

Summerville YMCA



Tidalwaves

2024-2025 USA Swimming Information

ADMINISTRATION & FINANCE

Administration

The Summerville Family YMCA is proud members of South Carolina Swimming (SCS) and USA swimming. All athletes **MUST** be a registered swimmer to participate in an USA sanctioned swim meet. Any swimmer or coach over the age of 18 is required to complete the Athlete Protection Training to be a current member. USA Swimming's top priority continues to be keeping our athletes safe. No form of abuse, including child sexual abuse, has a place in our sport. As a part of USA swimming's continued commitment to safeguarding our athletes, they have enacted enhancements to our Safe Sport policy and education requirements.

Head Coach: Susan Nesselrode- USA Level 3 certified coach

Assistant Coach: Tony Schupp- USA Level 2 certified coach

Coach Michael Fuller- USA certified coach

Coach Erynn Sprake- USA certified coach

Coach Isabel Hendryx: USA certified coach

USA Team Liaison/Parent President: Tiffany Wessler

USA SafeSport Liaison: Jessica Drost

For more information on South Carolina Swimming: www.teamunify.com/team/szscslsc/page/home

For more information on USA swimming: usaswimming.org

Meet Entry Fees

Typically, USA swim meet entry fees can range anywhere from \$75-100 per meet. In most meets, swimmers can swim 3-5 events per day. Relay fees are split between 4 swimmers. Deck entry fees, which are those paid the day of the meet, can be up to twice the amount as a pre-entry fee. **Under NO circumstances is a family allowed to mail Meet Entry Forms or contact by phone the Hosting Club.** The YMCA will write one check to the host club for all the entry fees collected for the swimmers on our team.

USA Fees

All swim team members are required to pay a program fee to be on the swim team. **All swim team program fees must be kept current or they will not be permitted to participate until the program fees are brought up to date.**

In addition to your monthly swim team and membership fee, there is a **USA Registration fee** due by Sept 10th if you want your swimmer to participate in the meet on September 24. Yearly membership is valid for one

full year, allowing the swimmer to compete in multiple events and championship meets. Flex membership is now only for those 12 and under, it is valid for 2 USA sanctioned meets but is not valid for competition above the LSC level (Zones, Sectionals, etc).

- Year-round fee (9/1/23-12/31/2024): \$100.00
- Outreach fee (for those receiving free or reduced lunches) \$10.00

The 2024-2025 membership year, USA Swimming Membership Registration processes is only available **ONLINE**. You will be provided with a web link to create a Ping account to register your swimmer.

Outreach: USA Swimming offers a reduced registration fee for athletes from low-income families. The purpose of this program is to provide competitive swimming opportunities to the underrepresented and economically disadvantaged youth in the United States. The Outreach Program reduces the annual membership fee an athlete pays to USA Swimming from \$96.00 to \$7. In addition, extreme efforts can be made to secure funds for additional needs such as swimsuits, equipment and possible travel expenses.

Outreach Mission

USA Swimming is committed to increasing multicultural, ethnic, and socioeconomic diversity at all levels of the sport to achieve and foster an inclusive swimming environment.

Vision

As the national governing body for competitive swimming in the United States, USA Swimming has a vision to create and maintain an environment that is free from participation barriers for persons from all cultural, ethnic, and socioeconomic backgrounds.

Diversity and inclusion are valuable components that will benefit the organization at all levels. Embracing the strengths and beauty of diversity enhances the mission of USA Swimming, which is to build the base, promote the sport and achieve competitive success.

USA Swimming Safe Sport Policy



USA Swimming Safe Sport Recognized Program

USA Swimming member clubs consistently embrace Safe Sport abuse prevention measures and educational resources. The Safe Sport Recognized Club Program ("SSRP") allows a USA Swimming member club to publicly demonstrate its unwavering commitment to creating an abuse-free, safe, healthy and positive environment for all its members through the implementation of the Minor Athlete Abuse Prevention Policy, Anti-Bullying measures, Safe Sport Best Practices and Athlete Protection Training. Summerville Family YMCA Tidalwaves swim team is committed to working towards the goal of becoming a Safe Sport Recognized Club as we are committed to fostering a safe and healthy environment for its athletes.

USA Swimming strives to continually improve the programs and services it offers to its members and among these some of the most important relate to the safeguards for protecting young athletes. In an effort to continue to foster safe and positive environments within all member clubs, USA Swimming has provided Summerville Family YMCA Tidalwaves with best practice guidelines that help define elements of appropriate behavior and conduct. The Tidalwaves's top priority continues to be keeping its athletes safe. No form of abuse, including child sexual abuse, has a place in our sport. Tidalwaves swim team adheres to USA Swimming's Code of Conduct, which is included in the annual USA Swimming Rulebook.

