

**NANAIMO WHITE
RAPIDS
SUMMER
SEASON PLAN
2022**

Table of Contents

Coaching Staff----- P. 3
Other Contacts ----- P. 3
Disclaimer ----- P. 4
Welcome ----- P. 4
Season Objectives ----- P. 4
Communicable Diseases Guidelines ----- P. 4
Vaccination Policy ----- P. 5
Code of Conduct ----- P. 5
Supervision of Swimmers ----- P. 5
“S” vs “O’Cat” Declarations ----- P. 5
Registration Groups, Dates and Fees ----- P. 6
Financial Assistance ----- P. 7
Swimming Assessments ----- P. 8
Age Locator ----- P. 8
Group Placements ----- P. 9
What to Bring ----- P. 9
Coach/Swimmer Maximum Ratios ----- P. 9
Schedules ----- P. 9
Additional Offerings ----- P. 10

 NEW! Welcome Picnic and Open House ----- P. 10
 NEW! Community Contribution ----- P. 11
 Drop in Waterpolo ----- P. 11
 Drop in Artistic Swimming ----- P. 11
 Blue & White Meet ----- P. 11
 Blue & White Days ----- P. 12
 Mile Swims ----- P. 12
 Hell Week ----- P. 12
 Family Picnic and Pie the Coaches ----- P. 13
 Extra Group Activities ----- P. 13
 Public Swim ----- P. 13
 Club Photos ----- P. 14
 Scholarships ----- P. 14
 Coaches In Training program ----- P. 14

Competitions ----- P. 14
Apparel ----- P. 15
Fundraising Commitment ----- P. 15
Other Fundraisers ----- P. 15
Volunteer Commitment ----- P. 16
Printable Season Calendar ----- P. 17

Appendix A (NWRSC Code of Conduct and Ethics)-----P. 21
Appendix B (2 – Hour Rule Explained) ----- P. 27

Coaching Staff

Head Coach:	Finn Bodnar (headcoach@nwrsc.ca)
Asst Head Coach:	Ava Johnson (assistantheadcoach@nwrsc.ca)
Senior Coaches:	Nyah DePol (nyah@nwrsc.ca) Sophie Peer (sophie@nwrsc.ca) Emily Metituk (emily@nwrsc.ca)
Intermediate Coaches:	Isabelle Parsons (isabelle@nwrsc.ca) Cameron Laturus (cam@nwrsc.ca)
Junior Coaches:	Jack Mace (jack@nwrsc.ca) Aia Segal (aia@nwrsc.ca)

Other Contacts

Kin Pool Manager:	Amanda Watkins (kinpoolmanager@nwrsc.ca)
NWRSC President:	Kate Palmer (president@nwrsc.ca)
NWRSC VP:	Chris Boulding (vp@nwrsc.ca)
NWRSC Registrar:	Mark Duffell (registrar@nwrsc.ca)
NWRSC Treasurer:	VACANT (treasurer@nwrsc.ca)
Parent Liaison:	Mary Blackburn (parentliaison@nwrsc.ca)
Apparel Coordinator:	Alex Huston/Renay Deschambault (apparel@nwrsc.ca)
Volunteer Coordinator:	Carly Williams (volunteercoordinator@nwrsc.ca)

Disclaimer

Please note that this is a living document and do changing circumstances and unforeseen events, information and/or dates may change. We appreciate your understanding!

Welcome

Welcome to both new and returning members, alike. We hope that you are ready for another exciting and fun-filled season with the Nanaimo White Rapids!

NWRSC is a non-profit, volunteer run organization for children and youth and an affiliate of the BC Summer Swimming Association. The club began in 1966 and operates out of Kin outdoor pool in Bowen Park, Nanaimo, B.C. NWRSC is the largest BCSSA club on Vancouver Island and one of the largest in the province.

The Nanaimo White Rapids is a top-performing club in BC and has achieved incredible success in developing swimmers who have gone on to perform and medal at provincial, national and international levels. The White Rapids experience is often the highlight of many families' summers and becomes an integral part of shaping the lives of these young people.

Season Objectives

1. To provide a fun, safe, inclusive and healthy environment for swimmers, coaches, parents, volunteers, board members and community.
2. Engage in season planning that reflects the values, ideals and objectives of the Nanaimo White Rapids by using innovative and creative thinking.
3. To meet the expectations of our contract with the City of Nanaimo as per our co-management agreement.
4. Operate the season in a financially responsible and fiscally sustainable way to ensure the longevity of the club.

Communicable Disease Guidelines

1. Parents must perform a daily health check prior to sending their swimmer(s) to practice each day.
2. Swimmers must stay home if feeling unwell, even if symptoms are mild.
3. Parents are not to stay in the park and watch if they are feeling unwell.
4. Participants should exercise good hand hygiene such as washing hands frequently, coughing into elbows, and sneezing into tissue.
5. All participants, staff and volunteers must be willing to follow any relevant Public Health Orders.

Vaccination Policy

NWRSC is and will continue to follow PHO's regarding vaccination requirements. As of March 2022, the following stands:

1. Athletes aged 18 and under are NOT required to be vaccinated to participate in NWRSC programming.
2. All volunteers and officials are required to be fully vaccinated in indoor settings.

As of April 8, 2022, if announcement proceeds:

1. All proof of vaccination requirements will be terminated.

Additionally, NWRSC requires all paid staff to be fully vaccinated as a condition of their employment for the 2022 season.

NWRSC Code of Conduct and Ethics

NWRSC has developed a Code of Conduct that outlines expected behaviour and aims to ensure that NWRSC is a safe and inclusive place for ALL swimmers, families, staff, volunteers and officers of the Board of Directors. The Code of Conduct will be reviewed with staff as part of their employment orientation and members will sign a copy as part of the registration process. The Code of Conduct will also be posted to the NWRSC website, and it will be reviewed with swimmers in their groups. Violation of the Code of Conduct may result in disciplinary action. See Appendix A

Supervision of Swimmers

NWRSC cannot be held liable or responsible for unsupervised swimmers outside of practice times. If you are unable to supervise your child before or after practice or at a swim meet, you must ask another parent to do so.

