



WETASKIWIN ORCAS

LIFESAVING CLUB

Members Handbook and Team Policies

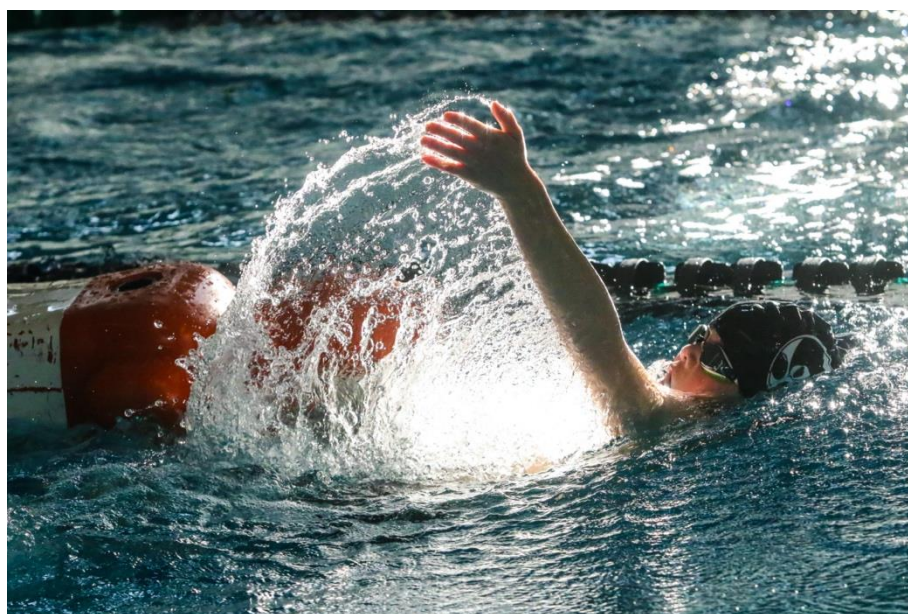




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Team Goals

1. To develop skills based on personal bests in swimming, lifesaving, fitness, knowledge, leadership and teamwork.
2. Encourage members to participate for life through long-term athlete development and trying different pathways such as competitive lifesaving activities, SERC (Simulated Emergency Response Competition) and Surf Lifesaving.
3. To develop a feeling of family within our squads. We will support each other by being, **Encouraging, Fun and Inspiring.**
4. Show excellent sportsmanship with teammates and competitors from other clubs.

Club's Commitment

1. Operate according to policies and procedures, as outlined by the City of Wetaskiwin.
2. Operate according to policies and procedures as outlined by the Lifesaving Society.
3. To support each WOLC program and give the coaches the training and support needed to be successful.
4. To maintain accurate financial records.
5. To communicate club policies and procedures to the membership.
6. Ensure club policies are administered on a fair basis.
7. Ensure communication lines are effective and consistent.

Coaches Commitment

1. Behave in a manner expected as a staff member of the City of Wetaskiwin.
2. Ensure the swimmers understand their responsibilities as outlined in the member's handbook.
3. Support the team goals.
4. Foster the development of swimmers in their swimming strokes from a technical point of view.
5. Assist swimmers to develop appropriate mental skills.
6. Assist swimmers to develop appropriate nutritional skills based on the Canadian Food Guide.
7. Participate with swimmers individually and/or as a group, in a meaningful goal setting.
8. Communicate appropriately with swimmers emphasizing positive feedback as much as possible along with constructive direction.
9. Communicate with parents to share concerns, resolve problems or discuss performance on an on-going basis.
10. Keeping in mind the safety of all swimmers under their direction both during practice and at competitions.



Parent/Guardian's Commitment

1. Abide by the parent code of conduct.
2. Read the Members Handbook and Team Policies.
3. Attend parent meetings.
4. Ask questions and communicate any concerns with the coaching staff in an appropriate manner.
5. Refrain from consulting with coaches or swimmers during practices.
6. Inform the coach if there swimmer is unable to attend a practice.
7. Inform the Head Coach of any injury or illness, which prevents their swimmer from participating in a practice.
8. Provide swimmer with encouragement and support and allow coaches to provide the required technical and critical direction.
9. Provide emergency contact information for out-of-town competitions.
10. Volunteer and/or officiate at competitions.
11. Meet all financial commitments.
12. Be a positive ambassador for the Wetaskiwin Orcas Lifesaving Club at all times.

