



WELCOME TO GOLD'S AQUATICS CLUB

At Gold's Aquatic's Club, our belief is that all youth will succeed in an environment where they feel connected, encouraged, and supported. We look forward to being the foundation of this experience. We will provide a positive learning opportunity for every swimmer. We attribute our success to the support and commitment from all our families. Thank you for choosing to be a part of our club.

This registration packet has been carefully curated to ensure a smooth and secure enrollment process, while also respecting the importance of your personal information.

In this packet, there are forms that require you to provide specific personal details. We kindly request that you complete these forms accurately and thoroughly to help us better understand your needs and preferences. Rest assured, your information will only be used for club-related purposes and will never be shared with any unauthorized individuals or entities.





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TRAINING AGE GROUPS



GROUP	REQUIREMENT	GEAR	PRACTICE
AGE GROUP INTRO	All swimmers must be able to swim a 50 of each stroke. They will learn how to increase their strength and endurance while being introduced to the new world of competitive swimming. Swimmers will begin to understand sets, body awareness, and control in the water.	Kickboard Fins Paddles Pull Buoy	Mon - Fri 3:45 - 4:30 PM
AGE GROUP BLACK	Swimmers must have legal strokes and turns. They will fine-tune their technique while continuing to focus on the smaller details. Swimmers must be able to follow group instructions and sets while working on their individual developmental needs.	Kickboard Fins Paddles Pull Buoy	Mon - Fri 4:30 - 5:30 PM Sat 8:30 - 10:00 AM
AGE GROUP GOLD	These swimmers are working on increasing their capacity and technique at a more advanced level. The intensity of the workout is enhanced to prepare these swimmers for our senior program. They must be able to stay on task and focused during swim.	Kickboard Fins Paddles Pull Buoy	Mon - Fri 4:30 - 6:00 PM Sat 8:30 - 10:00 AM
SENIOR BLACK	This group allows us to build upon as well as learn more advanced swimming techniques. Expectations are to understand the fundamentals of swimming and be able to independently understand and complete workouts. Swimmers must attend practices and meets while maintaining their academic levels in school. We will not only learn swimming skills but lifelong lessons.	Kickboard Fins Paddles Pull Buoy Bands Snorkle	Mon - Fri 6:00-7:00 PM Sat 10:00 AM-12:00 PM 60% practice attendance recommended
SENIOR GOLD	This group is for swimmers wanting to commit to a more rigorous training schedule and are preparing for regional, national and college levels of swim. All swimmers must attend qualifying meets, practices, and be able to maintain academic levels throughout the season. Swimmers may not have other commitments keeping them from meeting the practice schedule beyond a 12 week time frame throughout the entire season.	Kickboard Fins Paddles Pull Buoy Bands Snorkle	Mon/Wed/Fri 5:30 - 7:30 PM Tu/Th 6:00 - 8:00 PM Sat 10:00 AM - 12:00 PM 65% practice attendance recommended



ATHLETE MEDICAL RELEASE

ATHLETE INFORMATION

ATHLETE'S NAME _____ DATE OF BIRTH _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

ALLERGIES _____

OTHER MEDICAL CONDITIONS _____

ATHLETE'S PHYSICIAN _____ PH _____

MEDICAL INSURANCE CO. _____ PH _____

POLICY HOLDER _____ POLICY # _____

****PLEASE PROVIDE A COPY OF BOTH SIDE OF YOUR MEDICAL
INSURANCE CARD****

GROUP # _____

EMERGENCY INFORMATION

PARENT/GUARDIAN 1: _____ PH 1 _____ PH 2 _____

PARENT/GUARDIAN 2: _____ PH 1 _____ PH 2 _____

IN AN EMERGENCY WHEN PARENT/GUARDIAN CANNOT BE REACHED

EMERGENCY CONTACT 1: _____ PH 1 _____ PH 2 _____

EMERGENCY CONTACT 2: _____ PH 1 _____ PH 2 _____

PARENT/GUARDIAN APPROVAL AND MEDICAL RELEASE

Recognizing the possibility of physical injury associated with swimming and in consideration for Gold's Aquatics Club and its members accepting the registrant for Gold's Aquatics Club, I hereby release discharge, and/or other indemnify Gold's Aquatics Club, Gold's Gym Woodinville/Camas, the Gold's Aquatics Club staff and associated personnel, including the owners of the facilities utilized for a meet, against any claim by or on behalf of the registrant as a result of the registrant's participation in any travel meet and/or being transported to or from the same, which transportation I hereby authorize.

I hereby give consent to have a staff member and/or doctor of medicine or dentistry provide my son/daughter with medical assistance and/or treatment and agree to be responsible financially for the reasonable cost of such assistance and/or treatment beyond the coverage allowed by my personal coverage.

Parent/Guardian Signature_____
Date



CONCUSSION INFORMATION SHEET



Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe.

Signs and Symptoms of a Concussion

Athletes do not have to be "knocked out" to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child's health at risk!

Signs Observed by Coaches, Officials, Parents or Guardians

- Appears dazed, stunned or confused
- Unsure about event, location of name of meet
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes – irritability, sadness, nervousness, emotional
- Can't recall events before or after incident

Symptoms Reported by Athlete

- Any headache or "pressure" in head - how badly it hurts does not matter
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"
- Trouble falling asleep
- Sleeping more or less than usual

Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss practice or meets than the entire season... or risk permanent damage!