- Children under the age of 8 must not be left unattended before or after practice.
- Please ensure that emergency contact information is accurate within your Team Unify account.
- All swimmers who are aged 17 and under, must have adult supervision to attend out of town swim meets.

"S" vs "O'Cat" Declarations

When members complete the "Active" portion of registration, they are required to declare the status of their swimmer as either a summer swimmer "S" or an open category swimmer

“O’Cat”. Declaring your swimmer in the appropriate category is extremely important and failure to do so can result in consequences. See Appendix B for BCSSA’s “2 Hour Rule Explained” document.

Coached time is defined as any swimming under the direction of a coach, parent, designated trainer; or being given a workout schedule from a coach, parent or designate.

“S” swimmers:

- Athletes can swim unlimited hours between May 1st and September 30th
- No more than 2 hours per week of coached swimming between October 1st and April 30th
- Self-directed swimming, Red Cross Swim Lessons and Life Saving Courses are all exempt from the 2-hour rule.
- Participation in other aquatic sports such as artistic swimming, diving and water polo do not count towards speed swimming hours.
- Swimming in a winter club meet does count and can jeopardize the 2-hour rule if considerations are not made.

“O’Cat” swimmers:

- Athletes who swam more than 2 hours of coached time in ANY given week between October 1st and April 30th (even if it was only 1 week).
- Most likely enrolled in a winter speed swimming club like the Nanaimo Riptides, Ravensong or Ladysmith Chemainus Orcas.

** There are exceptions for participation in school-based swim teams; please see Appendix B for more details.

Registration Groups, Dates and Fees

Summer Swim Club - \$400 + \$45 (BCSSA) = \$445

Run Dates: May 2 to August 2022

Registration opens: March 28, 2022 (Existing Members) and April 11, 2022 (New Members)

- Existing members are swimmers who have registered with the Nanaimo White Rapids for a summer season and those who have participated in Fall/Winter Maintenance. Siblings of existing members can also register at this time.
- New members include those who are completely new to the club.
- Multiple swimmer discount will continue with \$25 off for each additional swimmer.
- Meets fees are not included and will be charged at a later date.
- Please note that families will also be charged the \$100 fundraising fee for raffle ticket sales. Families can sell those tickets to reimburse themselves or keep the tickets for a chance to win!

O'Cat Swimmers - \$250 + \$45 (BCSSA) = \$295

Run Dates: June 13 to August 2022

Registration opens: May 16, 2022

- O'Cat families will also be responsible for the sale of \$100 in raffle tickets. This amount will be charged at the time of registration and as noted above, families can choose to sell tickets to reimburse themselves or they can keep the tickets for a chance to win!

Alumni Swim Group - \$150 + \$45 (BCSSA) = \$195

Run Dates: May 16 to July 20, 2022

Registration opens: March 28, 2022

Coaches – Complimentary as part of employment remuneration.

- 2022 Summer Swim Club for Junior, Intermediate and Senior Coaches aged 18 and under.
- Alumni Group for coaches aged 19+

Adult Sunrise Swim*

*Uses lesson admin/registration

Run Dates: Session 1 – May 30, 2022 to June 23, 2022 (4 weeks)

Session 2 – July 4, 2022 to July 28, 2022 (4 weeks)

Cost: \$50 per day/session

Registration Date: May 9, 2022 at 7am

- Swimmers will sign up for how many mornings they want to swim per week
- Options include Monday, Tuesday, Wednesday and/or Thursday
- Registration Cap: 30 swimmers per day/session

Financial Assistance

NWRSC does not want financial circumstances to be a barrier for participation in the club and there is funding support available to families.

- BCSSA - <https://www.bcsummerswimming.com/clubs/6594/pages/143760>
- Jump Start - <https://jumpstart.canadiantire.ca/pages/individual-child-grants>
- Runners of Compassion - <https://rocnanaimo.com/request-assistance/>

Swimming Assessments

Assessments must be completed for all new swimmers. Swimmers must demonstrate that they can competently swim 15m, unassisted, in a recognizable stroke. If your child does not pass the swim assessment, your fees will be refunded to you with exception of the non-refundable \$45 BCSSA insurance fee. Please only register swimmers who you believe can meet the minimum requirement.

Location: Kin Pool

Dates: Saturday, April 30, 2022 – 10am to noon

Sunday May 1, 2022 – 10am to noon

Age Locator

Swimmers compete in a division based off their age. The table below will help you determine which division your child will be swimming in this season. Please note that group placement is NOT based off divisions (although it is one consideration) and groups may have a mix of divisions within each.



BCSSA 2022 Age Locator				
Speed Swimming				
Speed Swimming Cat "O"	Div "S"	Birth Month	Birth Year	*Age
O8 (17 & Over)	O8 (20 & Over)	Jan - Dec	2000 & earlier	20 years and older
		Jan - Dec	2001	
		Jan - Apr	2002	
	Div. VII	May - Dec	2002	17 - 19 years
		Jan - Dec	2003	
		Jan - Dec	2004	
Jan - Apr		2005		
O2	Div. VI	May - Dec	2005	15 & 16 years
		Jan - Dec	2006	
		Jan - Apr	2007	
	Div. V	May - Dec	2007	13.5 - 15 years
		Jan - Oct	2008	
	Div. IV	Nov - Dec	2008	12 - 13.5 years
Jan - Dec		2009		
Jan - Apr		2010		
O1 (10 & Under)	Div. III	May - Dec	2010	10.5 - 12 years
		Jan - Oct	2011	
	Div II	Nov - Dec	2011	9-10.5 years
		Jan - Dec	2012	
		Jan - Apr	2013	
	Div I	May - Dec	2013	8 years and under
		Jan - Dec	2014	
		Jan - Present	2015 & later	

April 30th is the determining date for ages. Some clubs have an additional 'division' known as Turtles or 6& unders. These swimmers must qualify as a Div 1 swimmer to qualify for Regional & Provincial Championships. All Div 8 swimmers shall be classified as O8. In case of any discrepancy between this document and BCSSA rules, the BCSSA rulebook shall prevail.

