



# 2022 - 2023

# SWIM TEAM INFORMATION PACKET

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\* PLEASE READ THROUGH THE FOLLOWING INFORMATION. THIS PACKET IS FOR YOUR REFERENCE.



Welcome to all new and returning members of WEST Swim Team. WEST Coast Aquatics is a 501-c3 non-profit organization committed to promoting the sport of swimming for life.

WEST's Swim Team is an elite training and competition program. As such, the level of commitment and participation is substantial and increases with each stage of the swimmer's career at WEST. As part of the team, swimmers can take comfort in knowing that they are swimming amongst others committed to the sport the same way they are, with a team gaining in notoriety.

WEST's swim team has been awarded multiple Bronze Medal Level of Excellence Awards from USA Swimming, listing it as one of the Top 200 programs in the country. WEST was also listed on ASCA's list of Top 100 Age Group Programs in the nation. WEST's swim team swimmers have competed at Junior Nationals, qualified for Olympic Trials, and gone on to swim competitively at NCAA Division 1, 2 and 3 Colleges. WEST maintains a much smaller team than most of the competitive programs in the northwest region (by half to a quarter), making WEST's performance standing within Pacific Northwest Swimming and recognition nationally, all the more notable.

**HOW TO USE THIS PACKET:**

This packet is designed to distribute information across to our team parents regarding expectations, Code of Conduct, and practice & meet schedule. It is to be used in conjunction with our WEST Team Handbook, which has all of our policies in one place.

**Congratulations on joining the WEST Swimming Family!**

Sincerely,

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**WEST COACHING STAFF**

# TRAINING GROUPS

## WEST COAST AQUATICS | SWIMMING

Please see below for a general overview of the groups at WEST. The group structure is meant to be a linear progression, where commitment and requirements become more demanding as swimmers move through the team. We believe in a “bottom-up” group structure, where swimmers will not move to the next group until they have reached the minimum age, in addition to meeting minimum training standards. We believe this structure promotes team camaraderie and the growth of the swimmer as a person, while achieving their athletic goals.

While each group has specific standards, detailed in individual group packets, regardless of group, all swimmers are expected to:

- Attend all focus meets, and as many of the other meets as possible
- Bring all required gear to all practices.
- Adhere to our WEST Code of Conduct.

### SENIOR

**Age: 15 and over**

**Minimum standards:**

- 10x100 SCY freestyle @1:15 or faster
- 10x100 IM SCY @1:25 or faster
- 6x100 Kick SCY @1:40 or faster
- Attend at least 8 practices per week (9 practices offered)

Average training per week: approx. 20 hours per week

Equipment: Fins, snorkel, buoy, paddles (medium-large)

### JUNIOR

**Age: 13-14**

**Minimum standards:**

- 8x100 SCY freestyle @1:20 or faster
- 8x100 SCY IM @1:30 or faster
- 6x100 SCY Kick @1:45 or faster
- Attend at least 7 practices per week (8 practices offered)

Average training per week: approx. 16 hours per week

Equipment: Fins, snorkel, buoy, paddles (medium)

### AGE GROUP

**Age: 11-12**

**Minimum standards:**

- 6x100 freestyle @1:30 or faster
- 6x100 IMs @1:45 or faster
- 5x100 Kick @2:00 or faster
- Attend at least 5 practices per week (6 practices offered)

Average training per week: approx. 11 hours per week

Equipment: Fins, snorkel, buoy, paddles (small)

### DEVELOPMENT

**Age: 10&U**

**Minimum standards:**

- Ability to do a legal 50 of all 4 strokes
- Ability to execute a proper dive off of the blocks
- Knowledge of a proper flip turn and legal open turn
- Knowledge of how to read a clock

Average training per week: approx. 6.5 hours per week  
(4 practices offered)

Equipment: Fins, snorkel

### FUNDAMENTALS

**Age: 8&U**

**Minimum standards:**

- Unassisted 25 yard freestyle swim and kick
- Unassisted 25 yard backstroke swim and kick
- Proper straight leg kick
- Ability to hold a submerged breath for 10 seconds.
- Must be able to get along with others, listen to the Coach, follow instruction without disruption, and try their best.