Seek Medical Attention Right Away

Seeking medical attention on the day of the event is an important first step if you suspect or are told your swimmer has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities:

- No athlete should return to activity on the same day he/she gets a concussion.
- No athlete may return to training, regardless of sport, until he/she is cleared by a health care professional with a note specifying clearance. Athletes should NEVER return to the pool if they still have ANY symptoms..... in case an athlete returns with a note and then during the practice complains of a headache or other symptoms.
- Parents and coaches should never pressure any athlete to return to play.



CONCUSSION INFORMATION SHEET



The Dangers of Returning Too Soon

Returning to the pool too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified health care professional.

Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete's injury and their roles in helping the child recover. During the recovery time after a concussion, physical and mental rest is required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children's brains take several weeks to heal following a concussion.

Returning to Daily Activities

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
5. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
6. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

Returning to School

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
 - o Swimmers Increased problems paying attention.
 - o Increased problems remembering or learning new information.
 - o Longer time needed to complete tasks or assignments.
 - o Greater irritability and decreased ability to cope with stress.
 - o Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help can be removed gradually.

Returning to the Pool

1. Returning to the pool is specific for each person. As an example, California law requires written permission from a health care provider before an athlete can return to play. Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER be on deck, practice, or participate in competition if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
4. Your athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.



CONCUSSION INFORMATION SHEET



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
- Burred, 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:

- Headaches
- 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

Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document created 9/15/2009

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"



CONCUSSION INFORMATION SHEET



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



SUDDEN CARDIAC ARREST INFORMATION

ATHLETE/PARENT/GUARDIAN SUDDEN CARDIAC ARREST SYMPTOMS AND WARNING SIGNS INFORMATION SHEET

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A youth athlete's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues.

SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year. It is the #1 cause of death for student athletes.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- fainting or seizures during exercise;
- unexplained shortness of breath;
- dizziness;
- extreme fatigue;
- chest pains; or
- racing heart.

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

Public Chapter 325 – the Sudden Cardiac Arrest Prevention Act

The act is intended to keep youth athletes safe while practicing or playing. The requirements of the act are:

- All youth athletes and their parents or guardians must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.
- The immediate removal of any youth athlete who passes out or faints while participating in an athletic activity, or who exhibits any of the following symptoms:
 - Unexplained shortness of breath;
 - Chest pains;
 - Dizziness
 - Racing heart rate; or
 - Extreme fatigue; and
- Establish as policy that a youth athlete who has been removed from play shall not return to the practice or competition during which the youth athlete experienced symptoms consistent with sudden cardiac arrest
- Before returning to practice or play in an athletic activity, the athlete must be evaluated by a licensed medical doctor or an osteopathic physician. Clearance to full or graduated return to practice or play must be in writing.

Adapted from PA Department of Health: Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form. 7/2013



ATHLETE CODE OF CONDUCT

PURPOSE

The purpose of this code of conduct for coaches is to establish common expectations for all swimmers, parents/guardians, and coaching staff of Gold's Aquatics Club. It is to be used as a guide to promote a positive team environment and good sportsmanship.

ATHLETE RESPONSIBILITIES

As a swimmer's level of swimming ability increase so does their responsibility. Our club is designed to encourage all swimmers to be Gold Group members. As swimmers improve, we expect a commitment in all areas. A swimmer has the responsibility to the team, Coaches, parents, and most importantly to themselves. Swimmers need to prepare themselves to participate to their best ability each time they are at practice. Thus, all swimmers will be expected to bring all training accessories with them to every practice. We want you to come to practice with a positive attitude and willingness to learn. We expect you to be respectful and considerate of all teammates, parents, Coaches, officials, and club members. We will encourage and support each other as individuals and a team. Everyone will benefit in this environment!

ATHLETE CODE OF CONDUCT

- At club functions, whether practice, meets or social gatherings, we expect each swimmer to behave in such a way that their actions reflect positively on the team.
- All members of the club, including swimmers, parents, siblings, and guests, will continue to protect and promote the reputation of the club.
- Never interfere with the progress of another swimmer during practice or 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 required 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, and 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.
- Any swimmer who is known to participate in tobacco, alcohol, drug, or sexual misconduct is subject to suspension from the club. This will be decided with athlete, parents, Coaches, and team representative.

Athlete Signature

Date



PARENT CODE OF CONDUCT



PURPOSE

The purpose of this code of conduct for coaches is to establish common expectations for all swimmers, parents/guardians, and coaching staff of Gold's Aquatics Club. It is to be used as a guide to promote a positive team environment and good sportsmanship.

PARENT/GUARDIAN RESPONSIBILITIES

Make every effort to have your swimmer at practice on time. Realize that your child is working hard and give all the support you can. Encourage good diet and sleep habits. This will serve them well in all areas of their life. .