Group Placements

The first week, May 2 to 6, 2022, is Assessment Week and gives coaches time to evaluate swimmers and determine the most appropriate placements for them. Swimmers will attend according to their division (as per the 2022 Age Locator). A schedule for Assessment Week is provided in the “schedules” section. Please remember that these are NOT final placements, and we ask that you refrain from making requests for changes.

The swimmers’ summer group placements are determined by the coaches. Multiple factors are taken into consideration including age, ability, maturity, social connections and group make-up. Group placements will be released by noon on May 7, 2022.

Parents/caregivers are asked to give their swimmer 1 week in their group prior to raising any concerns. Swimmers will only be moved if the coaches determine that a different group is more appropriate. Requests for changes based off scheduling difficulties will NOT be considered.

Any questions or concerns about group placement can be sent to headcoach@nwrsc.ca

What to Bring

Regardless of age, all swimmers should come prepared to every practice. Please bring:

- Bathing suit
- Goggles
- Cap (optional)
- Towel and/or parka
- Running Shoes (mandatory for dryland)
- Water Bottle

Coach/Swimmer Maximum Ratios

Senior groups: 1 to 18

Intermediate groups: 1 to 14

Junior groups: 1 to 12

Development: 1 to 10

Schedules

Summer Swim Club: Groups will swim anywhere from 4 to 7 times a week depending on age and ability. Practices also vary in length from 45 mins to 90 mins. The scheduled times will include any dryland activities. Swimmers are encouraged to come as often as possible but are not required to attend every practice. Swimmers will not be permitted to attend a different group’s practices if they cannot attend their own.

First Week: Group Placement schedule provided below.

May-June: Schedule 1 will cover from May 9, 2022 to June 30, 2022. Schedule will be released on May 7, 2022.

July-August: Schedule 2 will cover from July 4, 2022 to August 4, 2022. Schedule will be released on June 1, 2022.

Post Regionals: TBD

WEEK 1 SCHEDULE: MAY 2 to 6 ONLY

Division	Age Locator	Mon	Tues	Wed	Thur	Fri
1 (8 and under)	May – Dec 2013 Jan – Dec 2014 Jan 2015 to present	3:30 - 4:15pm	3:30 - 4:15pm	3:30 - 4:15pm	3:30 - 4:15pm	3:30 - 4:15pm
2 (9 to 10 ½)	Nov – Dec 2011 Jan – Dec 2012 Jan- Apr 2013	4:15 - 5pm	4:15 - 5pm	4:15 - 5pm	4:15 - 5pm	4:15 - 5pm
3 (10 ½ to 12)	May – Dec 2010 Jan – Oct 2011	5 – 6pm	5 – 6pm	5 – 6pm	5 – 6pm	5 – 6pm
4 (12 to 13 ½)	Nov – Dec 2008 Jan – Dec 2009 Jan – Apr 2010	5:45 – 6:45pm	5:45 – 6:45pm	5:45 - 6:45pm	5:45 - 6:45pm	5:45 - 6:45pm
5 (13 ½ to 15)	May – Dec 2007 Jan – Oct 2008	6:30 - 7:45pm	6:30 - 7:45pm	6:30 - 7:45pm	6:30 - 7:45pm	6:30 - 7:45pm
6+ (15 and older)	Dec. 2005 and earlier Jan – Dec 2006 Jan – April 2007	6:30 - 7:45pm	6:30 - 7:45pm	6:30 - 7:45pm	6:30 - 7:45pm	6:30 - 7:45pm

** 15 mins of dryland is included

Thank you to all our practice sponsors! We are so appreciative of your support!



Additional Offerings

NEW! - Welcome Picnic and Open House:

This year we are inviting NWRSC families to Bowen Park for a Welcome Picnic and Social. This gives families a chance to meet the coaching staff and the Board of Directors. Families can also learn about volunteer opportunities around the club.

Date: May 13, 2022

Time: 5pm

Location: Kin Pool

What to bring: Bring your own picnic dinner, picnic blankets, chairs, etc.

NEW! - Community Contribution:

This year we would like to start a new tradition of having the NWRSC give back to our community by organizing a beach clean-up day. Families will meet in the parking lot of Piper's Lagoon at 11am. Gloves and garbage bags will be provided. Coaches will review safety rules prior to collecting debris.

Date: May 7, 2022

Time: 11am to 1pm

Location: Piper's Lagoon

Drop-in Water Polo:

Who: Any NWRSC 2022 Summer Swimmer who can safely participate. Minimum suggested age is 10.

Run Dates: Week of May 9, 2022 to July 29, 2022

Day/Time: Day of the Week and Time TBD

Coach(es): Sam Furneaux

Cost: Free

Drop-in Artistic Swimming:

Who: Any NWRSC 2022 Summer Swimmer who can participate safely. Minimum suggested age is 7.

Run Dates: Week of July 4th to August 12th (Will appear on July/August schedule)

Day/Time: Day of the Week and Time TBD

Coach(es): Nanaimo Diamonds Artistic Swimming Club

Blue & White Meet:

Our Blue & White Meet is a club only meet that helps new swimmers and their families learn about how swim meets run and parents/caregivers will have the opportunity to try different volunteer roles such as timing, marshalling, stroke & turn, and deck food preparation. After the meet, there will be a free swim for NWRSC families.

Sign up deadline: May 25, 2022 at 5pm

Date: Saturday May 28, 2022

Blue & White Days:

Blue & White Days are fun club team building days in which swimmers are divided into two teams: blue and white. Each team attends separately and is further divided into smaller groups. The small groups rotate through stations including 3 land stations and 3 water stations. After the first team finishes up, the two teams challenge each other to a game of Capture the Flag. After the Capture the Flag game, the second team is divided into smaller groups and then they rotate through the same stations.

Registration: No sign up required

Dates: Wednesday May 18, 2022

Wednesday June 22, 2022

Wednesday July 27, 2022

Cost: Free

Mile Swims: Swimmers will be invited to participate in 3 different mile swims where they are challenged to complete 64 lengths of the pool. Those who finish all lengths 3x will be honored with a “Triple Crown” award. Swimmers will swim with their regular swim group at a specified time and will have to complete their lengths within the time allotted to their group. Coaches and older swimmers will count laps for swimmers.