The U.S. Center for SafeSport ("the Center"), the separate, independent, organization that oversees all sexual misconduct reports in the Olympic and Paralympic Movement created the Minor Athlete Abuse Prevention Policies to set a baseline for acceptable safety standards that limit one-on-one interactions between adults and minor athletes.

Summerville Family YMCA is committed to providing a safe environment for all of its athletes. To that end, the Tidalwaves have appointed a Safe Sport Coordinator, Jessica Drost, and our Athlete

Welfare Advocates, Sumi, Dustin and Jennifer to assist athletes in voicing their concerns. Our Athlete Welfare Advocates are adults who have volunteered to be available to any athlete who is concerned about the conduct of coaches, staff, volunteers, or other athletes and wants to talk about it. Following guidelines set by USA Swimming, practices are viewable from our viewing area outside the fence, only employees and our Athlete Welfare Advocates are on the pool deck. Summerville Family YMCA has also put in place numerous policies and procedures that are meant to foster an environment that is safe for all athletes..

USA Swimming and the U.S. Center for Safe Sport have reporting systems to deal with Safe Sport concerns.

To deal with a Safe Sport concern, contact USA Swimming at (719) 866-4578. Contact the U.S. Center for Safe Sport to make a report. Call 833-5US-SAFE (587-7233) or use the online reporting form.

Effective September 1, 2021: Updated Minor Athlete Protection Policy (MAAPP 2.0)

On April 29, 2019, USA Swimming released its Minor Athlete Abuse Protection Policy (MAAPP) addressing one-on-one interactions, social media and electronic communications, travel: local and team, locker rooms and changing areas, and massages, rubdowns and athletic training modalities. All USA Swimming member clubs were required to implement MAAPP in full by June 23, 2019. Summerville Family YMCA implemented this policy. On September 1, 2021, USA Swimming implemented MAAPP 2.0 as such, Summerville Family YMCA also implemented the updated guidelines in this new policy.

USA Swimming has outlined all policies and guidelines on its MAAPP webpage.

Safe Sport requires that all USA Swimming member clubs have the following policies in place:

- Team Travel
- Electronic Communication
- Anti-Bullying Plan
- Photography
- Locker Room Monitoring
- Parent and Athlete Code of Conduct

Please see the attached guidelines, sign and return

Travel Consent/Emergency Medical Release Form

Please Print All Information, Except For Signatures

Meet Name: _____ Dates: _____

Swimmer Identification

Name: _____ Date of Birth: _____ Age: _____

Address: _____ City: _____ Zip: _____

List any medications and dosages that the swimmer will be taking during the trip.

1)

2)

3)

Does someone need to supervise the administration of the medication? Yes _____ No _____ N/A _____

List pre-existing medical conditions; e.g, Epilepsy, any **Allergies**, Asthma or other medical information about this swimmer that the Coaches/Chaperones should be aware of:

Medical Insurance Data

Company _____

Policy# _____

Name of Policy Holder: _____

Swimmer's Primary Care Physician:

Name: _____

Phone# _____

Person to contact in an Emergency

Name _____ Relationship to Swimmer _____

Telephone: Day (_____) Evening (_____)

Cellular Phone: (_____) Other (_____)

If the swimmer identified above becomes injured or otherwise needs emergency medical attention, I authorize Summerville Family YMCA Tidalwaves through the Head Coach, Susan Nesselrode, or his designee to obtain medical assistance. I authorize him or his designee to act for me, according to his or her best judgment and ability. This authorization covers all the time that the swimmer is under the supervision of Summerville Family YMCA Tidalwaves personnel.

Special Notes;

_____ Initial – I give permission for the Summerville Family YMCA Tidalwaves staff/Chaperones to transport my swimmer as necessary. I understand that it may not be possible to have a similar gender adult travel in the same vehicle at all times.

_____ Initial – I understand that this trip requires only the coach and my swimmer to travel together.

Parent or Guardian Name: _____

Signature: _____ Date: _____

_____ Initial – I will follow the USA Swimming Code of Conduct at all times while on travel as a representative of Summerville Family YMCA Tidalwaves swim team.

