



Blue Tide Aquatics

2026 – 2027 Team Handbook

Year-Round Competitive Swim Team



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About Blue Tide Aquatics (BTA)

Welcome to Blue Tide Aquatics (BTA), a nationally recognized swim club located in Northeast Houston, Texas. Established in 1980, BTA is the oldest and most established swim club in the area, providing over 45 years of excellence in swimming and community development. Our mission is to teach and train swimmers of all levels, emphasizing individual progress, team unity, and family participation.

Our Programs

BTA offers comprehensive training for swimmers of all ages and abilities. From our learn-to-swim programs to national and international competition levels, we cater to diverse interests and goals. We are proud to be a USA Swimming affiliated club and a member of Gulf Swimming and the Texas Swimming Association. Our programs are designed to foster growth, discipline, and a lifelong love for the sport.

Community and Culture

Our membership primarily consists of families from the Kingwood, Humble, and Atascocita areas, with many of our senior swimmers participating in high school swim teams at Kingwood High School, Kingwood Park High School, Atascocita High School, and Summer Creek High School. We believe in creating a supportive and positive environment, ensuring that every swimmer's time with us is enriching and enjoyable.

Our Coaches

Our dedicated coaching staff is composed of members of the American Swim Coaches Association, providing top-tier training and certification. They are committed to helping each swimmer reach their full potential, both in and out of the pool. Our coaches work closely with athletes to develop personalized training plans that address individual needs and goals.

Non-Profit Status

As a 501(c)(3) non-profit organization, BTA is governed by an elected Board of Directors that meets monthly. We encourage all members to participate in team activities, fundraisers, and board meetings to foster a strong, involved community.

Join Us

We are always looking to grow our team and welcome new members to join our family. Whether you are new to swimming or an experienced athlete, BTA provides the resources, support, and community you need to succeed. For more information on how to join, please visit our website or contact us directly.

Our Vision

To be one of America's premier developmental swim clubs, recognized for athletic excellence, exceptional coaching, outstanding governance, and a culture where every athlete has the opportunity to reach their full potential.

Our Mission

Blue Tide Aquatics develops athletes and people through excellence in competitive swimming, fostering character, leadership, and a lifelong love of the sport in a positive, athlete-centered environment.

OUR PURPOSE

Blue Tide exists to:

- Develop swimmers from learn-to-swim through national-level competition.
- Provide exceptional coaching.
- Build character through sport.
- Create a safe and inclusive environment.
- Foster lifelong participation in aquatics.
- Strengthen families and our community through the sport of swimming.

OUR CORE VALUES

- **Athlete First:** Every significant decision should improve the experience, safety, and development of our athletes.
- **Excellence:** We pursue excellence in coaching, governance, operations, and competition.
- **Integrity:** We lead honestly, ethically, and transparently.
- **Stewardship:** We recognize that BTA belongs to future generations as much as the current one. We manage resources accordingly.
- **Respect:** We treat athletes, families, coaches, officials, volunteers, and competitors with dignity.
- **Accountability:** We own our decisions. We evaluate our performance. We continuously improve.
- **Community:** Swimming may be an individual sport. BTA succeeds as a team. We celebrate one another's victories and support one another through challenges.

Team Training Groups and Philosophy

Blue Tide Aquatics strives to create an environment where every swimmer can achieve their full potential through structured, age-appropriate training and a supportive team culture. Our group placement philosophy ensures that each athlete is placed in a group that best matches their current abilities, needs, and long-term development goals.

Our mission is to provide exceptional teaching and training to our competitive swimmers, helping them reach their potential in a positive and challenging environment.

Group Placement Philosophy

1. Group Placement Principles:

- Floor, Not a Ceiling: Each group has minimum guidelines (the floor) but no limits on achievements (the ceiling). Faster swimmers may exist in lower groups.
- Holistic Evaluation: Considering training ability, technique, leadership, commitment, maturity, meet results, and dryland performance.
- No Status Labels: Group placement does not reflect a coach's belief in a swimmer's future success or value. Movement is based on development needs, not as a reward.

2. Important Factors:

- Training Ability and Technique: Consistency in practice performance and technical adaptability.
- Leadership: Positive influence within the group.
- Commitment: Attendance, meet participation, and prioritization of the sport.
- Maturity: Chronological and physiological age, emotional development, and adaptability.
- Meet Results: Performance in competitions as it relates to training needs. - Dryland Performance: Physical literacy and injury prevention through structured dryland programs.
- Group Size: Maintaining ideal swimmer-to-coach ratios for practical training.