Registration: No sign up required

Dates: Thursday June 2, 2022 (3pm to 6pm)

Friday June 10, 2022 (5:30 am to 8am)

Wednesday June 15, 2022 (3pm to 6pm)

Cost: Free



Thank you to Herold Engineering for sponsoring one of our mile swims!

Hell Week: All swimmers are invited to participate in “Hell Week.” Swim groups will be assigned to either the Junior Group or the Senior Group and age-appropriate challenges will be offered each day of the week at different locations. Swimmers who attend all the daily challenges in addition to all their regular swim practices will earn the coveted “Hell Week” t-shirt.

Registration: No sign up required

Dates: July 11, 2022 to July 15, 2022

Cost: Free

Family Picnic and Pie the Coaches: All NWRSC families are invited to Bowen Park, after the final Blue & White Day, to enjoy a picnic as well as the famous “Pie the Coaches” event. Families are asked to bring their own dinner and NWRSC will provide a frozen treat afterwards.

For the “Pie the Coaches” event, tickets can be purchased for \$1 each or with a donation of a non-perishable food item. All tickets will be entered into a random draw for a chance to pie one of our beloved coaches. As in previous years, NWRSC will donate all non-perishable food donations and cash proceeds from ticket sales to Loaves and Fishes. Coaches typically love this event and participation is voluntary.

There will be a free swim in Kin Pool to conclude the evening.

Date: July 27, 2022 (after the final “Blue & White Day”)

What to Bring: Dinner and Refreshments for your family, picnic blanket, chairs, swimsuits, towels, non-perishable food donations or cash.



This year’s Family Picnic and Pie the Coaches Event is sponsored by Bellamy Orthodontics- Thank you for your generous support!

Extra Group Activities: Groups will be invited to additional group activities over the summer. These activities provide opportunities for the swimmers to socialize and build friendships with their peers. Participation is optional. Some activities may have a small fee associated with participation in order to cover costs.

Dates: TBD

Developmental Group Activity – Waterpark Day

Junior Group Activity - Newcastle Adventure

Intermediate Group Activity – Movie and Free Swim at Kin Pool

Senior Group Activity – Sleepover at Kin Pool

Family Activity - Rath Trevor Beach Day

Public Swim: NWRSC swimmers are welcome to join Kin Pool public swim for free. Please let lifeguards know that you are a swimmer with the Nanaimo White Rapids Swim Team. Friends and non-swimmer family members must pay the regular drop-in fee. Swimmers may be turned away if capacity is reached.

Club Photos: NWRSC will be working with Concept Photography to bring club photos back after a 2-year hiatus. Each swimmer will receive a group and individual photo. Parents will be given the opportunity to order additional photos and/or other items such as magnets, bag tags, etc.

Date: May 16, 2022

Scholarships: NWRSC is proud to support our graduating swimmers. Applicants must have participated in swimming (as a coach or competitor) with NWRSC for the past 3 years and they are intending to participate in the summer of their graduating year. Applicants must apply through the Nanaimo Ladysmith School Foundation website. Applications are vetted by a NWRSC scholarship committee. The amount and quantity of scholarships awarded is determined based on yearly budget.

Coach in Training (CIT): The CIT program will run similarly to previous years and is available to all swimmers who are 13+ years old or turning 13 prior to December 31, 2022 (born in 2009 or earlier) and are interested in learning more about coaching. For the first four weeks, CITs are expected to attend one 45-minute classroom session per week. During the second 2-4 weeks, they will attend a weekly 45-minute classroom session in addition to shadowing a coach on the pool deck for one or more practices a week. Participants will learn about expectations, communication, group management, learning styles, stroke instruction and how to become role models for younger swimmers. Depending on how many participants would like to join and relevant Public Health Orders at the time of the program, classroom sessions may be held in-person or virtually.

Dates: Begins week of June 6, 2021

Duration: 6 – 8 weeks

Lead Coach:

Cost: Free

Competitions

June 4/5 - CVB Icebreaker Meet, Cowichan Aquatic Centre, Duncan

June 11/12 - Oak Bay Orcas Meet, Saanich Commonwealth Pool, Victoria

June 18/19 - Comox Valley Blue Devils Meet, Memorial Outdoor Pool, Courtenay

July 1/2/3 - Nanaimo White Rapids Meet, Kin Pool, Nanaimo

July 9/10 - Campbell River Salmon Kings Meet, Centennial Pool, Campbell River

July 16/17 - Saanich Peninsula Piranhas Meet, Saanich Commonwealth Pool, Victoria

July 23/24 - Salt Spring Stingrays Meet, Rainbow Road Pool, Ganges

Aug 5/6/7 - Ray Newman Regional Championship Meet, Saanich Commonwealth Pool, Victoria

Aug 18/19/20/21 - BCSSA Provincial Championship (Only qualifying swimmers), Kamloops, BC

Please note that there are extra fees associated with attending and participating in meets and these are not included in the regular registration fees.

NWRSC Apparel

The online store will be open shortly after registration. As there are ongoing supply and delivery issues, only one apparel order will be placed and minimum quantities must be reached for order to proceed. **Deadline for ordering will be May 15, 2022.** Unfortunately, we have been informed that several items may not be available to order this year including parkas and NWRSC club swimsuits. Sizing charts will be available on the online store.

- NWRSC swim caps will be available for immediate pick up at the Lance room with proof of purchase.
- There is a very limited selection of anniversary shirts still available for purchase. Please note that only the sizes and colours that show as in stock are available.
- Our Shark Card is on the NWRSC website under the Apparel tab, download and show this card at the Aquatics Store at NAC for a 15% discount.

Fundraising Commitment (Mandatory)

Raffle: Every family will be required to pre-pay for 20 raffle tickets at a cost of \$100.00. This will be charged at the time of registration.