Average training per week: approx. 4.75 hours per week  
(4 practices offered)

Equipment: Fins

# FEE SCHEDULE

## WEST COAST AQUATICS | SWIMMING

### TRAINING FEES

The club team bills training fees for 11 months, starting in September and through July. Training fees cover team costs including but not limited to: pool rent, utilities, coaching labor, team transportation. Membership renewal becomes effective upon being offered a spot on the team and completion of payment for each year's registration fees. The yearly training fee is payable in 1 annual, 4 quarterly or 11 monthly installments due by the 1st of each month. All accounts must enroll in auto-pay and all fees are due by the 1st of each month. Fees become delinquent after the 12th day of each month and will be automatically assessed a \$50.00 late fee unless prior arrangements have been made. Accounts delinquent over thirty (30) days shall be denied team privileges, unless prior arrangements have been made. Adult members not fulfilling their financial obligations to the team shall result in their swimmer(s) being denied practice, competition, and award privileges until these obligations are satisfied.

### REGISTRATION

A non-refundable registration fee of \$350 is due at registration annually. This fee includes annual USA Swimming membership, WEST Olympian Clinics, a WEST cap, and 3 WEST t-shirts given throughout the year. This fee does not include a warm up suit or other required equipment. Required equipment for each group is listed in each group's packet. Registration begins in August for all swimmers and is on a first come, first served basis for swimmers whose families are in good standing with the team. Good standing refers to all aspects of participation with the team including attendance, meet participation, swimmer & parent behavior, volunteering & fundraising efforts.

### OTHER FEES

We have made efforts to streamline monthly fees and avoid irregular charges to families throughout the season. The following are fees not included in monthly training fees that families should be aware of: Meet Entry Fees, Team Travel, Optional (but highly encouraged) Team Activities, Training Equipment, and Additional Team Apparel.

### LEAVING THE TEAM MID-SEASON

Those needing to quit, take a leave of absence or hiatus from the team during the competitive year must first provide written notice of intent to resign from the WEST team a minimum of 2 weeks prior to the withdrawal date. A \$300.00 fee will be billed to your account in addition to the established fees. Training fees will not be prorated within a month. All volunteering, fundraising, and training fee obligations must be satisfied in full prior to resignation. If medical leave of absence is required, continued payment of training fees is required to hold space on the team.

| Practice Group | 1 Annual Payment<br>10% discount | 4 Quarterly Payments<br>5% discount | 11 Monthly Payments |
|----------------|----------------------------------|-------------------------------------|---------------------|
| Fundamentals   | \$1732.50                        | \$457.19                            | \$175.00            |
| Development    | \$1980.00                        | \$522.50                            | \$200.00            |
| Age Group      | \$3118.50                        | \$822.75                            | \$315.00            |
| Junior         | \$3366.00                        | \$888.25                            | \$340.00            |
| Senior         | \$3514.50                        | \$927.44                            | \$355.00            |
| College        | \$200.00 / year                  |                                     |                     |

# FUNDRAISING

## WEST COAST AQUATICS | SWIMMING

### WEST FUNDRAISING REQUIREMENTS

In addition to fees and the volunteer commitment, WEST swim team families are also required to fulfill a fundraising commitment through WEST's Swimathon. WEST relies on fundraising to help reduce monthly fees for families, as well as maintain our facility from year to year. Families with multiple swimmers on the swim team are responsible for the fundraising amount that corresponds with the swimmer in the highest training group level. If money is donated to a specific swimmer in a family, either online by credit card or offline by cash or check, it will count toward the family minimum. If money is donated to the family as a whole, it will go toward the highest-level swimmer or be split equally among all swimmers in the family.

### Corporate Matching

Corporate matching donations will count towards each family's fundraising total, but matching donations for volunteer hours will only count once a family has satisfied its minimum volunteer requirement. This means that only the hours in excess of the family's minimum will be applied to their fundraising requirements. Receipt/confirmation of corporate matching must be sent to [tim@westswimteam.com](mailto:tim@westswimteam.com) to be applied.

### Failure to Complete Fundraising

Failure to complete the minimum required fundraising will result in billing of the remaining balance, and place families in not good standing with the club. This charge will be billed to your account at the end of the Swimathon season and must be paid in full before your family will be allowed to re-register for the following season.

| Practice Group | Fundraising Requirement |
|----------------|-------------------------|
| Fundamentals   | \$225 per family        |
| Development    | \$250 per family        |
| Age Group      | \$300 per family        |
| Junior         | \$325 per family        |
| Senior         | \$350 per family        |

# VOLUNTEERING

WEST COAST AQUATICS | SWIMMING

## WEST VOLUNTEER REQUIREMENTS

As a non-profit program, WEST's swim team relies upon the swim team community to subsidize the cost of operations and is considered a volunteer-run program; therefore all families must contribute volunteer hours.

