

The Rosetown Royals Speed Swimming Team

General Policy – 2021 Covid Edition

Current as of June 9, 2021

Please note this document may change without notice, at any time as guidelines evolve.

The Rosetown Royals will attempt to keep this document up to date.

The goal of the Rosetown Royals Speed Swim Team is to introduce swimmers to competitive swimming, improving swimming skills and enhancing their physical well-being. Participants will be taught to do their best, while maintaining good sportsmanship.

While this is an introduction into competitive swimming for some, it is the advancement of those competitive skills for others. It is not a substitute for swimming lessons. Swimming lessons are encouraged for all participants as they teach valuable tools to keep the swimmer safe in the water.

As such, we require all swimmers to meet a minimum standard to be a part of the Rosetown Royals Speed Swim Team. These standards are for the safety and security of all participants. This also allows all participants to benefit from the teaching of the on deck coaches.

Swimmer Standards

The Rosetown Royals require a swimmer to complete the following minimum standard:

- A 25 meter length of front crawl and a 25 meter length of back crawl continuously, without stopping and unassisted, without the aid of any floatation device, wall or lane markers.
 - Simply put:
 - The swimmer cannot stop and no treading water.
 - The swimmer cannot have any assistance. No grabbing onto nearby items or pulling themselves along with nearby items.
 - The swimmer must do one (1) 25 m length of front crawl and one (1) of back crawl.
- There is no time limit to complete these two 25 meter lengths.

Swimmer Age

- Minimum age of 6 years old as of April 30 of the current year.

2021 Season

The dates and times noted below are what the Rosetown Royals have available as a club. Provincial and Swim Sask guidelines will dictate how the Rosetown Royals will allow its swimmers access to these times. The Rosetown Royals will provide its swimmers minimum access to one session per week while completing dryland training activities for the month of June and minimum access of one morning and two afternoon sessions per week while at the Rosetown Pool. This access may be further limited by weather or Provincial / Swim Sask guidelines.

June

- Swimming will not take place for the month of June.
- Dryland training sessions will be the substitute.
- Tuesday's & Thursday's with times to be determined

July

- Swimming will take place at the Rosetown Leisure Aquatic Centre
- Monday to Thursday 5:30pm – 7:00pm (*times to be confirmed*)
- Tuesday's & Thursday's 7:15am – 8:30am (*times to be confirmed*)
- **** *If the Rosetown pool is not available at the start of the month, dryland training sessions will continue.* ****

August

- Swimming will take place at the Rosetown Leisure Aquatic Centre
- Monday to Thursday 5:30pm – 7:00pm (*times to be confirmed*)
- Tuesday's & Thursday's 6:45am – 8:00am (*times to be confirmed*)
- **Last swimming day will be Thursday August 19**
- **** *If the Rosetown pool is not available at the start of the month, dryland training sessions will continue.* ****

**** **The above noted sessions may increase if availability is secured from the Town of Rosetown** ****

2021 Season Fee

Each swimmer must pay the Rosetown Royals \$200 to complete their registration with the club. As noted above under the heading "2021 Season", the noted available dates and times are what the club has available to access. A swimmer may not have full access to these dates and times in their entirety. Variables such as guidelines at that time, as well as the number of registered swimmers will dictate what a swimmer will be able to access. Payment must be received by the end of day on May 12, 2021. If payment is not received at that time, the swimmers registration will be null. Any NSF cheques will require an additional payment of \$50 to complete the registration.

Refund Policy

If a swimmer decides that this is not for them, fees can be refunded according to the timeline below:

- Prior to June 1st, fees will be refunded less the \$25 registration fee.
- Prior to the completion of the first 2 weeks of practice (June 1 - 16), fees will be refunded less a \$50 fee.
- No refund will be given after the completion of the first 2 weeks (June 17).

If the 2021 season is forced to cease due to Covid, fees will be refunded as noted:

- June 1st to August 19 will be considered a 12 week period. A fee of \$50 will be held to cover registration and club fees. The remaining \$150 will be divided by the 12 weeks, resulting in \$12.50 per week to be refunded.
- Only full weeks that remain will be used to calculate the refund. Ex. If cancelled on or between Tuesday and Thursday, that week will not be included for the refund. The following week will be the first one to be counted.

No refunds will be made for swimmers missing their scheduled session. No makeup sessions will occur for swimmers who miss or cannot participate in their scheduled session.

2021 Registration

Swim Saskatchewan set out specific guidelines that clubs will adhere to when prioritizing athlete's access to training. These include the experience and maturity of the swimmer as well as the physical capability of the swimmer. As such, first priority will go to returning swimmers that have attended a past sanctioned competition. Second priority will go to returning swimmers that were registered with a competitive swim club. Third priority will go to swimmers wishing to join a competitive club for the first time. While all swimmers must meet the minimum standard as noted above, a standard swim session will have swimmers completing numerous 25 meter lengths. All swimmers must be capable of completing numerous 25 meter lengths in the session.