- Prizes: 1st - \$1000.00; 2nd - \$500.00; 3rd - \$250.00
- Draw will take place at Kin Pool on July 3, 2022 at end of Nanaimo White Rapids Invitational Meet.
- Families who sell an additional booklet of tickets will be entered in a draw for a \$100 apparel credit.

Bottle Drive: All families are expected to participate in the summer bottle drive. They can sign up for a sorting shift and/or bring a load (or more) to the bottle depot.

- Date: June 25, 2022
- Time: 9am to 3pm
- Location: Hayes Road Bottle Drive

Other Fundraisers

Pizza Coupons: Panago Pizza has generously donated 100 medium pizza coupons to the club to use for fundraising. We are asking all families to either purchase for themselves or sell coupons to family and friends.

- Coupons are \$12 each.

- Will be available for purchase through the NWRSC apparel online store and will be given to your swimmer at a subsequent practice or arrangements can be made to pick up from Lance Room Office.



“Save a Tape”: Families are asked to save all their Country Grocer receipts.

- Receipts can be handed to coaches and/or board members.
- Country Grocer will donate a percentage of the totals back to the club in the form of gift cards.



Volunteer Commitment

It takes an enormous amount of time and energy to ensure a successful season and without the willingness of club members to volunteer, this club cannot exist. Unfortunately, the bulk of the work tends to fall on the shoulders of a select few. Getting involved not only helps the club continue to thrive but it allows members to gain new understanding of how the club works and is a great way to make new friendships and build a sense of community! We have several key positions and roles sitting vacant and we highly encourage you to consider reaching out to the NWRSC Board of Directors to learn how you can contribute to the club.


Summer Swim Club Families - 10 hours or \$300 (pro-rated for completed hours)

O’Cat Families - 6 hours or \$180 (pro-rated for completed hours)



Alumni Swimmers/ Adult Sunrise Swimmers – No volunteer hours are required.

Please note that these hours are a minimum and if families attend multiple swim meets, they should expect to contribute an additional 2 hours at each meet they attend.




May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30 Assessment Day #1 10am to 12pm Staff Orientation
1 Assessment Day #2 10am to 12pm Staff Orientation	Season Starts! 2 Week 1 Schedule for group placement May 2 to 6	3	4	5	6	7 Group Placement and May/June Schedule released. Beach Clean Up Day! 11 to 1pm
8 Mother's Day	9 May/June Schedule starts.	10	11 Waterpolo Drop-in Starts	12	13 Family Welcome Picnic and Open House	14
15	16 Club Photo Day	17	18 Blue & White Day #1	19	20	21
22	23 Victoria Day No Swimming	24	25 Thank you to this week's practice sponsor! 	26	27	28 Blue & White Meet
29	30 Adult Swimming Session #1 starts	31	1	2	3	4

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	25 26 27 32	4
			July/August Schedule Released.	Mile Swim #1 (pm) sponsored by 		Cowichan Valley Breakers Invitational Meet
5	6	7	8	9	10	11
Cowichan Valley Breakers Invitational Meet					Mile Swim #2 (am)	Oak Bay Orcas Meet
12	13	14	15	16	17	18
Oak Bay Orcas Meet	Welcome O'Cat Swimmers to the pool!	 <p>Thank you to this week's practice sponsor!</p>				Comox Valley Blue Devils Meet
			Mile Swim #3 (pm)			
19	20	21	22	23	24	25
Comox Valley Blue Devils Meet Father's Day			Blue & White Day #2	Adult Swim Session #1 ends		Bottle Drive
26	27	28	29	30	1	2
					Nanaimo White Rapids Invitation Meet CANADA DAY	Nanaimo White Rapids Invitation Meet

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30 Last day of May/June Schedule	29 30 31 1 Nanaimo White Rapids Invitation Meet Canada Day	2 Nanaimo White Rapids Invitation Meet
3 Nanaimo White Rapids Invitation Meet NWRSC Raffle Draw	4 First day of July/August Schedule. Adult Swim Session #2 Starts	5	6	7	8	9 Campbell River Salmon Kings Meet
		<i>Thank you to this week's practice sponsor!</i> 				
10 Campbell River Salmon Kings Meet	11	12	13	14	15	16 Sidney Piranhas Meet
		Hell Week - July 11 to 14				
17 Sidney Piranhas Meet	18	19	20	21	22	23 Salt Spring Island Meet
		<i>Thank you to this week's practice sponsor!</i> 				
24 Salt Spring Island Meet	25	26	27 Blue & White Day #3 Family Picnic/Pie the Coaches 	28 Adult Swim Session #2 ends	29	30/31

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 BC Day No Swimming	2	3	4 Last day of regular season	26 27 28 5 Ray Newman Regional Championship	6 Ray Newman Regional Championship
7 Ray Newman Regional Championship	8	9	10	11	12	13
14	15	16	17	18 BCSSA Provincial Championship	19 BCSSA Provincial Championship	20 BCSSA Provincial Championship
21 BCSSA Provincial Championship	22	23	24	25	26	27
28	29	30	31	1	2	3

Appendix A

NANAIMO WHITE RAPIDS SUMMER SWIM CLUB

Code of Conduct and Ethics

Effective: March 7, 2022

Approved by: Nanaimo White Rapids Summer Swim Club Board of Directors (Pending)

Policy Contact: president@nwrsc.ca

Last Reviewed/Updated: March 7, 2022

Applies to: Individuals employed by, or engaged in activities with, the Nanaimo White Rapids Summer Swim Club including, but not limited to, athletes, coaches, referees, officials, volunteers, parents, managers, administrators, committee members, and Directors and Officers of the Organization.

Definitions

1. The following terms have these meanings in this Code:
 - a) *“Individuals”* – Individuals employed by, or engaged in activities with, the Organization including, but not limited to, athletes, coaches, referees, officials, volunteers, parents, managers, administrators, committee members, and Directors and Officers of the Organization
 - b) *“Organization”* - Nanaimo White Rapids Summer Swim Club (NWRSC)
 - c) *“Workplace”* - Any place where business or work-related activities are conducted. Workplaces include but are not limited to, the Organization’s office, work-related social functions, work assignments outside the Organization’s offices, work-related travel, and work-related conferences or training sessions

Purpose

2. The purpose of this Code is to ensure a safe and positive environment (within the Organization’s programs, activities, and events) by making Individuals aware that there is an expectation, at all times, of appropriate behaviour consistent with the Organization’s core values. The Organization supports equal opportunity, prohibits discriminatory practices, and is committed to providing an environment in which all individuals are treated with respect and fairness.

