

# Grande Prairie Synquatics Club Policies

**COLD WEATHER:** If the temperature is -30c at noon or if there are afternoon blizzard conditions, there will be no synchronized swimming

1. Swimmers must be on deck 10-15 minutes before start time to do warm-ups before entering the pool. If a swimmer is late, they must do warm up prior to entering the pool.
2. Swimmers are not allowed in the hot tub BEFORE swimming. This causes muscles to contract when entering cold water increasing the risk of injuries
3. All competitive swimmers require a PLAIN black bathing suit and a PLAIN white bathing cap for testing and competition figures. If recreational swimmers are buying a new suit, a plain black suit is recommended.
4. ALL swimmers require goggles, cap and nose plugs for all practices.
5. Practices for recreational are voluntary. Practices for Competitive swimmers are mandatory but excusable if the coach is notified ahead of time.
6. Swimmers are not to come to practice if they are too sick to be in the water.
7. Swimmers are asked **not** to invite friends on deck.
8. Competitive meets are held 2-3 times per year, dictated by Synchro Alberta.
9. No parents are allowed on pool deck unless authorized by coaches.
10. If a swimmer chooses to leave the club, they will be refunded according to the number of months swam. The \$25.00 Registration fee is non-refundable.
11. Volunteers are needed in every aspect in order to make this a successful club. You can volunteer by sitting on the Executive, being an active member of a committee, or volunteer at a least one meet.
12. A family must participate in the designated Fund Raisers, or the fundraising cheque deposit will be cashed. The cheque will be returned after the completion of the fund raiser.
13. Local meets:
  - A date must be set in September of each year to ensure that we make the Synchro Alberta Calendar of events.
  - A commitment from a minimum of forty(40) swimmers at the fee guidelines set by Synchro Alberta.
  - All meets must be self-sufficient which may include sponsors, fund raising, etc.
  - The committee must present a budget based on the above for the approval of the Executive.
  - The objective of any meet must be to promote and encourage the enjoyment and participation of Synchronized Swimming.
14. Local clinics: There must be a commitment of 75% of swimmers who have prepaid a registration fee to attend the clinic.
15. Discipline shall be as follows:
  - a) 1<sup>st</sup> –Verbal warning
  - b) 2<sup>nd</sup> – If no satisfactory response, a letterand/or verbal conversation with the parent(s) will take place. If in letter form, it must be returned the following practice with the parent(s) signature. A copy of the letter will be given to the Executive. All feedback with swimmer and parent(s) will be documented.
  - c) 3<sup>rd</sup>- If not satisfactorily resolved, the swimmer will be removed from the club and 50% of the remaining balance of fees shall be refunded.