Swimmer Signature: _____ Date: _____

**SUMMERVILLE FAMILY YMCA TIDALWAVES TRAVEL
CONDUCT POLICY
Page 2**

MAAPP Travel Consent

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: _____

Summerville Family YMCA Tidalwaves Athlete Electronic Communication Best Practices

Purpose

USA Swimming member clubs are required to have an electronic communication policy for coaches and non-athlete members to follow. Similarly, athletes should be made aware that there are certain standards for electronic communication for all individuals associated with the club. The ability of coaches and non-athlete members to adhere to the required policy relies, in part, on the ability of athletes to respect the boundaries established for healthy electronic communication with the team. Athletes should remember that swimming for the club is a PRIVILEGE, and they are expected to portray themselves, their team, and their community in a positive manner at all times.

Expectations

The club holds the following expectations of athletes:

- ☐ Athletes will not use derogatory language, including sexist, racist, homophobic, obscene, or profane material of any kind.
- ☐ Athletes will not use social media to degrade, demean, or attack any person, team, or organization.
- ☐ Athletes will not use social media to contact his/her coach(es) and will instead post appropriate material to the club's profile.
- ☐ Athletes will not call or text their coach, except in an emergency or if a parent/guardian is included in the communication.
- ☐ All communication between athletes and coaches will be related to the activities of the team and should, whenever possible, be limited to in-person communication during team practices or events.

Things to remember: Texting

- ☐ Text messages and photos can be saved or screen-shot. Once the message is transmitted, the sender does not have control.
- ☐ Texting between athletes and coaches is not okay unless it is an emergency situation or another adult (such as a parent/guardian or another coach) is copied on the text.
- ☐ It is typically more effective to discuss an issue in person.

Things to remember: Social Media

- ☐ Once you post something online, it is public and PERMENENT--even if you delete it.
- ☐ Many employers, college admissions officers, and athletic recruiters review social networking sites as part of their evaluation of an applicant. Carefully consider how others may perceive the information and content that you share about yourself.

- ☐ Never post your email address, home address, phone number, or other personal information, as it could lead to unwanted attention, stalking, or identity theft.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the YMCA directors.

Swimmer's signature

Date

Parent's signature

Date

Tidalwaves Swim Team ACTION PLAN TO ADDRESS BULLYING

Action Plan of the Tidalwaves Swim Team to Address Bullying

PURPOSE

Bullying of any kind is unacceptable at Tidalwaves Swim Team and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. The Club 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 the Club's Bullying Policy and Action Plan:

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

WHAT IS BULLYING?

The USA Swimming Code of Conduct prohibits bullying. Generally, bullying is the use of aggression, whether intentional or not, which hurts another person. Bullying results in pain and distress.

The USA Swimming Code of Conduct defines bullying in 304.3.7. Bullying is the severe or repeated use by one or more USA Swimming members of oral, written, electronic or other 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 that to a reasonably objective person has the effect of:

- i. causing physical or emotional harm to the other member or damage to the other member's property.
- ii. placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property;
- iii. creating a hostile environment for the other member at any USA Swimming activity;
- iv. infringing on the rights of the other member at any USA Swimming activity; or
- v. materially and substantially disrupting the training process or the orderly operation of any USA Swimming 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 Club Coach, Board Member, or other designated individual; Jessica Drost.
- Write a letter or email to the Club Coach, Board Member, or other designated individual; Jessica Drost
- 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 club 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:

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

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

FINDING OUT WHAT HAPPENED

1. **First, we get the facts.**
 - a. Keep all the involved children separate.
 - b. Get the story from several sources, both adults and kids.
 - c. Listen without blaming.
 - d. Don't call the act "bullying" while you are trying to understand what happened.
 - e. It may be difficult to get the whole story, especially if multiple athletes are involved or the bullying involves social bullying or cyber bullying. Collect all available information.
2. **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.
 - a. Review the USA Swimming definition of bullying.
 - b. 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?
- c. 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.
 - d. Once you have determined if the situation is bullying, support all of the kids involved.

SUPPORTING THE KIDS INVOLVED

3. Support the kids who are being bullied

- a. 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.
- b. 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:
 - i. 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.
 - ii. Develop a game plan. Maintain open communication between the Club and parents. Discuss the steps that will be taken and how bullying will be addressed going forward.
- c. Be persistent. Bullying may not end overnight. Commit to making it stop and consistently support the bullied child.