Application of this Code

3. This Code applies to Individuals’ conduct during the Organization’s business, activities, and events including, but not limited to, competitions, practices, tryouts, training camps, travel associated with the Organization’s activities, the Organization’s office environment, and any meetings, including Board of Directors meetings.
4. An Individual who violates this Code may be subject to sanctions pursuant to the Organization’s *Discipline and Complaints Policy*. In addition to facing possible sanction pursuant to the Organization’s *Discipline and Complaints Policy*, an Individual who violates this Code during a competition may be ejected from the competition or the competition area, an official may delay the competition until the Individual complies with the ejection, and the Individual may be subject to any additional discipline associated with the particular competition.
5. An employee of the Organization found to have engaged in acts of violence or harassment against any other employee, worker, contractor, member, volunteer, customer, supplier, client or other third party during business hours, or at any Organization event, will be subject to appropriate disciplinary action subject to the terms of the Organization’s *Discipline and Complaints Policy* as well as the employee’s Employment Agreement (if applicable).
6. An Individual found to have engaged in acts of violence or harassment against any other employee, worker, contractor, member, volunteer, customer, supplier, client or other third party during business hours, or at any Organization event, will be subject to appropriate disciplinary action subject to the terms of the Organization’s *Discipline and Complaints Policy*.

7. This Code also applies to Individuals' conduct off site at events that are sanctioned by the Organization, informal Organization events (such as coach socials); texts, emails and phone calls; and online in any forum related to the Organization, including social media and Slack.

Responsibilities

8. Individuals have a responsibility to:
- a) Maintain and enhance the dignity and self-esteem of the Organization members and other individuals by:
 - i. Demonstrating respect to individuals regardless of body type, physical characteristics, athletic ability, age, ancestry, colour, race, citizenship, ethnic origin, place of origin, creed, disability, family status, marital status, gender identity, gender expression, sex, and sexual orientation
 - ii. Focusing comments or criticism appropriately and avoiding public criticism of athletes, coaches, officials, organizers, volunteers, employees, or members
 - iii. Consistently demonstrating the spirit of sportsmanship, sport leadership, and ethical conduct
 - iv. Acting, when appropriate, to correct or prevent practices that are unjustly discriminatory
 - v. Consistently treating individuals fairly and reasonably
 - vi. Ensuring adherence to the rules of the sport and the spirit of those rules
 - b) Refrain from any behaviour that constitutes **harassment**, where harassment is defined as comment or conduct directed towards an individual or group, which is offensive, abusive, racist, sexist, degrading, or malicious. Types of behaviour that constitute harassment include, but are not limited to:
 - i. Written or verbal abuse, threats, or outbursts
 - ii. Persistent unwelcome remarks, jokes, comments, innuendo, or taunts
 - iii. Leering or other suggestive or obscene gestures
 - iv. Condescending or patronizing behaviour, which is intended to undermine self-esteem, diminish performance or adversely affect working conditions
 - v. Practical jokes which endanger a person's safety, or negatively affect performance
 - vi. Any form of hazing where hazing is defined as *"Any potentially humiliating, degrading, abusive, or dangerous activity expected of a junior-ranking athlete by a more senior teammate, which does not contribute to either athlete's positive development, but is required to be accepted as part of a team, regardless of the junior-ranking athlete's willingness to participate. This includes, but is not limited to, any activity, no matter how traditional or seemingly benign, that sets apart or alienates any teammate based on class, number of years on the team, or athletic ability."*
 - vii. Unwanted physical contact including, but not limited to, touching, petting, pinching, or kissing
 - viii. Unwelcome sexual flirtations, advances, requests, or invitations
 - ix. Physical or sexual assault
 - x. Behaviours such as those described above that are not directed towards a specific individual or group but have the same effect of creating a negative or hostile environment
 - xi. Retaliation or threats of retaliation against an individual who reports harassment to the Organization
 - c) Refrain from any behaviour that constitutes **workplace harassment**, where workplace harassment is defined as vexatious comment or conduct against a worker in a workplace – a comment or conduct that is known or ought reasonably to be known to be unwelcome. Workplace harassment should not be confused with legitimate, reasonable management actions that are part of the normal work function, including measures to correct performance deficiencies, such as placing someone on a performance improvement plan, or imposing discipline for workplace infractions. Types of behaviour that constitute workplace harassment include, but are not limited to:
 - i. Bullying
 - ii. Repeated offensive or intimidating phone calls or emails
 - iii. Inappropriate sexual touching, advances, suggestions or requests
 - iv. Displaying or circulating offensive pictures, photographs or materials in printed or electronic