### Officials

Thank you for becoming an official! WEST will cover costs associated with becoming an official (such as background checks and registration fees), as well as supply one white WEST polo shirt. Please send hours into [volunteering@westswimteam.com](mailto:volunteering@westswimteam.com), and include date of meet, location of meet, and hours worked.

### Corporate Matching:

Corporate matching donations will count towards each family's fundraising total, but matching donations for volunteer hours will only count once a family has satisfied its minimum volunteer requirement. This means that only the hours in excess of the family's minimum will be applied to their fundraising requirements. Receipt/confirmation of corporate matching must be sent to [office@westswimteam.com](mailto:office@westswimteam.com) to be applied.

### Failure to Complete Volunteer Service Hours Fee

Failure to complete the minimum volunteer service requirement will result in a fee of \$20.00 per unfulfilled hour (ex. 10 unfulfilled hours will result in a charge of \$200.00). This charge will be billed to the swimmer's account at the end of the season (August), and must be paid in full before your family will be allowed to re-register for the following season. Families with multiple swimmers are responsible for the number of volunteer hours that correspond with the swimmer in the highest training group level as listed in the swim team registration packet.

| Practice Group | Fundraising Requirement |
|----------------|-------------------------|
| Fundamentals   | 21                      |
| Development    | 23                      |
| Age Group      | 26                      |
| Junior         | 30                      |
| Senior         | 35                      |

# CODE OF CONDUCT

## WEST CORE VALUES & CODE OF CONDUCT

WEST's Code of Conduct applies to all members and others attending an event or utilizing West Coast Aquatics facilities or grounds. The Code of Conduct is not intended to provide a comprehensive list of all expectations and describes only certain minimum expectations. WEST reserves the right to take action regarding any conduct that WEST views, in its sole discretion, as being inconsistent with its core values or is deleterious to WEST or its swimmers.

### WEST Coast Aquatics Code of Conduct:

1. WEST swimmers, members, guests and staff will not discriminate against any other swimmer, official, coach, administrator, or any other person on the basis of race, color, religion, age, gender, sexual orientation or national origin or commit any discrimination in violation of USA Swimming Rules and Regulations.
2. WEST swimmers, members, guests and staff will not conduct any sexually oriented behavior (whether consensual or nonconsensual), or any pattern of unwelcome advances or other sexual harassment directed towards a swimmer, coach, official or any other person participating in any capacity whatsoever in the affairs or activities of USA Swimming (whether such person is a member or not).
3. WEST swimmers, members, guests and staff will not sell, distribute, or offer to sell or distribute alcohol, tobacco, controlled substances, or any other substance listed on FINA's recognized list of banned substances.
4. WEST swimmers, members, guests and staff will not use alcohol, tobacco, controlled substances or any other substance listed on FINA's recognized list of banned substances.
5. WEST swimmers, members, guests and staff will not commit any act of theft or property damage while on WEST property.
6. WEST swimmers, members, guests and staff will not commit any act of non-consensual physical contact, obscene language or gesture, or other threatening language or conduct directed towards any swimmer, coach, official or any other person.
7. WEST swimmers, members, guests and staff will be responsible for their equipment and personal possessions and will clear all personal possessions and trash upon leaving WEST.
8. WEST swimmers, members, guests and staff will conduct themselves in an appropriate manner and will abstain from rough housing and horseplay that might result in personal injury to themselves or another.
9. WEST swimmers, members, guests and staff will not use cell phones, cameras, video cameras, or other devices with video or audio recording capabilities in locker rooms or changing areas as outlined in WEST Photography and Videography Policy (Section L of the team handbook).
10. WEST Swimmers, family members, and guests will refrain from inappropriate/destructive communication and will follow the procedures set in place by conflict resolution policy should an issue arise.
11. WEST swimmers, members, guests and staff will adhere to WEST's Electronic Communications Policy (Section I of the team handbook).
12. WEST swimmers, members, guests and staff will adhere to WEST's Anti-Bullying Policy (Section J of the team handbook).
13. WEST swimmers, members, guests and staff will not participate in or condone conduct that is in violation of this Code of Conduct.
14. WEST swimmers, members, guests and staff will not commit any other material and intentional act, conduct or omission not provided for above, which is detrimental to WEST's image or reputation, or to the sport of swimming.
15. WEST swimmers, members, guests and staff will not commit any act of fraud, deception or dishonesty.

