

New USA Swim Rules Summary:

- “Applicable Adults”: USA Swimming Officials and coaches and adult athletes (athletes over the age of 18), participating non-members (volunteers at meets), staff and board members.
- All 1:1 interactions between a minor athlete and an applicable adult must be conducted in a place that is observable by another adult and interruptible (within enough distance that another adult can hear if any interruption is needed and can intervene).
 - o If in a room, the door to the room must be unlocked and open, in a room with windows where blinds and/or curtains remain open.
 - o Under no circumstances should a meeting occur in a hotel room or any other overnight lodging location during travel.
- Individual Training sessions must be observable and interruptible by another adult. Guardian(s) of swimmer must be allowed to observe.
- Communications:
 - o Communications with minor athletes must be strictly professional.
 - o Guardian(s) must be copied on all communications.
 - If minor athlete initiates contact and does not copy guardian(s), Applicable Adult has an affirmative duty to copy in guardian(s) on response
 - o Communications with minor athletes as part of an electronic communication with all team members must include another adult.
 - o Guardian(s) may request in writing that minor athletes are never contacted directly through electronic communication. If requested, club must oblige and abide by request.
 - o Communications should only be sent between hours of 8:00 AM and 8:00 PM, unless emergency.
 - o Applicable Adults with authority (coaches, staff, board members) must not maintain any private social media connections with minor athletes unless directly related to the applicable adult. Only exception is if minor athlete has a fan page. Any existing social media connections must be discontinued immediately.
 - o Under no circumstances should applicable adult send private, instant, or direct messages to minor athlete through a social media platform.
- Individual Travel: Travel to and from training, practice, or local competitions.
 - o Any Applicable Adult is restricted from driving an unrelated minor unless another adult or two other minor athletes are in the vehicle.
 - o Otherwise, any arrangement must be agreed to in writing by the minor athlete’s guardian(s)
- Team Travel: Travel to a competition or other activity that the club plans and supervises.
 - o Any room checks must be conducted by no less than 2 Applicable Adults together and all interactions must be observable and interruptible.
 - o Any travel involving only one Applicable Adult and one minor athlete must be agreed to, in writing, by guardian(s) in advance and for each competition. There can be no blanket agreement.
 - o Unrelated Applicable Adult can never share a hotel room or other sleeping arrangement with an athlete (minor or adult).
 - o Minor athletes should be paired to share hotel rooms or other sleeping arrangements with other minor athletes of the same gender and of similar age. If a minor athlete is placed in a room with an adult athlete, the minor athlete’s guardian must agree, in writing, in advance and for each instance (no blanket agreements).

- Any meetings conducted during team travel must be observable and interruptible by another adult and must never occur in a hotel room or overnight sleeping location.
- Locker Rooms and Changing Areas:
 - Unrelated Applicable Adults (including adult athletes) should never be exposed to minor athletes, or vice-versa.
 - Applicable Adults should not be alone with a minor athlete in a locker room. If the facility only has one locker room or changing area, separate times should be designated for adults.
 - Locker rooms/changing areas must be monitored in the following ways:
 - Sweep of locker room/changing area before athletes arrive.
 - Post staff/volunteer directly outside locker room/changing area during periods of use.
 - Make occasional sweeps with women checking female locker room/changing area and man checking male locker room/changing area.
 - Legal guardians are discouraged from entering locker rooms/changing areas at any time.

Recommended actions for RAC:

- Coaches and staff members should avoid, where possible, one-to-one interactions with athletes. Coaches should address in the presence of another coach or staff member.
- Individual training sessions, if any, should be conducted by two or more coaches unless observed by the athlete's legal guardian(s).
- Communications should all be directed to legal guardians and should only be sent during the hours of 8:00AM to 8:00PM unless to communicate a change or cancelation in a practice or event.
- No coaches or staff members should be connected to any unrelated athletes on social media.
- Inform all parents, in writing, of the travel rules/restrictions related to travel to and from training, practices, and local competitions. Communication should include the rule language and a version of the summary above.
- Follow all rules related to Team Travel.
- Designate bathrooms for all adult athletes. Adult athletes should use the single/family restroom/changing room at the Jones Center and Springdale Aquatics Center. This should be done for our team for practices and events and communicated (via the sanction sheet or otherwise) to other adult athletes participating in club-hosted meets.
- Determine ability to designate alternate locker room/changing location for any meets hosted at HPER facility.
- Inform parents of requirement to only use the single/family restroom at the Springdale Aquatics Center.
- Inform all volunteers/parents to only use single/family restroom at the Jones Center if on the deck or in the swimming pool area (does not apply to upstairs restrooms).
- For each meet, designate one male volunteer and one female volunteer (preferably that have gone through Safe Swim Training) to work posts at the entrance to the locker room/changing room.
 - Volunteer should conduct sweep of locker room ahead of start of meet.
 - Volunteer should stand post at entry to locker room and direct adult athletes and other applicable adults to other locations (Consider: identifying adult athletes with arm band or other identifier)
 - Make occasional sweep through locker room/changing area while not witnessing any changing.