3. Timing of Group Moves:

- August: Major moves aligned with the new school year.
- December: Corrective moves during training cycle peaks.
- March: Seasonal progress and summer birthday adjustments.

4. Progressive Overload Program:

- Developmental Phases: Recognizing different growth stages and progressively adapting training.
- Consistent Standards: Meeting minimum expectations for advancement.
- Exposure to Diverse Coaching: Benefiting from different coaching styles and experiences.

FAQs

Q: When do group moves happen?

A: Major moves occur in August, with corrective moves in December and seasonal adjustments in March.

Q: What factors influence group placement?

A: Placement considers training ability, technique, leadership, commitment, maturity, meet results, dryland performance, and group size

Q: How are group sizes determined?

A: We aim to maintain ideal swimmer-to-coach ratios without compromising training quality.

Q: What is the goal of the training program?

A: Our objective is to develop swimmers for long-term success, ensuring they thrive in their new groups rather than just meeting minimum standards.

Q: How do you handle swimmers' advancement through the program?

A: Advancement is based on meeting high standards and ensuring a homogenous training environment, which is reviewed biannually in August and March.

Q: What happens if a swimmer no longer meets the standards of their current group?

A: They may be moved to a more appropriate group to maintain a productive training environment.

Q: How do you integrate dryland training?

A: Our dryland program focuses on injury prevention, functional strength, endurance, and explosive power and connects seamlessly with in-water training.

Q: How does the program support swimmers' long-term success?

A: Focusing on skills and characteristics necessary for success at age-appropriate times and preparing them for competition and personal growth through high school and beyond.

Q: Who do I talk to about group placement?

A: Lead Coach of the Group, and then Head Coach

Q: Who has the final decision on group placement?

A: All group placements and move-ups are final decisions made by the coaching staff. We trust and support our coaches' expertise and judgment in these matters.

Progressive Adaptation and Overload Training

Progressive Adaptation: Our training program is designed as a progressive overload system, recognizing and adapting to our swimmers' different developmental phases. This approach ensures that training intensity and complexity increase gradually, fostering continuous improvement and long-term athlete development.

Accountability and Progress Tracking: Coaches and athletes collaborate to record certain test sets throughout the swimmer's career, promoting accountability and providing a clear progression path.

Dryland Program: Our dryland training is adaptive, progressive, and preventive. It aims to prevent injuries, develop functional strength, enhance muscular endurance, and improve explosive power, ensuring a well-rounded physical development that complements in-water training.

By clearly communicating our philosophy and guidelines, we aim to provide a transparent and supportive structure for our swimmers' development, ensuring they receive the best possible training environment tailored to their needs and aspirations.

Practice Groups

Hi-Performance

Typical Age:

- Generally 15-18 years old - Generally 10th – 12th Grade

Attendance Expectations:

- There will be an expectation of 85% practice attendance on a weekly basis, including morning workouts and/or doubles.

Competition Expectations:

- Hi-Performance swimmers will be expected to compete in BTA-hosted and local invitationals, as well as travel meets for elite competition. Swimmers will also be expected to qualify and compete in Sectionals, Futures, Junior Nationals, Nationals, and Olympic Trials.

Practice Habits:

- Understand and support the Blue Tide Aquatics mission, vision, and core values
- Strive to be a triple impact competitor, focused daily on making themselves better, making their teammates better, and making the sport better
- Understand and support a growth mindset
- Take ownership of their swimming
- Use their athletic goals to maintain intensity and focus in practice
- Utilize time management skills to keep their lives in balance and their training protected
- Understand their position as leaders/role models and the impact of their behaviors on the team and in a public setting
- Are optimistic about their potential and ability to get better
- Practice mind-numbing consistency

Training Requirements:

- Men
 - o 10 x 100 Free Swim Holding 1:00 or better @1:10 Interval
 - o 20 x 50 Free Kicking @50
 - o 5 x 200 IM @2:40
- Ladies
 - o 10 x 100 Free Swim Holding 1:05 or better @1:15 Interval
 - o 20 x 50 Free Kicking @50
 - o 5 x 200 IM @2:50

Hi-Performance Requirements:

- IMX Scores of 3200 or Athletes must have 1 USA Swimming Futures Time Standard or 3 Sectionals cuts.
- Athletes must have an extensive training background and meet all test sets required for the group.
- All other performance requirements will be at the coaching staff's discretion
- Follow BTA Dryland Training Program
- Have All Gear Required for the Group

Group Emphasis:

• Hi-Performance is designed to provide the curriculum and atmosphere necessary for success at all levels of national competition. Athletes who meet the criteria will be invited into the group, but not all athletes will choose to be in the group. The Hi-performance athlete has a strong desire to improve, is looking to compete at a higher level than they are currently at, is thoroughly committed, and has a recent, proven track record of consistency. This group will be rigorous, challenging, and only for the most committed athletes.