PARENT/GUARDIAN CODE OF CONDUCT

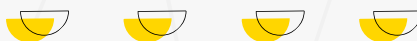
- I will support the Coaches working with my child and always remember I am not the Coach. All concerns I have will be addressed to the Coaches and club support staff and not my child.
- I will address Coaches and club staff in a respectful and positive manner. I will utilize email, TeamUnify and the mobile app, to contact my Coaches and club staff, respecting their privacy. Please do not ask for coaches personal phone numbers.
- I will encourage good sportsmanship through my example of positive support of all athletes, Coaches, officials, and spectators at every practice, meet and team function.
- I will place the physical and emotional well-being of all athletes, above my desire to win.
- I will remember that my child is part of this team to learn new skills, build self-confidence and have fun.
- 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 expect my child to be respectful of all athletes, Coaches, officials, spectators, and volunteers.
- I will support the team through volunteer efforts and team-building activities

Parent/Guardian Signature

Date



COACH/STAFF CODE OF CONDUCT



PURPOSE

The purpose of this code of conduct for coaches is to establish common expectations for all swimmers, parents/guardians, and coaching staff of Gold's Aquatics Club. It is to be used as a guide to promote a positive team environment and good sportsmanship.

COACH/STAFF/VOLUNTEER RESPONSIBILITIES

Coaches are responsible for placing swimmers in practice groups. This is based upon the age and ability level of each individual. Swimmers will be moved into new training groups when deemed appropriate by the coaching staff. Coaches will be responsible for all stroke technique and training regiments. Coaches will also be responsible for ensuring swimmers' environment is supportive of each swimmer's individual mental and physical wellness. Coaches will work with each swimmer to avoid mental crisis and physical "burn-out". Coaches will also provide educational, competitive, and engaging opportunities for each swimmer.

The Coaching staff will determine what meets the team will attend, as well as the events each swimmer will be entered into. Coaches will work with each swimmer to meet individual goals. Relay teams will also be at the sole discretion of the Coaching staff. At the meets, Coaches will conduct warm-ups for the team. Before and after each swimmer's event, Coaches will provide individually focused reminders and constructive feedback.

The Coaching staff will be responsible for addressing Team parent and swimmer concerns and questions in a timely manner.

COACH/STAFF/VOLUNTEER CODE OF CONDUCT

- At all times, adhere to USA Swimming's rules and code of conduct.
- 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, volunteer or parent violating this code of conduct will be brought to the attention of his/her supervisor and/or the club's team representative.



RELEASE OF LIABILITY, ASSUMPTION OF RISK, WAIVER OF CLAIMS AND INDEMNIFICATION AGREEMENT

Notice - By signing this document you may be waiving certain legal rights, including the right to sue.

RELEASE AND WAIVER OF CLAIMS; ASSUMPTION OF THE RISK; INDEMNIFICATION AGREEMENT

In consideration of being allowed to use the facility ("Facility") at Van Fitness, LLC - Gold's Gym Vancouver, NW Sports Fitness, LLC - Gold's Gym Kirkland, WV Fitness, LLC - Gold's Gym Woodinville, HOV Fitness, LLC - Gold's Gym Vancouver Hazel Dell, TGD Fitness, LLC - Gold's Gym Tigard, CAM Fitness, LLC - Gold's Gym Camas, and/or Lacamas Swim and Fitness Club, Inc., participate in classes, receive instruction and/or training (group and/or personal) and participate in other activities [collectively the "Activities"] provided by Van Fitness, LLC - Gold's Gym Vancouver, NW Sports Fitness, LLC - Gold's Gym Kirkland, WV Fitness, LLC - Gold's Gym Woodinville/Gold's Aquatics Club, HOV Fitness, LLC - Gold's Gym Vancouver Hazel Dell, TGD Fitness, LLC - Gold's Gym Tigard, CAM Fitness, LLC - Gold's Gym Camas/Gold's Aquatics Club, and/or Lacamas Swim and Fitness Club, Inc. (the "Host"), the Participant, and the Participant's parent[s] or legal guardian[s] if the Participant is a minor, do hereby agree, to the fullest extent permitted by law, as follows:

1. **TO WAIVE ALL CLAIMS** that they have or may have against the Host arising out of the Participant's use of the Facility, participation in the Activities and/or the use of any equipment provided by the Host ("Equipment"), including while receiving instruction and/or training;
2. **TO ASSUME ALL RISKS** of using the Facility, participating in the Activities and using the Equipment, even those caused by the negligent acts or conduct of the Host, its owners, affiliates, operators, employees, volunteers, agents, and/or officers. Using the Facility includes possible exposure to and illness from infectious diseases including but not limited to COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist. Participant knowingly and freely assumes all such risks related to illness and infectious diseases, such as COVID-19, even if arising from the negligence or fault of the Host, its owners, affiliates, operators, employees, volunteers, agents, and officers. The Participant and his/her parent[s] or legal guardian[s] understand that there are inherent risks of using the Facility, participating in the Activities and using the Equipment, which may be both foreseen and unforeseen and include serious physical injury, illness, and death;
3. **TO RELEASE** the Host, its owners, affiliates, operators, employees, volunteers, agents, and officers from all liability for any loss, damage, illness, injury, death, or expense that the Participant [or his/her next of kin] may suffer, arising out of his/her use of the Facility, participation in the Activities and/or use of the Equipment, including while receiving instruction and/or training. The Participant and his/her parent[s] or legal guardian [s] specifically understand that they are releasing any and all claims that arise or may arise from any negligent acts or conduct of the Host, its owners, affiliates, operators, employees, volunteers, agents, and/or officers, to the fullest extent permitted by law. However, nothing in this Agreement shall be construed as a release for conduct that is found to constitute gross negligence or intentional conduct; and
4. **TO INDEMNIFY** the Host, its owners, affiliates, operators, employees, volunteers, agents, and/or officers, from all liability for any loss, damage, illness, injury, death, or expense that the Participant [or his/her next of kin] may suffer, arising out of use of the Facility, participation in the Activities and/or use of the Equipment, including while receiving instruction and/or training.



