardian consent has been obtained, when possible; and
- b. Storm Aquatics approves the specific instance of recording or photography; and
- c. Two or more Adult Participants are present; and
- d. Everyone is fully clothed.

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.

MANUAL THERAPY, THERAPEUTIC, AND RECOVERY
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. The provider must narrate the steps in the modality before taking them, seeking consent of the Minor Athlete throughout the process.

Prior to parents/guardians providing consent, said parent/guardian complete the U.S. Center for SafeSport's education and training on child abuse.

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 plan

APPENDIX A
[REQUIRED BY U.S. CENTER FOR SAFESPORT FOR INCLUSION AS APPENDIX TO THE
USA SWIMMING MINOR ATHLETE ABUSE PREVENTION POLICY]

Storm AquaticsAL REQUIREMENTS FOR EDUCATION & TRAINING AND PREVENTION POLICIES

All NGBs, LAOs, and the USOPC (the “Storm Aquatics”) must implement proactive policies designed to prevent abuse. These Storm Aquatics requirements are described below.

A. Storm Aquatics Requirements for Education & Training

1. USA Swimming must track whether Adult Participants under its jurisdiction complete the required training listed in Part I.
2. USA Swimming must, every 12 months, offer and, subject to parental consent, give training to minor athletes on the prevention and reporting of child abuse.
 - a. For training to Minor Athletes, USA Swimming must track a description of the training and how the training was offered and provided to Minor Athletes.
 - b. USA Swimming is not required to track individual course completions of Minor Athletes.
3. USA Swimming must, every 12 months, , offer training to parents on the prevention and reporting of child abuse.
 - a. For training to parents, USA Swimming must track a description of the training and how the training was offered and provided to parents.
 - b. USA Swimming is not required to track individual course completions of parents.

B. Required Prevention Policies and Implementation

1. USA Swimming must develop minor athlete abuse prevention policies to limit one-on-one interactions between Minor Athletes and Adult Participants. These policies must contain the mandatory components of the Center’s model policies in Part III. These model policies cover:
 - a. Meetings
 - b. Individual Training Sessions
 - c. Manual Therapy, Therapeutic, and Recovery Modalities
 - d. Locker rooms and changing areas
 - e. Electronic communications
 - f. Transportation
 - g. Lodging and Residential Environments
2. The policies must be approved by the Center as described in subsection (C) below. The policies may include the recommended components in Part III and the recommended policies in Part IV. Given the uniqueness of each sport, however, some recommended components or policies may not be feasible or appropriate. Storm Aquatics may choose to implement stricter standards than the model policies.
3. USA Swimming must also require that its LAOs implement these policies within each LAO.
4. USA Swimming, Zones, LSCs and member clubs must implement these policies for all In-Program Contact.
 - a. At sanctioned events and facilities partially or fully under its jurisdiction, the Storm Aquatics
 - b. must take steps to ensure the policies are implemented and followed.
 - c. For In-Program Contact that occurs outside Storm Aquatics’s sanctioned event or

facilities, implementing these policies means:

- i. Communicating the policies to individuals under its jurisdiction;
- ii. Establishing a reporting mechanism for violations of the policies;
- iii. Investigating and enforcing violations of the policies.

USA Swimming must have a reporting mechanism to accept reports that an Adult Participant is violating the Storm Aquatics's minor athlete abuse prevention policies. USA Swimming must appropriately investigate and resolve any reports received, unless the violation is reported to the Center and it exercises jurisdiction over the report. This requirement is in addition to requirements to report abuse under the SafeSport Code.

C. Policy Approval and Submission Process

1. USA Swimming may adopt the mandatory minimum requirements of the MAAPP as-is or adapt it to fit their needs. Regardless, each Storm Aquatics must submit their policies to the Center at compliance@safesport.org for review and approval by April 1, 2024. The Center will approve, approve with modifications, or deny the policies. If the Center denies the proposed policy, the mandatory components of Part III become the default policy until the Center approves the policy.
2. USA Swimming must require their LAOs to incorporate the mandatory components of Part III. USA Swimming may require that their LAOs implement the USA Swimming's policies, which may be more stringent than the policies in Part III.