4. Address bullying behavior

- a. Make sure the child knows what the problem behavior is. Young people who bully must learn their behavior is wrong and harms others.
- b. Show kids that bullying is taken seriously. Calmly tell the child that bullying will not be tolerated. Model respectful behavior when addressing the problem.
- c. Work with the child to understand some of the reasons he or she bullied. For example:
 - i. Sometimes children bully to fit in or just to make fun of someone is a little different from them. In other words, there may be some insecurity involved.
 - ii. 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.
- d. 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:

- i. Write a letter apologizing to the athlete who was bullied.
 - ii. Do a good deed for the person who was bullied, for the Club, or for others in your community.
 - iii. Clean up, repair, or pay for any property they damaged.
 - e. Avoid strategies that don't work or have negative consequences:
 - i. 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.
 - ii. 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.
 - f. 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.
5. **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.
- a. Be a friend to the person being bullied;
 - b. Tell a trusted adult – your parent, coach, or club board member;
 - c. 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."
 - d. Set a good example by not bullying others.
 - e. 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.

I understand and agree to adhere to Summerville Family YMCA Tidalwaves anti-bullying policy:

Swimmer's signature

Date

Parent's signature

Date

TIDALWAVES PHOTOGRAPHY POLICY

All photographs of Tidalwaves swimmers will observe our accepted standards of decency, including:

- Action shots taken will be in observance of a celebration of our team, whether a practice, swim meet or other team hosted event and not a sexualized image in a sporting context.
- Action shots will not be taken or retained where the photograph reveals a torn or displaced swimsuit.
- Photographs will not be taken from behind swimming blocks at the start of a race, exhibit a child climbing out of the swimming pool or on the turn end of the swimming pool. Photographs will only be taken from either side of the pool.
- Photographs will not be taken in locker-rooms or bathrooms.

Photography Consent Form

Tidalwaves Swim Team may take photographs (individual and in groups) of swimmers under the age of 18, that may include your child during their membership in the club. All photos will be taken and published in line with club policy. The club requires parental consent to take and use photographs. Parents have a right to refuse agreement to their child being photographed. I understand I can revoke my consent at any time by contacting the Assistant Coach to sign a new form:

As the parent/caregiver of _____ I allow the following or disallow the following.

Take photographs to use on the club's secure website

☐ Consent given ☐ Consent refused

Take photographs to use on the club's secure social media group

☐ Consent given ☐ Consent refused

Take photographs to use on the club's intuition owners social media sites

☐ Consent given ☐ Consent refused

Take photographs to include with newspaper articles

☐ Consent given ☐ Consent refused

Take photographs to use on club notice boards

☐ Consent given ☐ Consent refused

Video for training purposes only

☐ Consent given ☐ Consent refused

Signed: _____ Date: _____

SUMMERVILLE FAMILY YMCA TIDALWAVES LOCKER ROOM/RESTROOM MONITORING POLICY

Summerville Family YMCA Tidalwaves practices at Summerville Family YMCA and North Charleston Aquatics Center. Both facilities have public locker room / restrooms. The use of public restrooms is intended for parents, visitors, students, staff of the YMCA and NCAC and the general public. Such access means there are multiple groups utilizing the space simultaneously creating need for SVY Tidalwaves athletes to be respectful of others privacy. SVY Tidalwaves athletes must be diligent in monitoring the area to protect all SVY Tidalwaves team mates from any inappropriate conduct. The purpose of this policy is to protect our athletes, coaches and parents. We respectfully request all Summerville Family YMCA parents review this policy with your athletes. Safety First!

The Summerville Family YMCA coaches and directors believes that constant monitoring inside of all locker rooms and changing areas could be the most effective way to prevent problems, but it believes more strongly that our swimmers have a track record of behaving well and that constant monitoring would make swimmers uncomfortable and may even place our staff or volunteers at risk for unwarranted suspicion.

Summerville Family YMCA Tidalwaves BEST PRACTICE LOCKER ROOM POLICY

- No SVY Tidalwaves athlete may leave practice without permission from a coach. (See Policy Considerations below.)
- No SVY Tidalwaves athlete should be in the locker room alone at any time unless absolutely necessary.
- Athletes should read and adhere to Tidalwaves Locker Room policies.
- SVY Tidalwaves athletes must be aware of the other patrons utilizing the locker room and report to the coach immediately any concerning or inappropriate behavior.
- SVY Tidalwaves athletes should shower and dress quickly avoiding time spent without cover in front of mirrors or in front of others when using locker rooms at Summerville Family YMCA and are not permitted to use the locker rooms at North Charleston unless the facility is being utilized as a closed team practice or swim meet.
- Parents should not enter the locker room unless absolutely necessary and then with conditions. (See below for Policy Considerations.)