- form
- v. Psychological abuse
 - vi. Personal harassment
 - vii. Discrimination
 - viii. Intimidating words or conduct (offensive jokes or innuendos)
 - ix. Words or actions which are known or should reasonably be known to be offensive, embarrassing, humiliating, or demeaning
- d) Refrain from any behaviour that constitutes **workplace violence**, where workplace violence is defined as the exercise of physical force by a person against a worker, in a workplace, that causes or could cause physical injury to the worker; an attempt to exercise physical force against a worker, in a workplace, that could cause physical injury to the worker; or a statement or behaviour that it is reasonable for a worker to interpret as a threat to exercise physical force against the worker, in a workplace, that could cause physical injury to the worker. Types of behaviour that constitute workplace harassment include, but are not limited to:
- i. Verbal threats to attack a worker
 - ii. Sending to or leaving threatening notes or emails for a worker
 - iii. Making threatening physical gestures to a worker
 - iv. Wielding a weapon in a workplace
 - v. Hitting, pinching or unwanted touching of a worker which is not accidental
 - vi. Throwing an object at a worker
 - vii. Blocking normal movement or physical interference of a worker, with or without the use of equipment
 - viii. Sexual violence against a worker
 - ix. Any attempt to engage in the type of conduct outlined above
- e) Refrain from any behaviour that constitutes **sexual harassment**, where sexual harassment is defined as unwelcome sexual comments and sexual advances, requests for sexual favours, or conduct of a sexual nature. Types of behaviour that constitute sexual harassment include, but are not limited to:
- i. Sexist jokes
 - ii. Display of sexually offensive material
 - iii. Sexually degrading words used to describe a person
 - iv. Inquiries or comments about a person's sex life
 - v. Unwelcome sexual flirtations, advances, or propositions
 - vi. Persistent unwanted contact
- f) Abstain from the non-medical use of drugs or the use of performance-enhancing drugs or methods. More specifically, the Organization adopts and adheres to the Canadian Anti-Doping Program. Any infraction under this Program shall be considered an infraction of this Code and may be subject to further disciplinary action, and possible sanction, pursuant to the Organization's *Discipline and Complaints Policy*. the Organization will respect any penalty enacted pursuant to a breach of the Canadian Anti-Doping Program, whether imposed by the Organization or any other sport organization
- g) Refrain from associating with any person for the purpose of coaching, training, competition, instruction, administration, management, athletic development, or supervision of the sport, who has incurred an anti-doping rule violation and is serving a sanction involving a period of ineligibility imposed pursuant to the Canadian Anti-Doping Program and/or the World Anti-Doping Code and recognized by the Canadian Centre for Ethics in Sport (CCES)
- h) Refrain from the use of power or authority in an attempt to coerce another person to engage in inappropriate activities
- i) Refrain from consuming tobacco products, or recreational drugs while participating in the Organization's programs, activities, competitions, or events
- j) In the case of adults, avoid consuming alcohol in competitions and situations where minors are present and take reasonable steps to manage the responsible consumption of alcohol in adult-oriented social situations associated with the Organization's events
- k) Respect the property of others and not willfully cause damage
- l) Promote the sport in the most constructive and positive manner possible
- m) When driving a vehicle with an Individual:

i. Not have his or her license suspended;

- ii. Not be under the influence of alcohol, cannabis or illegal drugs or substances; and
- iii. Have valid car insurance
- n) Adhere to all federal, provincial, municipal and host country laws
- o) Refrain from engaging in deliberate cheating which is intended to manipulate the outcome of a competition and/or not offer or receive any bribe which is intended to manipulate the outcome of a competition
- p) Comply, at all times, with the Organization's bylaws, policies, procedures, and rules and regulations, as adopted and amended from time to time

Board of Directors Members, Committee Members, and Staff

9. In addition to section 8 (above), the Organization's Directors, Committee Members, and Staff will have additional responsibilities to:
- a) Function primarily as a Board of Director Member or Committee Member of the Organization; not as a member of any other particular member or constituency
 - b) Act with honesty and integrity and conduct themselves in a manner consistent with the nature and responsibilities of the Organization's business and the maintenance of Individuals' confidence
 - c) Ensure that the Organization's financial affairs are conducted in a responsible and transparent manner with due regard for all fiduciary responsibilities
 - d) Conduct themselves openly, professionally, lawfully and in good faith in the best interests of the Organization
 - e) Be independent and impartial and not be influenced by self-interest, outside pressure, expectation of reward, or fear of criticism
 - f) Behave with decorum appropriate to both circumstance and position
 - g) Keep informed about the Organization's activities, the provincial sport community, and general trends in the sectors in which they operate
 - h) Exercise the degree of care, diligence, and skill required in the performance of their duties pursuant to the laws under which the Organization is incorporated
 - i) Respect the confidentiality appropriate to issues of a sensitive nature
 - j) Respect the decisions of the majority and resign if unable to do so
 - k) Commit the time to attend meetings and be diligent in preparation for, and participation in, discussions at such meetings
 - l) Have a thorough knowledge and understanding of all the Organization governance documents
 - m) Conform to the bylaws and policies approved by the Organization

Coaches

10. In addition to section 8 (above), coaches have many additional responsibilities. The coach-athlete relationship is a privileged one and plays a critical role in the personal, sport, and athletic development of the athlete. Coaches must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it, consciously or unconsciously. Coaches will:
- a) Ensure a safe environment by selecting activities and establishing controls that are suitable for the age, experience, ability, and fitness level of the involved athletes
 - b) Prepare athletes systematically and progressively, using appropriate time frames and monitoring physical and psychological adjustments while refraining from using training methods or techniques that may harm athletes
 - c) Support the coaching staff of any other team (i.e. Winter Club); should an athlete qualify for participation with one of these programs
 - d) Provide athletes (and the parents/guardians of minor athletes) with the information necessary to be involved in the decisions that affect the athlete
 - e) Act in the best interest of the athlete's development as a whole person

- f) Under no circumstances provide, promote, or condone the use of drugs (other than properly prescribed medications) or performance-enhancing substances and, in the case of minors, alcohol and/or tobacco
- g) Respect athletes playing with other teams and, in dealings with them, not encroach upon topics or actions which are deemed to be within the realm of 'coaching', unless after first receiving approval from the coaches who are responsible for the athletes
- h) Not engage in a sexual relationship with an athlete under 18 years old, or an intimate or sexual relationship with an athlete over the age of 18 if the coach is in a position of power, trust, or authority over the athlete
- i) Recognize the power inherent in the position of coach and respect and promote the rights of all participants in sport. This is accomplished by establishing and following procedures for confidentiality (right to privacy), informed participation, and fair and reasonable treatment. Coaches have a special responsibility to respect and promote the rights of participants who are in a vulnerable or dependent position and less able to protect their own rights
- j) Dress professionally, neatly, and inoffensively
- k) Use inoffensive language, taking into account the audience being addressed