Any swimmers, members or guests utilizing WEST's facilities may be denied membership, placed on probation, suspended or expelled from WEST if such person violates the provisions of WEST's Code of Conduct, or aids, abets or encourages another person to violate any of the provisions of WEST's Code of Conduct or the USA Swimming Code of Conduct which can be found at:

<https://www.usaswimming.org/docs/default-source/governance/lsc-managementdocuments/interpretations-legislation-bylaws/code-of-conduct-expert-2018.pdf>

# CODE OF CONDUCT

## WEST COAST AQUATICS | SWIMMING

### WEST DISPUTE RESOLUTION PROCESS

If a swimmer (or parent) feels that he/she is not being treated in accordance with the above expectations, they should ask to address their concerns by scheduling a meeting with:

1. The Group Coach
2. The Head Coach
3. A WEST Board of Directors member

If any swimmer or parent/guardian is in violation with the Code of Conduct, discipline will be handled in the following format based on the severity of the offense:

- Removal from practice and sent home for the day
- Meeting with swimmer(s), parents, coaches and/or Board of Directors
- Further suspension
- Expulsion from the team

Training fees are not refundable due to a misconduct suspension. Discipline decisions will be determined by a three-person committee; appointed by the Board consisting of the Head Coach, a board member and a neutral adult. In the event that the Head Coach is personally involved in a dispute, a second neutral adult member(s) shall be appointed in place of the Head Coach.

Should one be necessary, a committee shall be appointed by the Board, comprising the Head Coach, and a neutral adult member. In the event that the Head Coach is personally involved in a dispute, a neutral adult member(s) shall be appointed. The membership of the committee shall remain the same until there is total resolution of any given problem, but may change for any other non-related disputes.

### REPORTING

If your concern relates to a violation of WEST MAAPP, including and not limited to: criminal activity, illegal drug use, inappropriate touching, or physical abuse, please report immediately to [safesport@usaswimming.org](mailto:safesport@usaswimming.org). Anonymous reporting can be completed: <https://fs22.formsite.com/usaswimming/form10/index.html>.

If your concern relates to sexual misconduct, sexual harassment or sexually explicit communication through any media, please contact the U.S Center for SafeSport to make a report immediately. You can report your concern online or call 720-524-5640. More information can be found at [www.uscenterforsafesport.org](http://www.uscenterforsafesport.org).

# EXPECTATIONS

## PARENT EXPECTATIONS

There is and has always been much discussion on the importance of the Support Triangle structure of parent, athlete and coach. Each plays a critical role in the development of the swimmer. Swimming is a very demanding sport, but through hard work and perseverance, invaluable lessons are instilled. WEST strives for the swimmer's long-term success and our goal is they continue swimming past high school. With such long swimming careers ahead of them, each part of the triangle plays an important part in determining how the swimmer develops, not just as an athlete.