RELEASE OF LIABILITY, ASSUMPTION OF RISK, WAIVER OF CLAIMS AND INDEMNIFICATION AGREEMENT

PERSONAL RESPONSIBILITY

The Participant and his/her parent(s) or legal guardian(s) certify that Participant has no physical or mental condition that precludes him/her from use of the Facility and/or participating in the Activities and that he/she is not participating against medical advice. Participant and his/her parent(s) or legal guardian(s) are responsible for notifying the Host of any changes to Participant's health, which could affect Participant's ability to exercise in a reasonably safe and healthy manner.

The Participant and his/her parent(s) or legal guardian(s) understand that Participant's use of the Facility and/or participation in the Activities is voluntary and further understand that they have the opportunity to inspect the Host's Equipment and facilities before any participation.

The Participant understands that if he/she uses the Facility and/or is participating in the Activities after normal business hours, there may be few or no staff members of the Host on the premises, which could affect and/or eliminate the Host's ability to provide assistance in case of an emergency.

The Participant and his/her parent(s) or legal guardian(s) understand that Participant is obligated to follow the rules of the Facility and of the Activities and that he/she can minimize his/her risk of illness and/or injury by doing so and through the exercise of common sense and by being aware of his/her surroundings.

If, while using the Facility and/or participating in the Activities, the Participant or his/her parent(s) or legal guardian(s) observe any unusual hazard or condition, which they believe jeopardizes Participant's personal safety or that of others, Participant and/or his/her parent(s) or legal guardian(s) will remove Participant from use of the Facility and/or participation in the Activities and immediately bring said hazard or condition to the attention of the Host.

To the extent that any portion of this Agreement is deemed to be invalid under the law of the applicable jurisdiction, the remaining portions of the Agreement shall remain binding and available for use by the Host and its counsel in any proceeding.

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND THAT THIS AGREEMENT IS PART OF THE ENTIRE AGREEMENT. I AM AWARE THAT BY SIGNING THIS AGREEMENT I MAY BE WAIVING CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.

Participant's Full Name

Date of Birth

Participant's Signature

Date

If Participant is a minor (under the age of 18), Parent/Legal Guardian signature is required below in addition to Participant:

Parent/Legal Guardian's Full Name

Parent/Legal Guardian Signature

Date



MINOR ATHLETE ABUSE PREVENTION POLICY

SAFESPORT MINOR ATHLETE ABUSE PREVENTION POLICY (MAAPP)

VISIT ONLINE: https://www.gomotionapp.com/walwst/UserFiles/Image/QuickUpload/maapp-2-0-gac_069469.docx

SAFESPORT BEST PRACTICES GUIDELINES

The following Best Practice Guidelines are strongly recommended for all USA Swimming members.

1. Parents should be encouraged to appropriately support their children's swimming experience.
2. All swimming practices should be open to observation by parents.
3. Coaches should not initiate contact with or accept supervisory responsibility for athletes outside Club programs and activities.
4. When only one athlete and one coach travel to a competition, at the competition the coach and athlete should attempt to establish a "buddy" club to associate with during the competition and when away from the venue.
5. Relationships of a peer-to-peer nature with any athletes should be avoided. For example, coaches should avoid sharing their own personal problems with athletes.
6. Coaches and other non-athlete adult members should avoid horseplay and roughhousing with athletes.
7. When a coach touches an athlete as part of instruction, the coach should do so in direct view of others and inform the athlete of what he/she is doing prior to the initial contact. Touching athletes should be minimized outside the boundaries of what is considered normal instruction. Appropriate interaction would include high fives, fist bumps, side-to-side hugs and handshakes.
8. Coaches should avoid having athletes as their favorites. They should also avoid creating a situation that could be perceived as them having favorites.
9. Gift-giving, providing special favors or showing favoritism to individual athletes is strongly discouraged.

Updated: June 23, 2019



ATHLETE PROTECTION TRAINING



The Athlete Protection Training is a program that all members 18 and older must complete. This includes Athletes, Coaches and Volunteers. In order to be eligible to compete as an 18 and older this training must be completed first.

To follow the training steps, visit the [Athlete Protection Training](https://www.usaswimming.org/resource-center/athlete-protection-trainingpage) with USA Swimming at <https://www.usaswimming.org/resource-center/athlete-protection-trainingpage>.