The mandatory components of Part III will serve as the default policy for any Storm Aquatics that fails to develop its own policy as required by this section. Any changes made to USA Swimming's MAAPP after the policy is approved must be submitted to the Center for approval. The previously approved MAAPP will remain in effect until written approval is provided to USA Swimming from the Center.



**WRITTEN PERMISSION FOR AN UNRELATED APPLICABLE ADULT TO PROVIDE LOCAL TRANSPORTATION
TO MINOR ATHLETE**

I, _____, legal guardian of _____, a minor athlete, give express written permission, and grant an exception to the Minor Athlete Abuse Prevention Policy for _____, an unrelated Applicable Adult to provide local vehicle transportation to _____ (minor athlete) to _____ (destination) on _____ (date(s)) at _____ (approximate time), and further acknowledge that this written permission is valid only for the transportation on the specified date and to the specified location.

Legal Guardian Signature: _____ Date: _____



**WRITTEN PERMISSION FOR AN UNRELATED APPLICABLE ADULT TO TRAVEL TO COMPETITION ALONE
WITH MINOR ATHLETE**

I _____, legal guardian of _____, a minor athlete, give express written permission, and grant an exception to the Minor Athlete Abuse Prevention Policy for _____ (minor athlete), to travel with _____ (Applicable Adult), to travel from _____ (point of origin) to _____ (destination) to attend the _____ (name of competition) from _____ to _____ (dates of travel to competition).

I acknowledge that _____ (minor athlete) cannot share a hotel room, sleeping arrangement or other overnight lodging location with _____ (Applicable Adult) at any time. I further acknowledge that this written permission is valid only for the dates and location specified herein.

Legal Guardian Signature: _____ Date: _____



WRITTEN PERMISSION FOR AN UNRELATED ADULT ATHLETE TO SHARE THE SAME HOTEL, SLEEPING ARRANGEMENT OR OVERNIGHT LODGING LOCATION WITH MINOR ATHLETE

I, _____, legal guardian of _____, a minor athlete, give express written permission, and grant an exception to the Minor Athlete Abuse Prevention Policy for _____ (minor athlete), to stay in the same hotel room of, or share a sleeping arrangement or other overnight lodging location

with _____ (unrelated adult athlete)

At _____ (location of hotel room or other overnight lodging location) from _____ to _____ (dates of applicable rooming arrangement). I

further acknowledge that this written permission is valid only for the dates and location specified herein.

Legal Guardian Signature: _____

Date: _____



PERMISSION FOR A LICENSED MASSAGE THERAPIST OR OTHER CERTIFIED PROFESSIONAL OR HEALTH CARE PROVIDER TO TREAT A MINOR ATHLETE

I, _____, legal guardian of _____, a minor athlete, give express written permission, and grant an exception to the Minor Athlete Abuse Prevention Policy for _____ (massage therapist or other certified professional) to provide a massage, rubdown and/or athletic training modality for _____ (athlete) on _____ (date) at _____ (location). The massage, rubdown or athletic training modality must be done with at least one other adult present in the room and must never be done with only _____ (athlete) and _____ (massage therapist or other certified professional) in the room. I acknowledge that I have the right to observe the massage, rubdown or athletic training modality. I further acknowledge that this written permission is valid only for the dates and location specified herein.

Legal Guardian Signature: _____ Date: _____

Storm Locker Room Policy

Storm Aquatics has partnered with the facility lifeguard staff to monitor the LSHS pool locker rooms. Locker rooms are monitored at the end of each lifeguard changing shift. Approximately every 15 min. The main locker room doors are monitored by office staff. Locker rooms are open to the public using the facility. Parents of same gender athletes may assist their swimmers in the locker room if needed. A family bathroom is available for athletes needing assistance from a parent that is not the same gender. Lifeguard staff who observe misconduct in the locker rooms will immediately inform coaching staff and disciplinary procedures will be followed.