### It is crucial we all work together and keep in mind several general rules of thumb:

1. Swimming is a sport and sports are supposed to be fun!
2. Each part of the Support Triangle plays a specific role. By each maximizing our specific roles and working together, we maximize the potential for the swimmer.
  - **Swimmer:** always put forth best effort and strive for perfect attendance.
  - **Coaches:** provide training and council on demands of the sport of swimming.
  - **Parents:** provide consistency, love and unconditional support for your athlete.
3. **Nutrition** – as a parent, you primarily influence your child's diet. They exercise a lot and will need to eat a lot, but we want to maximize performance and development, so it is important they are getting what they need.
  - **Avoid supplements** – get what you need from real food first
  - **Take a multivitamin** (plus maybe vitamin D in the winter) – soil nutrient levels aren't what they used to be and the demand on the athlete's body requires adequate vitamins and minerals.
  - **Water, water, water** – we don't really need to drink anything else. Hydration plays a major role in performance and recovery.
  - **"Shop the Perimeter"** – it has been said that everything essential for your body to survive can be found on the perimeter of the grocery store: Veggies, Protein, Grains, and Dairy.
  - **"Eat a Rainbow"** – try to have a variety of colors of vegetables with every meal. You can't eat enough veggies.
4. **Rest** – growing bodies need extra rest already, and with training, it becomes that much more important. 6-8 hours per night minimum.
5. **No Pressure** – anyone that spends as much time with his or her face in the water, as these swimmers do, learns to take it pretty seriously. Swimmers should already put pressure on themselves to perform. As Coaches, we need to be able to also put pressure on the athlete to perform. However, the Support Triangle will crack if it is getting pressure from all sides. It has been regularly noted, and through my own experience swimming and the people I swam with, the ones that made it the farthest in the sport had parents that were most "Hands-Off" and did not put any additional pressure on them to succeed.
6. **Show the swimmer that you support them** – Being "Hands-Off" doesn't mean not to get involved with your child's swimming. They need to know that you support their hard work and dedication to the sport and that you care about them.
  - **Volunteer & Stay Connected** – help out at meets, meet and interact with other swim parents. WEST isn't just a swim team, it's a swimming community.
  - **Provide transportation** – we understand that our busy practice schedule and attendance expectations also put heavy demands on parents. We strongly encourage more carpooling.
  - **Keep them happy** – although we all go through ups and downs, overall, kids should be happy. If they aren't please speak with their respective coaches so we can work on a solution.
7. **Family, School, Swimming** – whenever facing hard decisions, remember the order of priorities.

# EXPECTATIONS

The most important job as a parent is to **SUPPORT**:

- **Support** ALL WEST swimmers, yours and others. • Support your age group and level.
- **Support** the coaches.
- **Support** other parents.
- **Support** positive communication.
- **Support** ALL WEST hosted meets as a volunteer.
- **Support** WEST and PNS / USA Swimming at all meets.
- **Support** ALL WEST fundraising opportunities. and for your swimmer...
- Keep them fed, clothed and healthy.
- Bring them to practice.

## WEST COACHES' EXPECTATIONS

Our goal is for each individual swimmer to reach his or her full potential not only as an athlete, but as a well- rounded person, as well. Although we strive to maximize performance in the water, our main goal is to help our athletes grow and develop into highly successful young adults consistent with the WEST core values of Honesty & Integrity, Sportsmanship, Respect, Hard Work and Pride.

## GENERAL EXPECTATIONS :

1. Be on-time - “Early” is on-time “On-Time” is late.
2. Don't coach your child.
  - Recent studies have shown that for many athletes, their least favorite aspect of sports was “the ride home” and the pressure put on them by their parents.
  - It confuses the child. As coaches, we give them critical feedback and focal points for improvement. We understand how challenging these items are and we demand the highest possible level of quality. We typically prioritize a few items to focus on and reinforce those items until they are mastered.
  - It puts additional stress and pressure on the swimmer, oftentimes reducing the amount of fun they have, which often leads to burnout and self-confidence issues.

## PRACTICE EXPECTATIONS

- Follow coach instructions at all times, don't interrupt or talk when coaches are speaking and ask questions when it is not disruptive to the rest of the group. Swimmers must be picked up within 20 minutes of practice ending.
- Bring required training equipment to each practice. Always watch the pace clock and leave on the correct interval between swimmers.

## MEET EXPECTATIONS

- Warm-up during designated warm-up times, regardless of what time individual events are scheduled to happen. Swimmers are expected to warm-up with the team and be at the meet to support the team effort.
- Swimmers are to sit with the team during the meet, not in the stands with parents.

Relays – Swimmers will support the team effort by competing on relays even if they do not compete in individual events on the same day.

Meet schedules are available online at [www.westswimteam.com](http://www.westswimteam.com) under our EVENTS page. Swimmers must declare which meets they plan to attend using the Meet Declaration feature on the Events page, which will be available to all registered team members in September. Coaches will choose the events in which swimmers will compete. **Swimmers MUST confirm they would like to attend a meet to be entered into the meet.**

The WEST Code of Conduct is designed to maximize positive experiences for all WEST swimmers and ensure WEST is providing a fun, safe, and positive learning environment. Team members will refrain from any illegal or inappropriate behavior that is not consistent with WEST's Code of Conduct. All members, including parents must follow the Code of Conduct as listed in Section G of the team handbook.

# AGREEMENT

## FOR YOUR RECORDS | PLEASE READ

### ACKNOWLEDGEMENT

I acknowledge that I have read and understand all requirements/ expectations as outlined in WEST Coast Aquatics 2020/21 Team Information Packet. I acknowledge that I have read and understand all requirements/ expectations as outlined in the WEST Coast Aquatics Handbook.