LOCKER ROOM/ CHANGE ROOM MONITORING POLICY

PURPOSE

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

MONITORING

Gold's Aquatics Coaches and staff make every effort to recognize when an athlete goes to the locker room or changing area during practice and competition and, if they do not return in a timely fashion, we will check on the athlete's whereabouts. Only same-gender coaches should enter the locker rooms. We discourage parents from entering locker rooms and changing areas unless it is truly necessary. In those instances, it should only be a same-sex parent. If this is necessary, parents should let the coach or administrator know about this in advance. 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 or an administrator know beforehand that he or she will be helping the athlete. Gold's Aquatics Club has staggered practices, with different groups arriving and departing throughout the day. It is therefore not practical to constantly monitor locker rooms and changing areas over this extended course of time. While we do not post staff, coaches, parents, other adults inside or at the doors of the locker rooms and changing areas, we may make occasional sweeps of these areas.

- **UNDRESS** An unrelated Applicable Adult must not expose his or her breasts, buttocks, groin or genitals to a minor athlete under any circumstance. An unrelated Applicable Adult must not request an unrelated minor athlete to expose the minor athlete's breasts, buttocks, groin or genitals to the unrelated Applicable Adult under any circumstance.
- **ONE-ON-ONE INTERACTIONS** Except for athletes on the same team or athletes attending the same competition, at no time are unrelated Applicable Adults permitted to be alone with a minor athlete in a locker room or changing area, except under emergency circumstances. If the organization is using a facility that only has a single locker room or changing area, separate times for use by Applicable Adults must be designated. Gold's Aquatics Club will make 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.

USE OF CELL PHONES AND OTHER MOBILE RECORDING DEVICES

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. At **ALL** USA Swimming sanctioned meets, the **CAMERA FREE ZONE** is in effect. No person may use a camera or any other device capable of recording still or video images in the area behind the blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event. At **ALL** practices and USA Swimming Sanctioned events, changing into or out of swimsuits other than in the locker rooms or other designated areas is not appropriate and is prohibited. <https://www.usaswimming.org>



ELECTRONIC COMMUNICATIONS POLICY

CONTENT

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

OPEN AND TRANSPARENT

1. If an Adult Participant communicates one-on-one with a Minor Athlete via Electronic Communications, the Minor Athlete's parent/legal guardian must be copied or included. If a Minor Athlete communicates to the Adult Participant privately first, said Adult Participant must copy or include the Minor Athlete's parent/legal guardian on any Electronic Communication response to the Minor Athlete. Adult Participants must only use Electronic Communication platforms that allow for Open and Transparent communication.
2. The following exceptions apply to Section II(a):
 - a. In emergency circumstances;
 - b. When a Dual Relationship exists; and/or
 - c. When the Close-In-Age Exception applies.
3. 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.

REQUESTS TO DISCONTINUE

Parents/legal guardians may request in writing that their Minor Athlete not be contacted through any form of electronic communication by USA Swimming or by an Adult Participant subject to this Policy. USA Swimming 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.

HOURS

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

PROHIBITED ELECTRONIC COMMUNICATION

1. 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.
2. Adult Participants must not send private, instant or direct messages to a Minor Athlete through social media platforms.
3. The following exceptions apply to Section V:
 - a. When a Dual Relationship exists; and/or
 - b. When the Close-In-Age Exception applies.



CONSENT TO USE PHOTOGRAPH

PHOTOGRAPHY POLICY

A parent or guardian has a right to refuse to have their child photographed. Any photo that may go to press, on a notice board, or online, be it through a member of the club or official photographer, should receive parental consent before publishing/displaying the photo.

All photos will be taken following the Safe Sport Guidelines set by USA Swimming listed below. This will be in effect for both practice and swim meets.

All photographs must observe generally accepted standards of decency, in particular:

- Action shots should be a celebration of the sporting activity and not a sexualized image in a sporting context.
- Action shots should not be taken or retained where the photograph reveals a torn or displaced swimsuit.
- Photographs should not be taken from behind swimming blocks at the start of a race or exhibit a child climbing out of the swimming pool.
- Photographs should not be taken in locker-rooms or bathrooms.

CONSENT TO USE PHOTOGRAPH

As parent/guardian of _____, I hereby:

CONSENT GIVEN

☐

Give permission to the Gold's Aquatic Club / Gold's Gym Camas to photograph swimmer and/or myself, and to use such photographs for and all purposes including advertising, print publications, public relation displays, marketing posters, and promotional displays in public venues; without compensation.

CONSENT REFUSED

☐

DO NOT give permission to the Gold's Aquatic Club / Gold's Gym Camas to photograph swimmer and/or myself, to use such photographs for any purposes.

Parent/Legal Guardian's Full Name

Parent/Legal Guardian Signature

Date



GENERAL

TEAM TRAVEL POLICY

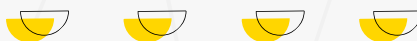
As part of USA Swimming's enhanced athlete protection efforts, USA Swimming requires clubs and Local Swimming Committees (LSCs) to have published policies for team travel. Below are the policies adopted by Oregon Swimming (OSI) which shall be signed by all parents of swimmers who participate in team travel events.