Athletes

11. In addition to section 7 (above), athletes will have additional responsibilities to:
- a) Report any medical problems in a timely fashion, when such problems may limit their ability to travel, practice, or compete.
 - b) Participate and appear on-time and prepared to participate to their best abilities in all competitions, practices, training sessions, tryouts, meets, and events
 - c) Properly represent themselves and not attempt to participate in a competition for which they are not eligible by reason of age, classification, or other reason
 - d) Adhere to the Organization's rules and requirements regarding clothing and equipment
 - e) Never ridicule a participant for a poor performance or practice
 - f) Act in a sportsmanlike manner and not display appearances of violence, foul language, or gestures to other athletes, officials, coaches, or spectators
 - g) Dress to represent the sport and themselves well and with professionalism
 - h) Act in accordance with the Organization's policies and procedures and, when applicable, additional rules as outlined by coaches or managers

Officials

12. In addition to section 7 (above), officials will have additional responsibilities to:
- a) Maintain and update their knowledge of the rules and rules changes
 - b) Work within the boundaries of their position's description while supporting the work of other officials
 - c) Act as an ambassador of the Organization by agreeing to enforce and abide by national and provincial rules and regulations
 - d) Take ownership of actions and decisions made while officiating
 - e) Respect the rights, dignity, and worth of all individuals
 - f) Not publicly criticize other officials or any club or association
 - g) Assist with the development of less-experienced referees and minor officials
 - h) Conduct themselves openly, impartially, professionally, lawfully, and in good faith in the best interests of the Organization, athletes, coaches, other officials, and parents
 - i) Be fair, equitable, considerate, independent, honest, and impartial in all dealings with others
 - j) Respect the confidentiality required by issues of a sensitive nature, which may include ejections, defaults, forfeits, discipline processes, appeals, and specific information or data about Individuals

- k) Honour all assignments unless unable to do so by virtue of illness or personal emergency, and in these cases inform the assignor or association at the earliest possible time
- l) When writing reports, set out the true facts and not attempt to justify any decisions
- m) Dress in proper attire for officiating

Parents/Guardians and Spectators

13. In addition to paragraph 7 above, Parents/Guardians and Spectators at events will:

- a) Encourage athletes to compete within the rules and to resolve conflicts without resorting to hostility or violence
- b) Condemn the use of violence in any form
- c) Never ridicule a participant for making a mistake during a performance or practice
- d) Provide positive comments that motivate and encourage participants' continued effort
- e) Respect the decisions and judgments of officials, and encourage athletes to do the same
- f) Support all efforts to remove verbal and physical abuse, coercion, intimidation, and sarcasm
- g) Respect and show appreciation to all competitors, and to the coaches, officials and other volunteers
- h) Not harass board of directors members, committee members, lifeguards, competitors, coaches, officials, parents/guardians, or other spectators



BC Summer Swimming Association
SWIMMING | DIVING | WATER POLO | SYNCHRO

2 Hour Rule – Explained!

2 hour rule info and school swim teams...

Members of any BCSSA Summer Swim Club and/or compete in the summer months (May to September) can maintain their swimming fitness and stroke in the winter months (October to April), which is called “Winter Maintenance”.

Originally when BCSSA was formed, almost all summer swim club members practiced in outdoor pools and could only swim from May to August (due to weather); and DID NOT swim during the winter months. Now, with the availability of indoor pools, many summer swim clubs can and do swim throughout the winter months. In order to maintain a level of fairness in competition to those swimmers who DO NOT have access to swimming in the winter, 2 categories were created: Summer (S) and Open Category (O Cat).

Summer ('S') Swimmer:

A swimmer who trains and competes with BCSSA for an unrestricted number of hours between May 1st and September 30th of each year; and **from October 1st to April 30th, may swim ONLY TWO HOURS or less of coached swimming** (considered to be any swimming under the direction of a coach, parent, designated trainer; or being given a workout schedule from a coach, parent or designate). Any swim training that is self-directed by the swimmer, OR any participation in Red Cross swim lessons, Life Saving Programs (NLS, WSI, Bronze Medallion, Bronze Cross) are all exempt from the 2 hour rule.

Open Category ('O Cat') Swimmer: ('O' Cat 1: Div. 1-3 Swimmers; 'O' Cat 2: Div. 4-6 Swimmers)

A swimmer who swims more than 2 hours per week **from October 1st to April 30th**; and who trains and competes with BCSSA for an unrestricted number of hours between May 1st and September 30th of any given year. In summer swim meets, O Cat swimmers are seeded with swimmers of the same division, but results are separated from summer swimmer results.

A swimmer is classified as EITHER an “S” or an “O CAT” SWIMMER, not both; and in order to maintain a SUMMER SWIMMER STATUS (S), the ‘2 HOUR RULE’ must be adhered to.

For information on “School Swim Team Exemptions for “S” Swimmers” please see page 2.

SCHOOL SWIM TEAM EXEMPTIONS FOR “S” SWIMMERS:

(Must follow in order to maintain ‘S’ status)

Non-High School Students (Elementary & Middle School Students, including Gr. 8 Middle School):

In order to maintain their ‘S’ status, these swimmers may have up to 2 hours per week of coached time in the water during October 1st to February 28th, while training with their school swim team, **plus** any school swim meets (governed by *Section 2 A:3.h* of the BCSSA Rule Book); **in addition to the usual two hours per week** of winter maintenance training with their summer swim club.

High School Students (including Grade 8 students IN High School):

In order to maintain their ‘S’ status, these swimmers may have unlimited hours of coached time in the water from Oct 1st to Nov 30th while training with their secondary school swim team, for the purposes of competing at a sanctioned annual school championship meet (governed by *Section 2 A:3.e* of the BCSSA Rule Book); **in addition to the usual two hours per week** of winter maintenance training with their summer swim club.

In all cases, **one day of a swim meet** is considered one hour of training should it be scheduled outside of the specified dates; and ONE CALENDAR WEEK begins on SUNDAY and runs through to SATURDAY.

New BCSSA RULE for Water polo, Diving & Synchro:

Full participation in any sports, including the three aquatic disciplines listed above, will NOT affect the Swimmer’s status, but the speed-swimming component must not exceed two hours per week.

The BCSSA Administration section of the rulebook is located at:

<http://bcsummerswimming.com/docs/Rulebook-Administration-May2013.pdf>