### REGISTRATION & PAYMENT

I acknowledge that I have read and understand all requirements of the WEST Coast Aquatics Annual Fee Schedule. I understand that training fees are payable in 11 monthly installments (or annually, quarterly) and are due by the 1st of each month. A \$50.00 late fee will be assessed after the 12th of the billing month. All fees are due in accordance with the fee schedule as set by the Board of Directors.

I understand that my team registration fee of \$350 is due with registration and is non-refundable. Team registration fee includes USA Swimming registration, 3 team t-shirts, a cap, Olympian clinica, some team travel, and administrative costs.

Accounts delinquent over 30 days without prior arrangement will result in the athlete being denied practice, competition, and awards privileges until financial obligations are satisfied.

### AUTOMATIC BILLING AUTHORIZATION

Monthly bills may be paid automatically with your debit or Visa / MasterCard credit card. Billing statements will be sent via email on the first of each month. **\*\*It is MANDATORY that ALL families MUST register with a debit or credit card\*\*** If you do not want to pay using this card, you must pay the balance of your account with cash or check prior to the first of the month.

I authorize WEST Coast Aquatics to automatically debit from my bank account or charge my Visa/MasterCard on the 1st of each month any and all fees owed to WEST Coast Aquatics.

### MANDATORY VOLUNTEERING

I acknowledge that I have read and understand all requirements of the WEST Coast Aquatics Volunteering Program. I understand that I must fulfill my volunteer commitments to remain in good standing with the team. If I do not meet the required number of hours by August 1, I understand that I will be billed at \$20/unfulfilled hour. In the event of resignation from the team I am responsible for paying all unfulfilled hours.

### MANDATORY FUNDRAISING

I acknowledge that I have read and understand all requirements of the WEST Coast Aquatics' Fundraising program. I understand that the annual Swimathon is WEST's major fundraiser and that my athlete's participation is required. I understand that any fundraising requirements not met by the end of May will be included on my June 1st statement, and that I will pay these fees whether my swimmer(s) participated or not. In the event of resignation from the team I will still be responsible for my fundraising requirement in full.

### LEAVING THE TEAM MID-SEASON

I understand that a written notice of intent to resign from the WEST team is required a minimum of 2 weeks prior to the withdrawal date. Training fees will not be prorated within a month. I understand that all volunteering, fundraising, and training fee obligations must be satisfied in-full prior to resignation as outlined above, including the early termination fee of \$300. If medical leave of absence is required, continued payment of training fees is required to hold space on the team.

### PHOTO RELEASE

I hereby give my consent for WEST Coast Aquatics to use my child's photograph and likeness in all WEST forms and media (i.e. website, brochures, Facebook, fliers, etc) and any other lawful purposes that promote WEST and its mission.

### ALLERGEN & MEDICATIONS

WEST personnel are not trained to dispense or administer medications. If you or your swimmer require the use of a medication, then you and/or your swimmer are responsible for being trained and ready to use such medication without the involvement of WEST personnel.

### MINOR ATHLETE ABUSE PREVENTION POLICY

I acknowledge that I and my swimmer have read and understand WEST's MAAPP.

### TEAM POLICIES

I acknowledge that I and my swimmer have read and understand the following team policies at WEST: WEST Swim Team Travel Policy, WEST Swim Team Electronic Communications Policy, WEST Anti-Bullying Policy, WEST Locker Room Policies, WEST Swimwear Policies

### PARENT CODE OF CONDUCT

I, the Parent, have read and understand the following information as well as the team Code of Conduct and agree to act in accordance with its expectations and guidelines. I understand the consequences that will occur as a result of my child or myself not following the Code of Conduct.

### SWIMMER CODE OF CONDUCT

I, the swimmer, have read and agree to act in accordance with the above Code of Conduct expectations and guidelines. I understand the consequences that will occur as a result of not following the Code of Conduct.

### COVID-19 WAIVER

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

WEST Coast Aquatics cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in competitions, practice and all team activities. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in any WEST or USA Swimming activity or event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

By attending or participating, you voluntarily assume all risks associated with exposure to COVID-19 and forever release and hold harmless from: USA swimming, WEST Coast Aquatics, and each of their officers, partners, directors, agents, employees or other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection with exposure, infection, and/or spread of covid-19 related to participation in competition, practice and all team activities.