1. I understand the terms of this agreement are in effect for all OSI Swimming team travel.
2. "Team Travel" is defined as any overnight travel for athletes under 18 years of age to a practice, meet, trip, or event supervised by Oregon Swimming or Swimmers Club for the time I arrive until the practice, meet, trip or event is concluded and I have departed the area or, in the case of a trip, returned home. 12 & under athletes are fully under the care of a parent/legal guardian.
3. Meet/travel eligibility is determined by:
 - a. Qualifying for meet time standards;
 - b. Code of Conduct; and,
 - c. Final approval to attendance is at the discretion of the coach.
4. Team managers and chaperones must be a member of USA Swimming and have successfully passed USA Swimming-administered criminal background check and taken the Athlete Protection Training.
5. Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete (unless the coach is the parent, guardian, sibling, or spouse of that particular athlete).
6. Athletes should not ride in a coach's vehicle without another adult present who is the same gender as the athlete, unless prior written parental permission.
7. Aside from a supervised team room provided for relaxation and recreation, the propriety of athletes and staff shall be supported by maintaining no mixing of different gender athletes visiting behind closed doors. Therefore, there will be no male athletes in female athlete's rooms and no female athletes in male athlete's rooms (unless the other athlete is a sibling or spouse of that particular athlete).
8. Curfews shall be established by the coach/chaperone each day of the trip.
9. Swimmers are expected to remain with the team at all times during the trip. Swimmers are not to leave the competition venue, the hotel, a restaurant, or another place at which the team has gathered without the permission/knowledge of the coach or chaperone.
10. When visiting public places such as shopping malls, movie theatres, etc. swimmers will stay in groups of no less than three persons. 12 & under athletes will be accompanied by a coach/chaperone.
11. The coach/chaperone shall make a written report of Team Travel Policy or Code of Conduct violations to the Head Coach and parent or legal guardian of any affected minor athlete. Furthermore, at the discretion of the coach, violation of the Team Travel Policy or Code of Conduct may render expulsion from event and immediate departure at the parents' expense.
12. Further safety considerations:
 - a. Must wear seat belts and remain seated in vehicles.
13. Further behavior considerations:
 - a. Respect the privacy of each other;
 - b. Be quiet and respect the rights of teammates and others in hotel;
 - c. Be prompt and on time; and,
 - d. Respect travel vehicles.
14. Further financial considerations:
 - a. No room service without permission;
 - b. Swimmers responsible for all hotel charges which include, but not limited to room rate and incidental charges;
 - c. Swimmer responsible for any damages or theft at hotel.
 - d. Swimmer responsible for daily expenses included, but not limited to gas and food.
15. Each coach may establish rules of conduct beyond those rules stated herein and those stated in any other manner. Swimmers are to abide by the rules established by their coach as rules established by OSI. I agree to follow the coach's rules and instruction, and to abide by any consequences as issued by the coach.
16. All team members, team staff, and parents of minors are apprised in writing of this Travel Policy. A signature on this document constitutes unconditional agreement to comply with the stipulations.



OSI SWIMMING

MOTOR VEHICLE PERMISSION FORM



I hereby give my child or ward, _____, permission to ride in a privately owned motor vehicle operated by:

1. ☐ a coaching staff of OSI Swimming.
2. ☐ (1) above and any adults over the age of 21 who are volunteering with the OSI Swimming as chaperons for activities or events. Note: (1) and (2) above shall have a valid Driver's license.

I understand that, by virtue of his/her participation in swim team activities and by my execution of this form, permission is presumed granted for my child or ward to travel with prescribed individuals above for the purpose of (a) an emergency or (b) an activity or event(e.g., practice, meet, trip or event) which is sponsored by, or affiliated with, OSI Swimming.

This permission includes travel in privately owned vehicles operated by NCS Swimming coaching staff/chaperones.

If I have executed this form by checking boxes 1, and/or 2 above, I hereby agree to release and to hold Oregon Swimming and driver harmless for damages related to any injury or death suffered by my child or ward following his or her departure in a vehicle operated by those listed above.

Parent/Legal Guardian's Full Name

Parent/Legal Guardian Signature

Date



ACTION PLAN TO ADDRESS BULLYING

Bullying of any kind is unacceptable at Gold's Aquatics Club (the "Club") 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, staff member, or athlete/mentor. Objectives of the Club's Bullying Policy and Action Plan:

- To make it clear that the Club will not tolerate bullying in any form.
- To define bullying and give all st 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 Gold's Aquatics 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?

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 USA Swimming 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 USA Swimming activity;
- Infringing on the rights of the other member at any USA Swimming activity; or
- 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, Staff Member, or other designated individual;
- Write a letter or email to the Club Coach, Staff 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 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.



ACTION PLAN TO ADDRESS BULLYING

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 okay 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 cyberbullying. 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:
 - i. What is the history between the kids involved?
 - ii. Have there been past conflicts?
 - iii. 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.
 - iv. 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.

www.usaswimming.org/protect



ACTION PLAN TO ADDRESS BULLYING

4. Address the 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 who 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. 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 staff 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.



GRIEVANCE AND REPORTING POLICY

PURPOSE

To clearly explain procedures for the notification and handling a violation of any team policy, unless otherwise specified in that policy.

GENERAL GUIDELINES

If any swimmer, coach, or parent/guardian has a concern, has witnessed a red flag behavior or a known policy violation the first step is to speak to the direct coach(es) of the swimmer or swimmers involved. If the direct coach is involved in the situation, unavailable or has not responded to the concern, then the team representative at camas@goldsgym1965.com, should be contacted.