Performance

Typical Age:

- Generally 13-18 years old Generally 9th – 12th Grade

Attendance Expectations:

- There will be an expectation of 65% practice attendance on a weekly basis, including morning workouts and/or doubles.

Competition Expectations:

- Performance swimmers will be expected to compete in BTA-hosted and local invitationals, as well as travel meets for elite competition. Swimmers will also be expected to qualify and compete in Tags, Southern Zone Championships, Sectionals, Futures, or Higher Levels of Competition.

Practice Habits:

- Understand and support the Blue Tide Aquatics mission, vision, and core values
- Strive to be a triple impact competitor, focused daily on making themselves better, making their teammates better, and making the sport better
- Understand and support a growth mindset
- Take ownership of their swimming
- Use their athletic goals to maintain intensity and focus in practice
- Utilize time management skills to keep their lives in balance and their training protected
- Understand their position as leaders/role models and the impact of their behaviors on the team and in a public setting
- Are optimistic about their potential and ability to get better
- Practice mind-numbing consistency

Training Requirements:

- Men
 - o 10 x 100 Free Swim Holding 1:15 or better @1:25 Interval
 - o 20 x 50 Free Kicking @55
 - o 5 x 200 IM @2:50
- Ladies
 - o 10 x 100 Free Swim Holding 1:20 or better @1:30 Interval
 - o 20 x 50 Free Kicking @55
 - o 5 x 200 IM @3:00

Performance Requirements:

- Athletes must have an extensive training background and meet all test sets required for the group
- All other performance requirements will be at the coaching staff's discretion
- Follow BTA Dryland Training Program
- Have All Gear Required for the Group

Group Emphasis:

- Performance is designed to provide the curriculum and atmosphere necessary for success at all levels of national competition. Athletes who meet the criteria will be invited into the group, but not all athletes will choose to be in it. The Performance athlete has a strong desire to improve, is looking to compete at a higher level than they are currently at, is thoroughly committed, and has a recent, proven track record of consistency. This group will be rigorous and challenging and only for the most committed athletes.

Performance Prep

Typical Age:

- Generally 13-14 years old

Attendance Expectations:

- There will be an expectation of 80% practice attendance on a weekly basis, including morning workouts and/or doubles.

Competition Expectations:

- Performance Prep swimmers will be expected to compete in BTA-hosted and local invitationals and travel meets for elite competition. Swimmers will also be expected to qualify and compete in the Age Group Championship, Tags, Southern Zone Championships, and Sectionals.

Practice Habits:

- Understand and support the Blue Tide Aquatics mission, vision, and core values
- Strive to be a triple impact competitor, focused daily on making themselves better, making their teammates better, and making the sport better
- Understand and support a growth mindset
- Take ownership of their swimming
- Use their athletic goals to maintain intensity and focus in practice
- Utilize time management skills to keep their lives in balance and their training protected
- Understand their position as leaders/role models and the impact of their behaviors on the team and in a public setting
- Are optimistic about their potential and ability to get better
- Practice mind-numbing consistency

Training Requirements:

- Athletes
 - o 10 x 100 Free Swim Holding 1:15 or better @1:25 Interval
 - o 20 x 50 Free Kicking @1:00
 - o 4 x 200 IM @3:10

Performance Prep Requirements:

- IMX Score of 2400 or One Individual Tag's Standard
- Athletes must have an extensive training background and meet all test sets required for the group
- All other performance requirements will be at the coaching staff's discretion
- Follow BTA Dryland Training Program
- Have All Gear Required for the Group

Group Emphasis:

- Performance is designed to provide the curriculum and atmosphere necessary for success at all levels of national competition. Athletes who meet the criteria will be invited into the group, but not all athletes will choose to be in it. The Performance Prep athlete has a strong desire to improve, is looking to compete at a higher level than they are currently at, is thoroughly committed, and has a recent, proven track record of consistency. This group will be rigorous and challenging and only for the most committed athletes.

Senior Prep

Typical Age:

- Generally 13-16 years old, generally 7th – 10th grade (JV Level Swimmers)

Attendance Expectations:

- This group will be recommended to have 70% practice attendance on a weekly basis, including morning workouts and/or doubles.

Competition Expectations:

- Senior Prep swimmers will be expected to compete in BTA-hosted and local invitationals.