Additionally, these guidelines also restrict the number of swimmers allowed in the pool. Because of this, the Rosetown Royals will only be able to accept up to a predetermined number of swimmers. Registrations will be prioritized as noted above. In the event of swimmer limits being reached within a certain level of priority, accepted registrations will be determined by the order they were received. Registrations that were in excess of allowed swimmers will be held on file in the event that Swim Saskatchewan increases the allowed number of swimmers.

Equipment

Swimmers will attend practices with an appropriate swimsuit, goggles, towel, water bottle, sweatpants or shorts and running shoes or flip flops (sandals). Swimmers will also bring a mask as approved by the Saskatchewan Health Authority. A swim cap is beneficial for the swimmer but not required. Nose plugs may also assist some swimmers. Training aids will be supplied and administered by the coaching staff.

Swimming Sessions

Swimmers will attend each week of the summer swimming season. Exceptions include the July 1 holiday as well as the August long weekend.

Each practice session will include a combination of dry land activities as well as in pool workouts. Swimmers should come prepared to complete dry land activities in addition to in-water activities.

Dry Land Activities

Dry land activities will occur for the month of June. The training may include the following:

- Skipping: a skipping rope is supplied but if the swimmer finds it difficult to skip with a rope, then the swimmer will be able to simulate the action of skipping.
- Medicine ball: different activities will be complete by the swimmer using a medicine ball. Some activities are completed solo, while others are with a partner.
- Planks: various types of planks will be held for up to 60 seconds at a time.
- Flutter kicks: while the swimmer is laying on their back, legs will be raised to flutter kick with straight legs. This will be done for a maximum of 60 seconds a time.
- Exercise bands: swimmers will use resistant bands to complete various exercises.
- Run / Jog: there will be times when swimmers will be taken on a run / jog. During this activity, swimmers will also complete sprints.

Water Activities

Will include the following:

- Teaching the mechanics of the freestyle, backstroke, breaststroke and butterfly swims as well as water entry.
- Using equipment to aid in the swimmers development. Equipment may include flippers, snorkels, paddles, pull buoys as well as other equipment as deemed necessary.

Swimmer Conduct

- Each swimmer will adhere to the following:
 - Listen to the coaches instructions.
 - Respect the coaches as well as the other swimmers.
 - Good sportsmanship is required at all times.
 - Horseplay, pranks or mischievous antics will not be tolerated before, during or after a practice or swim meet.
 - Respect the Town of Rosetown's "Zero Tolerance Policy" no matter the location they are participating at.

Should a swimmer misbehave or conduct themselves inappropriately, the following courses of action will be taken:

- **First event:** The swimmer will be talked to about the occurrence and will sit on the pool deck for 10 minutes. The parent/guardian will be made aware.
- **Second event:** The swimmer will be talked to about the occurrence and will be asked to sit on the pool deck for a time determined by the coach. The parent/guardian will be made aware and the Club Executive will be informed.
- **Third event:** The swimmer will be talked to about the occurrence and will be asked to sit on the pool deck for a time determined by the coach or will be asked to remove themselves from practice / event. The swimmer will not be allowed at practices unless the parent/guardian is in attendance. The swimmers membership with the club will be reviewed at the end of the week with a decision from the Executive committee being relayed to the parent/guardian.
- If the swimmer is allowed to continue membership and a fourth event occurs, the swimmer will be dismissed from the Rosetown Royals Speed Swimming Team. There will be no refund of fees when the swimmer is dismissed from the program.

**** If the swimmer's conduct / behavior violates the Town of Rosetown's "Zero Tolerance Policy", the swimmer will be dismissed from the Rosetown Royals Speed Swimming Team no matter it being their first, second or third occurrence. ****

Parent Standards

Parents or guardians are asked to have the swimmer at the pool at least 15 minutes prior to practice with all equipment needed. With Covid, the coaching staff will determine the set up and take down of the equipment. Only swimmers and coaching staff will be allowed on deck. These are the Swim Saskatchewan guidelines. In the event these guidelines change, our protocol will be reviewed and parents will be updated on any changes that may allow their attendance. If we start at 5:30pm, please have your swimmer ready to enter the water by that time.

Swim Meets

Due to Covid, there will be no swim meets for the 2021 season. However, we will be creating an environment that will simulate a competition event for the swimmers as the guidelines allow.

Fundraising

The Rosetown Royals is a not-for-profit club, but that does not mean we just want your fees. If we are going to develop first class athletes and individuals, we need your time and energy too. It is everyone from the coaches, to the swimmers, to the parents and families that make the Rosetown Royals a "Team".

As such the Rosetown Royals require all parents to contribute their time and effort to fundraising activities. These include a possible bottle drive at the start of the season. A few other fundraiser activities may become available through out the season. These have included moving chairs / tables during the Harvest Festival or completing food prep for Ladies Night Out. Although with Covid restrictions, these fundraising activities will likely take on something different and are yet to be determined.

All families are expected to assist in one or more fundraisers with one parent and the swimmer. We understand that sometimes families have situations where they are unable to assist and as such we do have an option to "opt out" of these activities for a fee of \$200 per involved swimmer.