Character First – Summerville Family YMCA Tidalwaves athletes understand personal accountability and the expectation of being a Tidalwaves Swim team member is always about maintaining a high level of personal character. The use of poor language, inappropriate discussions and general rough housing in the locker room is not acceptable. Please notify a coach to report any violations.

POLICY CONSIDERATIONS

Parents should not enter the locker rooms unless it is truly necessary. If an athlete needs assistance with his or her uniform or gear (for example, a child under the age of eight), or an athlete's disability warrants assistance, then we ask that parents let the coach know beforehand that he or she will be helping the athlete. In those instances, it should only be a same-sex parent. An opposite-sex parent needs to ask another parent to check on his/her child. If this is not an option, then the parent should let the coach know about this in advance, allow the coach to announce him or herself and allow swimmers to gather things to maintain their privacy. Following this announcement and a brief period, the coach and opposite sex parent can enter the locker room but only for the limited, specific purpose (and time needed) for which they entered.

FACILITIES

We practice at Summerville Family YMCA and North Charleston Aquatics Center (NCAC)

Summerville Family YMCA: When at all possible the swimmers should come prepared to swim and dressed for practice. There are restrooms/locker rooms next to the pool with small changing areas. The entrance for swimmers is visible from the pool deck. There are outside showers on deck. There is a large locker room not adjacent to the pool that is **NOT available to minor athletes**. Restrooms/locker rooms are closed to members and other program participants during practice and swim meets. Other restrooms are available for members and other program participants to use that are not attached to the pool and pool area.

NCAC: When at all possible the swimmers should come prepared to swim and dressed for practice. There are locker rooms adjacent to the pool with changing areas and showers. There are two entrances to each locker room and are not visible from the pool deck. There are private family restrooms that we encourage our swimmers to use that are visible from the pool deck. Summerville Family YMCA Tidalwaves are not permitted to use these restrooms/locker rooms unless it is an emergency. NCAC is a public facility; general public, non-swim team participants and staff have access to all restrooms and locker rooms. The general public, non-swim team participants and staff of NCAC are not associated with Summerville Family YMCA Tidalwaves.

MONITORING: Coaches make every effort to recognize when an athlete goes to the locker room or changing area during practice and, if they do not return in a timely fashion, we will check on the athlete's whereabouts. A swimmer leaving the water for the locker room or changing area must ask the coach first. It is impossible to record these instances, but this request allows for a better awareness.

The head coach for each site conducts a sweep of the locker rooms and changing areas before athletes arrive. While we do not post [staff, coach, parent, other adult] inside or at the doors of the locker rooms and changing areas, we do make occasional sweeps of these areas. [Staff, coach, parent, other adult] conduct these sweeps, with women checking on female locker rooms, and men checking on male locker rooms.

USE OF CELL PHONES AND OTHER MOBILE RECORDING DEVICES

Summerville Family YMCA Tidalwaves prohibits the use of mobile devices with recording capability in locker rooms.

Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras increase the risk for different forms of misconduct in locker rooms and changing areas. The USA Swimming Athlete Protection Policies prohibit the use of such devices in the locker room or other changing area:

305.3 Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.

This absolutely applies to cell phones even if the person is not using the photo, video or other recording device. **Please insure that all swimmers are aware NOT to use any function on any mobile or recording device whatsoever while in a locker room and should remain in a bag or clothing pocket.**

INAPPROPRIATE BEHAVIOR

Any misconduct, inappropriate behavior, questionable behavior should be reported to the head coach immediately. Additionally please follow our full Grievance Procedure for all misconduct.

REPORTING INFORMATION

To deal with a Safe Sport concern, contact USA Swimming at (719) 866-4578 <https://www.usaswimming.org/safe-sport/report-a-concern>

Contact the U.S. Center for Safe Sport to make a report. U.S. Center for SafeSport 833-5US-SAFE (587-7233) or use the online reporting form at <https://safesport.i-sight.com/portal> or find more information at <http://www.uscenterforsafesport.org/>

MBSC's Safe Sport Coordinators

Jessica Drost tidalwaves@summervilleyymca.org

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the YMCA's directors.

Swimmer's signature

Date

Parent's signature

Date

TIDALWAVES TEAM CODE OF CONDUCT: ATHLETES

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 as a member of Tidalwaves swim team:

- ☐ I will always respect and show courtesy to my teammates and coaches.
- ☐ 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 attend all team meetings and training sessions unless I am excused by my coach.
- ☐ I will show respect for 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 YMCA and 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 YMCA's directors.