Swimmer's Commitment

1. Abide by the swimmer code of conduct.
2. Attend all practices and arrive on deck ready to swim 10 minutes prior to the scheduled starting time.
3. Participate in practices for the entire session.
4. Admission to the Manluk Centre is required for swimming before and/or after scheduled practice times.
5. Follow the directions of the coaches in a co-operative & respectful manner.
6. Encouraged to follow the Canada Food Guide.
7. Wear Orca clothing at competitions.
8. Respect the facility and its equipment at home and away.
9. Maintain positive and open communication with both coaches and parents.
10. Inform the Head Coach if unable to attend a practice or competition.
11. Inform the Head Coach of any outside influences or commitments that may impact swimming performance.
12. Be a positive ambassador for the Wetaskiwin Orcas Lifesaving Club.

Attendance

Efforts should be made to attend every scheduled practice. The coaches are expecting each swimmer to be on deck, ready for warmups on time. If your swimmer cannot attend a practice or cannot be on time, please let the coaches know. All swimmers registered with the Wetaskiwin Orcas are expected to train with the team.

Anyone showing signs and symptoms of COVID-19 are asked to stay home and will not be permitted into the Manluk Aquatic Centre. If you are showing signs and symptoms of COVID-19 Please contact AHS by dialing 811 for more information.



Online Registration

Online registration can be used to register for the program as well as registering for volunteering and competitions throughout the season.

If you are a returning member you should already have an online account. (If you already have an account then you do not need to worry about these next steps) For newly registered members, after your initial registration has been completed an online account will be made for you with the email that was provided with registration. To Register online go to manlukcentre.ca and sign into your account using that E-mail. To gain access you must then request a new password on the website. Instructions on how to change your password will be emailed to you. Pick a new password that you will remember. You should then have access to your account on the website and will be able to register for any Orca activity. After you have signed in, find the Orcas tab on the left under the activities bar. There you will find all the squads, competitions and volunteer opportunities available to you for registration. If there are any issues with this process or you have any questions about it please contact the Head Coach at orcas@wetaskiwin.ca or call (780)-361-4411.

Communication

Keeping open and easy lines of communication are a key component of a successful club. E-mails, as well as the bulletin board at the pool, will be the main lines of communication. We will also be using the Wetaskiwin Orca Facebook page for communication with swimmers and parents. Parents are encouraged to speak with the Head Coach before or after practice with any concerns they may have.

- Phone - (780)-361-4411
- Email - orcas@wetaskiwin.ca
- Facebook - <https://www.facebook.com/groups/wetaskiwinorcas/>

Parent Meetings/Newsletters

Parent meetings will not be held for the 2020-2021 season to better align with public health guidelines.

Parent Newsletters will be sent out every month. These newsletters will contain important information about upcoming events and general team information. Parent Newsletters will be distributed via email, the Orca Facebook page, and the Orca bulletin board.

Sanctioned Competitions

In line with the current public health guidelines there will be no sanctioned competitions or Provincial Championships for the 2020-2021 season. This follows the cancellation of international events until 2022. The 2020-2021 season will be focused on athlete development and personal bests. We will continue to track athlete times and will potentially host an internal time trials event at the end of each session for the 2020-2021 season.



Time Trial Relay Entries

Relays will be chosen by the coaching team. In order to qualify for relays, the swimmer must attend practices on a regular basis. Depending on the competition, relays may be chosen based on participation, as well as speed and skill level. Swimmers who are late registering for a Time Trial may not be placed in relays.