Cell phones are NOT allowed in locker rooms.

Action Plan to Address Bullying

Purpose

Bullying of any kind is unacceptable at Storm Aquatics and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. Storm Aquatics is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, board member or athlete/mentor.

Objectives of Storm Aquatic's Bullying Policy and Action Plan

To make it clear that Storm Aquatics will not tolerate bullying in any form. To define bullying and give all board members, coaches, parents and swimmers a good understanding of what bullying is. To make it known to all parents, swimmers and coaching staff that there is a policy and protocol should any bullying issues arise. To make how to report bullying clear and understandable. To spread the word that Storm Aquatics takes bullying seriously and that all swimmers and parents can be assured that they will be supported when bullying is reported.

What is Bullying?

Generally, bullying is the use of aggression, whether intentional or not, which hurts another person. Bullying results in pain and distress.

Bullying is the severe or repeated use, regardless of when or where it may occur, by one or more Storm Aquatics members of an oral, written, electronic or technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission) , or a physical act or gesture , or any combination thereof, directed at any other member or Participating Non-Member that to a reasonably objective person has the effect of causing physical or emotional harm to the other member or damage to the other member's property;

Placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property; Creating a hostile environment for the other member at any Storm Aquatics activity;

Infringing on the rights of the other member at any Storm Aquatics activity; or Materially and substantially disrupting the training process or the orderly operation of any Storm Aquatics activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC).

Reporting Procedure

An athlete who feels that he or she has been bullied is asked to do one or more of the following things:

Talk to your parents; Talk to a Storm Aquatics Coach, Board Member, or other designated individual; Write a letter or email to the Storm Aquatics Coach, Board Member, or other designated individual; Make a report to the USA Swimming Safe Sport staff.

There is no express time limit for initiating a complaint under this procedure, but every effort should be made to bring the complaint to the attention of the appropriate Storm Aquatics leadership as soon as possible to make sure that memories are fresh and behavior can be accurately recalled and the bullying behavior can be stopped as soon as possible.

How We Handle Bullying

If bullying is occurring during team-related activities, we **STOP BULLYING ON THE SPOT** using the following steps:

Intervene immediately. It is okay to get another adult to help. Separate the kids involved. Make sure everyone is safe. Meet any immediate medical or mental health needs. Stay calm. Reassure the kids involved, including bystanders. Model respectful behavior when you intervene.

If bullying is occurring at Storm Aquatics or it is reported to be occurring at Storm Aquatics, we address the bullying by **FINDING OUT WHAT HAPPENED** and **SUPPORTING THE KIDS INVOLVED** using the following approach:

FINDING OUT WHAT HAPPENED

First, we get the facts.

- Keep all the involved children separate. Get the story from several sources, both adults and kids. Listen without blaming. Don't call the act "bullying" while you are trying to understand what happened.
- It may be difficult to get the whole story, especially if multiple athletes are involved or the bullying involves social bullying or cyberbullying. Collect all available information. Then, we determine if it's bullying. There are many behaviors that look like bullying but require different approaches. It is important to determine whether the situation is bullying or something else.
- Review the USA Swimming definition of bullying; To determine if the behavior is bullying or something else, consider the following questions:

- What is the history between the kids involved? Have there been past conflicts? Is there a power imbalance? Remember that a power imbalance is not limited to physical strength. It is sometimes not easily recognized. If the targeted child feels like there is a power imbalance, there probably is. Has this happened before? Is the child worried it will happen again? Remember that it may not matter “who started it.” Some kids who are bullied may be seen as annoying or provoking, but this does not excuse the bullying behavior. Once you have determined if the situation is bullying, support all of the kids involved.