Swimmer's signature

Date

Parent's signature

Date

TIDALWAVES TEAM CODE OF CONDUCT: 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 to first to Susan Nesselrode; then, if not satisfied, to the appropriate supervisor.

I understand the above expectations and that my failure to adhere to them may result in disciplinary action.

Signature(s)

Date

TIDALWAVES POLICY FOR GENDER DIVERSE MINOR ATHLETES

These recommendations are consistent with USA Swimming values of equal opportunity and the right for all members to participate. USA Swimming strongly encourages the use of this resource and offers assistance to teams that need guidance in its implementation.

**Athletes qualifying for or competing in Elite level or senior competitions (with time qualifications) must follow current USA Swimming Policies and Procedures for selection, which also fall under the current IOC guidelines. **

DEFINITIONS (taken from transequality.org)

Transgender: a broad term that can be used to describe people whose gender identity is different from the gender they were thought to be when they were born

Gender identity: a person's internal knowledge of their gender

Gender expression: how a person presents their gender on the outside, often through behavior, clothing, hairstyle, voice or body characteristic

Sex: The classification of a person as male or female based on what our bodies look like at birth.

Gender Diverse: equitable or fair representation between genders, most commonly the ratio of men and women and may also include non-binary gender categories.

TIDALWAVES POLICY FOR PARTICIPATION

A minor transgender athlete member of Summerville YMCA Tidalwaves swim team is allowed to participate in accordance with his/her/their gender identity, irrespective of the sex listed on the athlete's birth certificate or other records and regardless of whether the athlete has undergone any medical procedure.

This means an athlete who is biologically female but identifies as a boy/man should be allowed to participate in men's events and an athlete who is biologically male but identifies as a girl/woman should be allowed to participate in women's events.

TIDALWAVES PRACTICES AND MEETS POLICY:

1. When a current minor member athlete transitions and wishes to compete in his/her/their gender identity, the athlete or his/her/their designee shall request a change of the athlete's gender in SWIMS by contacting Diversity & Inclusion staff at USA Swimming at inclusion@usaswimming.org. Once this [process](#) is completed, the athlete will be able to be entered and compete in events that match his/her/their gender identity.
2. At all times, teammates, coaches, and all others will respect the confidentiality of an athlete. Discussion or disclosure of an individual's gender identity will only take place after expressed permission is given by the individual or the individual's parent or another designee.
3. In all cases, teammates, coaches, and all others will refer to an athlete by the name and pronoun they go by.
4. An athlete will be able to use the locker rooms, changing facility, and restroom that is consistent with his/her/their gender identity. When requested and/or where available, an athlete will be provided access to a gender-neutral bathroom or changing facility (i.e., family restroom, gender neutral bathroom).
5. When overnight travel is involved, an athlete will be assigned to share a hotel room based on his/her/their gender identity. An athlete who requests extra privacy should be accommodated whenever possible.
6. An athlete will be permitted to dress consistently with his/her/their gender identity, including warm-ups and team gear.

7. Per USA Swimming's Rule Book in article 102.8.1 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 materials. 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" Any athlete requesting a deviation from this policy must submit a swimsuit waiver to the Chair of Rules and Regulations Committee. The current Chair is Clark Hammond (ruleregs@gmail.com). No exemption to the swimsuit rule will be made that gives a swimmer a competitive advantage (i.e. tech suits). It is important for all members to be aware of relevant state laws with regards to appropriate coverage.
8. Tidalwaves swim team has an anti-bullying policy in place and des provide inclusion and diversity training to all YMCA staff.

The US Center for Safe Sport and USA Swimming prohibit discrimination against any member or participant on the basis of gender, sexual orientation, gender expression and gender identity is prohibited (304.3.3). In the event that a question should arise about whether an athlete's request to participate in a manner consistent with his/her/their gender identity is bona fide, USA Swimming will refer to the Code of Conduct and follow its standard procedures of enforcement.

ADDITIONAL RESOURCES

Trans*Athlete: a resource for students, athletes, coaches, and administrators to find information about transgender inclusion in athletics at various levels of play. www.transathlete.com

NCAA Inclusion of Transgender Student-Athletes:

<http://www.ncaa.org/about/resources/inclusion/lesbian-gay-bisexual-transgender-and-questioning-lgbtq>

National Center for Transgender Equality:

<https://transequality.org/>

GLAAD Reference Guide (updated 2016):

<https://www.glaad.org/reference>