Time Trial Procedures

1. Warmup as regulated by the LSABNT.
2. Warmups are mandatory for every swimmer competing. Arrive *15 minutes* prior to the scheduled warm up time.
3. Sit with the group and relax between your events.
 - Please note; electronics are discouraged at competitions
4. After each event, athletes are to *check in with the coaches*. This gives the coach the opportunity to discuss the event and add positive comments and strategy for development.
5. Parents are asked to stay off deck, unless volunteering or approved by the coaching team and meet manager.
6. All swimmers are asked to participate in each eligible event.
7. Pack extra towels, extra goggles, swimsuit, team cap, fins, healthy snacks, and plenty of water.
8. Each swimmer is to check out with the coach prior to leaving for the day.
9. Swimmers must display exceptional sportsmanship at all times.

Payment Plans

A payment schedule may be arranged if necessary. A service fee may be applied to each future payment.

Lifesaving Activation fee

All athletes must register with the Lifesaving Society AB/NWT. This is an additional fee to our membership and training fees. In addition to registration with the Lifesaving Society AB/NWT for the 2020-2021 athletes will also receive the following items.

- Commemorative season coin
- Lifesaving sport decal
- Lifesaving water bottle
- Lifesaving T-Shirt

These items will be provided by the Lifesaving Society AB/NWT and will be handed out at our Time Trial which will be hosted at the end of each session.

Early Bird Pricing

Early Bird pricing will not be offered for the 2020-2021 season.

Refunds and Financial Commitments for Members Leaving the Club

A written letter must be submitted to the City of Wetaskiwin Recreation Administrator or the Head Coach informing of your intention to leave and giving one month's notice.



Lifesaving Activation fees are non-refundable. Training fee commitments will be payable up to and including the end of the one month's notice.

Any member(s) registered in the **first session** leaving prior to **October 21, 2020** are eligible for a full refund of training fees.

Any member(s) registered in the **second session** leaving prior to **January 20, 2020** are eligible for a full refund of training fees.

A 10% administration fee will be applied to all refunds.

Discipline Policy

Members are expected to follow all facility rules. Safety is our first priority, any behavior that compromises safety of the swimmer or other patrons in the pool will not be tolerated. Our discipline policy is that of the Manluk Aquatic Centre and the City of Wetaskiwin. If behavior is an issue our coaching team will inform the member, why this behavior is unacceptable. Parents will be contacted depending on the severity of the issue and based on the Head Coaches discretion. Further disciplinary action may be taken if behavior does not improve, this could include but is not limited to the member being asked to leave the club without a credit/refund being granted.

Lockers

Lockers are available at no charge for day-use only. Please bring your own lock and be sure to lock up all your belongings.

Due to the COVID-19 pandemic there is a limited number of lockers available for use.

Water and Snacks

Hydration is very important for every athlete. We require everyone to bring a water bottle (labeled with their name) to practice and competitions. We also suggest members have a healthy snack between school and practice.

Sharing of water bottles is strictly prohibited.

Orca Apparel Policy

Team suits are not mandatory during competitions as we recognize many swimmers prefer to purchase their own competition suits (tech suits, fast skins, etc.) A swimmers Competition suit must be at least 80% black or approved by the Head Coach for use in sanctioned competitions.

A current team Swim Cap is necessary for all swimmers competing at a sanctioned competition, as outlined in the Alberta and Northwest Territories Competition Manual. Therefore, swim caps (not necessarily a team cap) are mandatory for all swimmers during scheduled practices.

Team Suits, Silicone Swim Caps, and Latex Swim Caps are available for purchase at the front desk of the Manluk Centre. (Please inform the Head Coach of any allergies to latex)



Periodically throughout the season we will have online stores available to purchase merchandise such as Team Clothing and Provincial Merchandise. Information will be sent via email and the Orca Facebook page when these options become available. Team Suits and Swim Caps are only available for purchase through the front desk of the Manluk Centre.

Photography Policy

By registering in the 2020/2021 Wetaskiwin Orcas Lifesaving Club you and your family, agree to the photography guidelines. The guidelines are as follows:

1. City of Wetaskiwin staff (primarily but not limited to the Head Coach) may take pictures of you or your child(ren) for promotional purposes. You may ask the coaching staff to exclude your child(ren) from this by signing the Photography Policy on the Registration form.
2. Photography will be allowed (on deck) with permission from the Head Coach and under the supervision of the coaching staff.

Pool Nationals, Surf Nationals and Rescue 2020

All National and International events have been postponed until 2022