SUPPORTING THE KIDS INVOLVED

- Support the kids who are being bullied
- Listen and focus on the child. Learn what’s been going on and show you want to help. Assure the child that bullying is not their fault. Work together to resolve the situation and protect the bullied child. The child, parents, and fellow team members and coaches may all have valuable input. It may help to:
- Ask the child being bullied what can be done to make him or her feel safe. Remember that changes to routine should be minimized. He or she is not at fault and should not be singled out. For example, consider rearranging lane assignments for everyone. If bigger moves are necessary, such as switching practice groups, the child who is bullied should not be forced to change.
- Develop a game plan. Maintain open communication between Storm Aquatics and parents. Discuss the steps that will be taken and how bullying will be addressed going forward. Be persistent. Bullying may not end overnight. Commit to making it stop and consistently support the bullied child.

Address bullying behavior

- Make sure the child knows what the problem behavior is. Young people who bully must learn their behavior is wrong and harms others. Show kids that bullying is taken seriously. Calmly tell the child that bullying will not be tolerated. Model respectful behavior when addressing the problem. Work with the child to understand some of the reasons he or she bullied. For example:
- Sometimes children bully to fit in or just to make fun of someone who is a little different from them. In other words, there may be some insecurity involved.
- Other times kids act out because something else—issues at home, abuse, stress—is going on in their lives. They also may have been bullied. These kids may be in need of additional support. Involve the kid who bullied in making amends or repairing the situation. The goal is to help them see how their actions affect others. For example, the child can:
- Write a letter apologizing to the athlete who was bullied. Do a good deed for the person who was bullied, for Storm Aquatics, or for others in your community. Clean up, repair, or pay for any property they damaged. Avoid strategies that don’t work or have negative consequences:
- Zero tolerance or “three strikes, you’re out” strategies don’t work. Suspending or removing from the team swimmers who bully does not reduce bullying behavior. Swimmers may be less likely to report and address bullying if suspension or getting kicked off the team is the consequence. Conflict resolution and peer mediation don’t work for bullying. Bullying is not a conflict between people of equal power who share equal blame. Facing those who have bullied may further upset

kids who have been bullied. Follow-up. After the bullying issue is resolved, continue finding ways to help the child who bullied to understand how what they do affects other people. For example, praise acts of kindness or talk about what it means to be a good teammate.

Support bystanders who witness bullying

Every day, kids witness bullying. They want to help, but don't know how. Fortunately, there are a few simple, safe ways that athletes can help stop bullying when they see it happening.

Be a friend to the person being bullied; Tell a trusted adult – your parent, coach, or Storm Aquatics board member;

Help the kid being bullied get away from the situation. Create a distraction, focus the attention on something else, or offer a way for the target to get out of the situation. "Let's go, practice is about to start." Set a good example by not bullying others. Don't give the bully an audience. Bullies are encouraged by the attention they get from bystanders. If you do nothing else, just walk away.

Grievance Policy

The Storm Aquatics Grievance Procedure provides swimmers, parents, coaches, club leaders and employees a system to address and report grievances in a productive, systematic way. Following these Procedures provides the appropriate parties a means to properly investigate, intervene, and take disciplinary action when needed.@

Where to Report

- For issues dealing with sexual misconduct, sexual harassment and/or sexually explicit or inappropriate communication through social media:
U.S. Center for SafeSport: 833-5US-SAFE (587-7233) or <https://www.usaswimming.org/Home/safe-sport>
- For issues dealing with physical abuse, emotional abuse, criminal charges and the use, sale or distribution of illegal drugs:
USA Swimming Safe Sport: safesport@usaswimming.org or <https://safesport.i-sight.com/portal>
- For issues dealing with known or suspected child abuse:
Lake Stevens Police Department: Phone: (425) 334-9537
- For issues dealing with peer-to-peer bullying, coach-athlete bullying, parent issues, violations of the Storm Aquatics Code of Conduct and violations of the Minor Athlete Abuse Prevention Policy. These issues are handled at the club level following the procedures outlined below.