Please be aware of the appropriate timing to connect with a coach or staff member. During practice the coach is responsible for the safety of swimmers on deck and in the water, so cannot adequately address a concern. It is best to e-mail or call the coach to arrange a mutually agreeable time to discuss the concern.

The violation of any Gold's Aquatics Club team policy is subject to reporting and disciplinary action (see Parent/Athlete Code of Conduct).

IF CONCERNS DEAL WITH ANY OF THE FOLLOWING:

- Criminal Charges;
- Use, Sale, or Distribution of illegal drugs;
- Physical Abuse;
- Inappropriate Touching;
- Lap Sitting;
- Coaches sharing hotel rooms with Athletes;
- Rubdown or Massage performed by Coaches;
- Pictures or video taken in locker rooms or changing areas.

Please do not hesitate to contact the National US Center for Safe Sports.

CONCERN OF PHYSICAL OR SEXUAL MISCONDUCT OR ABUSE

USA Swimming Rule Book (2021) Article 304-307 outlines examples of misconduct, club requirements for staff training and the requirement for all coaches and officials to undergo background checks. In addition, the USA Swimming Safe Sport handbook has detailed information regarding concerning behaviors and red flags. <http://www.usaswimming.org>

Any concern about physical or sexual misconduct or abuse should be brought to the attention of the Head Coach, Team Representative, or Owner IMMEDIATELY. We encourage all parents, swimmers, and coaches to be aware of what types of behaviors are red flags for progressing to abuse and report what they have witnessed even if they are not entirely sure it is an abusive behavior. The Safe Sport parent training module will be reviewed annually with the membership to allow parents and swimmers to better identify inappropriate behavior.

If there is any credible concern about physical or sexual abuse, law enforcement authorities, Child Protective Services and the USA Swimming athlete protection program office will be notified. If there is a question about whether a behavior or conduct violation is reportable, the USA Swimming athlete protection program office will be contacted for guidance. <https://www.usaswimming.org>



GRIEVANCE AND REPORTING POLICY



GUIDELINES FOR COACHES/TEAM REPRESENTATIVE

1. Respond immediately to any reported red flag or report of abuse by notifying the Head Coach, team representative, or any staff member. Confirm that there is no imminent danger. Notify USA Swimming Safe Sport office (833)587-7233 or use the online reporting form: <https://safesport.i-sight.com/portal> www.uscenterforsport.org
2. Get as much detailed information as you can from the person making the report and from any others who may have relevant information. If it involves a coach, review personnel records to determine if this is a first-time report or a recurrence.
3. Review findings with the Head Coach and team representative, to decide a course of action and take necessary disciplinary action. This includes reporting concerns of physical or sexual abuse to law enforcement, CPS and USA Swimming Athlete Protection Program.
4. Clearly document findings and steps taken.
5. The Head Coach and team representative will decide who else needs to know about the situation. This may include other coaches and other swimmers or parents, depending on circumstances. The goal is to prevent rumors spreading and provide a clear line of communication.
6. The Head Coach and the team representative will review all reports to determine if changes to training, monitoring, supervision, or policies are necessary.
7. Please contact the U.S. Center for Safe Sport to make a report. Use the online reporting form, call (833)587-7233, or find more information at www.uscenterforsafesport.org.

GOOD FAITH REPORTING PROTECTION

As outlined in section 307 of the USA Swimming Rulebook (2021), no member or team shall retaliate against any individual who has made a good faith report of misconduct or abuse. Any adverse action regarding the employment, membership or other material rights of an individual who has made a good faith report within 90 days of that report is considered retaliatory. See Article 307 for more details.



POLICIES ACKNOWLEDGMENT

I acknowledge that I have received, read, and understand the Gold's Aquatics Club documents listed below.

Initials

- _____ Gold's Aquatics Club Athlete Handbook
- _____ Concussion Information Sheet
- _____ Sudden Cardiac Arrest Information
- _____ Minor Athlete Abuse Prevention Policy (MAAPP)
- _____ Locker Room/Change Room Monitoring Policy
- _____ Electronic Communication Policy
- _____ Photography Policy
- _____ Team Travel Policy
- _____ Action Plan to Address Bullying
- _____ Grievance and Reporting Policy

I further acknowledge and understand that agreeing to comply with the contents of the documents is a condition of my membership with Gold's Aquatics Club.

Participant's Full Name

Date of Birth

Participant's Signature

Date

If Participant is a minor (under the age of 18), Parent/Legal Guardian signature is required below in addition to Participant:

Parent/Legal Guardian's Full Name

Parent/Legal Guardian Signature

Date



TRAINING AGE GROUPS DUES


2023-24 TOTAL REGISTRATION FEE
\$250.00

GROUP	AGES	DUES
AGE GROUP INTRO	10&U	\$1925/YR \$175/MO <small>INCLUDES MEET FEES</small>
AGE GROUP BLACK	11-14	\$2200/YR \$200/MO <small>INCLUDES MEET FEES</small>
AGE GROUP GOLD	11-14	\$2750/YR \$250/MO <small>INCLUDES MEET FEES</small>
SENIOR BLACK	15+	\$2200/YR \$200/MO <small>INCLUDES MEET FEES</small>
SENIOR GOLD	15+	\$3025/YR \$275/MO <small>INCLUDES MEET FEES</small>
POST GRAD	COLLEGE STUDENTS	\$250 <small>(MONTH TO MONTH)</small>

AGES PER GROUP MAY BE FLEXIBLE WITH PRIOR APPROVAL
FROM COACHING STAFF.



REQUEST
FOR PREAUTHORIZATION PAYMENT

I HEREBY REQUEST THE PRIVILEGE OF PAYING GOLD'S GYM AND FURTHER AUTHORIZE GOLD'S GYM TO DRAW PAYMENT FOR THE PURPOSE OF PAYING SAID PAYMENTS, INCLUDING ANY LATE FEES OR SERVICE FEES, FOR:

BILLING INFORMATION

ATHLETE'S NAME

MASTERCARD

ON THE ACCOUNT OF

VISA

NAME AS SHOWN ON CARD

CREDIT CARD ACCOUNT#

EXPIRATION DATE / BILLING ZIP CODE

THE 2023-2024 ANNUAL REGISTRATION FEE IS TO BE DEDUCTED UPON ONLINE REGISTRATION. YEARLY DUES MAY BE PRORATED FOR SWIMMERS BASED ON THE MONTH THEY JOIN. MONTHLY INSTALLMENTS ARE TO BE DEDUCTED ON OR AROUND THE 1ST OF EACH MONTH, SEPTEMBER 1, 2023 - JULY 1ST, 2024.

REGISTRATION FEES

REGISTRATION FEE		# OF ATHLETES		2023-24 SEASON	=	TOTAL
\$250	X		X	1	=	
TOTAL ANNUAL PAYMENT						

TRAINING GROUPS DUES

TRAINING GROUP	CHOOSE AN OPTION OF 1-YEAR PAID UP FRONT OR 11-MONTHLY INSTALLMENTS		X	# OF ATHLETES	X	# OF PAYMENTS	=	TOTAL
AGE GROUP INTRO	<input type="checkbox"/> 11 MONTHLY INSTALLMENTS	\$175.00	X		X	11	=	
	<input type="checkbox"/> FULL-YEAR PAID IN FULL	\$1,925.00	X		X	1	=	
AGE GROUP BLACK	<input type="checkbox"/> 11 MONTHLY INSTALLMENTS	\$200.00	X		X	11	=	
	<input type="checkbox"/> FULL-YEAR PAID IN FULL	\$2,200.00	X		X	1	=	
AGE GROUP GOLD	<input type="checkbox"/> 11 MONTHLY INSTALLMENTS	\$250.00	X		X	11	=	
	<input type="checkbox"/> FULL-YEAR PAID IN FULL	\$2,750.00	X		X	1	=	
SENIOR BLACK	<input type="checkbox"/> 11 MONTHLY INSTALLMENTS	\$200.00	X		X	11	=	
	<input type="checkbox"/> FULL-YEAR PAID IN FULL	\$2,200.00	X		X	1	=	
SENIOR GOLD	<input type="checkbox"/> 11 MONTHLY INSTALLMENTS	\$275.00	X		X	11	=	
	<input type="checkbox"/> FULL-YEAR PAID IN FULL	\$3,025.00	X		X	1	=	
POST GRAD**	<input type="checkbox"/> MONTH-TO-MONTH	\$250.00	X		X	MONTH-TO-MONTH	=	
TOTAL 2023-24 SEASON DUES								



REQUEST FOR PREAUTHORIZATION PAYMENT

GOLD'S GYM CAMAS / GOLD'S AQUATICS CLUB BILLING IS SUBJECT TO THE FOLLOWING CONDITIONS:

- The above amount will be drawn on or around the date of the payment schedule (the 1st of each month). The transactions on your bank statement will constitute receipts for payment on your account.
- If regular payments set forth in this agreement vary in amount, you are entitled to 7-days' notice prior to payment.
- Swimmers moving training groups will have their billing adjusted the first month they are moved up. Parents will be notified through email prior to change in group and billing.
- If you sign up for a meet and do not attend after meets are paid, you will be charged all accrued meet fees.
- The privilege of making payments under this arrangement may be revoked by Gold's Gym Camas and/or Gold's Aquatics Club if any item is not paid upon presentation.
- If this preauthorization is revoked for any reason, it does not release you from your financial obligations to Gold's Gym Camas and/or Gold's Aquatics Club.
- The above fees are yearly fees and will be billed in monthly installments throughout the season. All fees are non-refundable.
- A \$25.00 service fee will be assessed and drafted for any debit/credit card decline, return for insufficient funds or any other reason. All fees are non-refundable.
- Yearly fees may only be pro-rated for swimmers joining the team after September. The balance for the yearly training fees will be based on the number of months left in the season.
- All swimmers are responsible for the full year's training fee, regardless of attendance. Should you discontinue the program prior to July 2024, you will have the responsibility of maintaining monthly payments for the remainder of the season or paying your remaining balance at the time of termination.
- **Post Grad training group is for college students only. Payments will be processed on a month-to-month basis. Request to be removed from billing must be received prior to monthly billing via email to goldsaquatics@goldsgym1965.com.

This preauthorization payment arrangement shall apply to the following applicant(s):

Account Holder Signature

Date

If billing changes anytime during the season, you will be required to log in to Team Unify and update your billing information.

Please send an email to Coach to let them know when you have updated your account.