Whom to Notify of a Grievance (Chain of Command)

Regarding the Conduct of a Swimmer

Contact the swimmer's coach. Should a parent or swimmer feel another swimmer's conduct is inappropriate or violates the Storm Aquatics Code of Conduct, the parent/swimmer should discuss these concerns with the coach of the swimmer responsible for the violation (Responsible Coach). This

complaint should be made in person or in writing. Coaches will ensure the Storm Aquatics Board of Directors is notified of the complaint and will participate in assessing behavior.

Regarding the Conduct of an Assistant or Age Group Coach

Contact the Head Coach. Should a parent or swimmer feel an Assistant or Age Group Coach's conduct is inappropriate or in violation of any Club policies or procedures, the parent/swimmer should notify the Head Coach of this violation. This complaint should be made in person or in writing. The Head Coach will ensure that the Storm Aquatics Board of Directors is notified of the complaint and will participate in assessing behavior.

Regarding Conduct of Head Coach

Notify the Storm Aquatics Board President (president@stormaquatics.net). Should a parent or swimmer feel the Head Coach's conduct is inappropriate or violates any Club policies or procedures, the parent/swimmer should notify the President of the Board of Directors of this violation. This complaint should be made in person or in writing. If the President is not immediately available, this complaint may be presented to any member of the Board of Directors, with notification made in writing to the President. This complaint will be subject to review and discussion by the full Board of Directors.

Regarding Board of Director Member Conduct

Notify the Storm Aquatics Board President (president@stormaquatics.net). Should a parent or swimmer feel a Director's conduct is inappropriate or violates any Club policies or procedures, the parent/swimmer should notify the Board President of this violation in person or in writing. If the Board President is the Director whose conduct is in question, the Board Vice President should be notified in writing or in person instead of the Board President. This complaint will be reviewed and discussed by the full Board of Directors.

Regarding Parent or Swim Official Conduct

Notify the Head Coach and Board President (president@stormaquatics.net). Should a parent or swimmer feel another Storm Aquatics parent's or an official's conduct is inappropriate or violates any Club policies or procedures, the parent/swimmer should notify the Head Coach and Board President of this violation in person or in writing. This complaint will be reviewed and discussed by the full Board of Directors.

Note: With the exception of issues which immediately affect the health and safety of swimmers, all matters should be discussed before or after a coaching session, as coaches should not be expected to deal with issues during water time.

How Grievances Will Be Handled

The Board of Directors have the authority to impose penalties for infractions of the Storm Aquatics Athlete, Parent and Coach Codes of Conduct or any behavior(s) they deem not conducive to the best interests of the Club or other swimmers. Consequences are at the sole discretion of the coaches and/or Storm Aquatics Board of Directors and may include, but aren't limited to, verbal warnings, dismissal from practice, contacting parents, temporary suspension from club activities and expulsion. Involved parties

will be informed of the processes and range of potential consequences. The U.S. Center for SafeSport, USA Swimming and local law enforcement (if applicable) will be contacted within 24 hours if a coach, parent, or swimmer violates the SafeSport Code for the U.S. Olympic and Paralympic Movements, the USA Swimming Code of Conduct, Athlete Protection Policy, or local laws.

1. **Gathering Information:** The appropriate individuals will contact the person who filed the grievance, and the person against whom the grievance is being filed, to ask questions about what happened. In addition, other witnesses may be contacted for more information. All information will be recorded on the Storm Aquatics grievance procedure form.
2. **Assessing Behavior:** The behavior of the person(s) against which the grievance was brought, will be assessed using club policies and facility rules, USA Swimming Code of Conduct, USA Swimming Safe Sport policies, as well as applicable local and state laws.
3. **Consequences will be given, and disciplinary action will be taken, if appropriate. These consequences and disciplinary actions will be decided using the following general guidelines:**
 - a. Nature of the misconduct
 - b. Severity of the misconduct
 - c. Prior disciplinary actions
 - d. Adverse effect of the misconduct
 - e. Application of the Code of Conduct

For more Safe Sport Information go to <https://www.usaswimming.org/Home/safe-sport>