Practice Habits:

- Understand and support the Blue Tide Aquatics mission, vision, and core values
- Strive to be a triple impact competitor, focused daily on making themselves better, making their teammates better, and making the sport better
- Understand and support a growth mindset
- Take ownership of their swimming
- Are optimistic about their potential and ability to get better

Training Requirements:

- Athletes
 - o 10 x 100 Free Swim Holding 1:35 or better @1:45 Interval
 - o 16 x 50 Free Kicking @1:15
 - o 3 x 200 IM @3:45

Senior Prep Requirements:

- All other performance requirements will be at the coaching staff's discretion
- Follow BTA Dryland Training Program
- Have All Gear Required for the Group

Group Emphasis:

- Senior Prep is designed to provide the curriculum and atmosphere necessary for success at all levels of age group and senior competition.

Silver 1

Typical Age:

- Generally 11-12 years old

Attendance Expectations:

- There will be an expectation of 75% practice attendance on a weekly basis, including morning workouts.

Competition Expectations:

- Silver 1 swimmers will be expected to compete in BTA-hosted and local invitationals and travel meets for elite competition. Swimmers will also be expected to qualify and compete in the Age Group Championship, Tags.

Practice Habits:

- Understand and support the Blue Tide Aquatics mission, vision, and core values
- Strive to be a triple impact competitor, focused daily on making themselves better, making their teammates better, and making the sport better
- Understand and support a growth mindset
- Take ownership of their swimming
- Are optimistic about their potential and ability to get better

Training Requirements:

- Athletes
 - 8 x 100 Free Swim Holding 1:25 or better @1:35 Interval
 - 12 x 50 Free Kicking @1:05
 - 3 x 200 IM @3:50

Silver 1 Requirements:

- IMX Score of 1400 or One Individual Tags Standard
- All other performance requirements will be at the coaching staff's discretion
- Follow BTA Dryland Training Program
- Have All Gear Required for the Group

Group Emphasis:

- Silver 1 is designed to provide the foundation, curriculum, and atmosphere necessary for success at all levels of age group competition. This Group emphasizes the importance of long-term development for age group athletes, ensuring they build the skills and characteristics needed to excel as they progress through their swimming careers. Practices will be engaging and enjoyable, helping swimmers develop a lifelong love for the sport.

Silver 2

Typical Age:

- Generally 11-12 years old

Attendance Expectations:

- This group will be recommended to have 70% practice attendance on a weekly basis, including morning workouts.

Competition Expectations:

- Silver 2 swimmers will be recommended to compete in BTA-hosted and local invitationals.

Practice Habits:

- Understand and support the Blue Tide Aquatics mission, vision, and core values
- Strive to be a triple impact competitor, focused daily on making themselves better, making their teammates better, and making the sport better
- Understand and support a growth mindset
- Take ownership of their swimming
- Are optimistic about their potential and ability to get better

Training Requirements:

- Athletes
 - o 6 x 100 Free Swim Holding 1:45 or better @1:55 Interval
 - o 10 x 50 Free Kicking @1:20
 - o 3 x 100 IM @2:10

Silver 2 Requirements:

- All other performance requirements will be at the coaching staff's discretion
- Follow BTA Dryland Training Program
- Have All Gear Required for the Group

Group Emphasis:

Silver 2 is designed to provide the foundation, curriculum, and atmosphere necessary for success at all levels of age group competition. This Group emphasizes the importance of long-term development for age group athletes, ensuring they build the skills and characteristics needed to excel as they progress through their swimming careers. Practices will be engaging and enjoyable, helping swimmers develop a lifelong love for the sport.

Bronze 1

Typical Age:

- Generally 8-10 years old

Attendance Expectations:

- There will be an expectation of 70% practice attendance on a weekly basis, including morning workouts.

Competition Expectations:

- Bronze 1 swimmers will be expected to compete in BTA-hosted and local invitationals and travel meets for elite competition. Swimmers will also be expected to qualify and compete in the Age Group Championship, Tags, or other qualifying meet.

Practice Habits:

- Understand and support the Blue Tide Aquatics mission, vision, and core values
- Understand and support a growth mindset

Training Requirements:

- Athletes
 - o 6 x 100 Free Swim Holding 1:45 or better @1:55 Interval
 - o 12 x 50 Free Kicking @1:15
 - o 3 x 100 IM @2:10

Bronze 1 Requirements:

- IMR Score of 800 or One Individual Age Group Standard
- All other performance requirements will be at the coaching staff's discretion
- Follow BTA Dryland Training Program
- Have All Gear Required for the Group

Group Emphasis:

- Bronze 1 is designed to provide the foundation, curriculum, and atmosphere necessary for success at all levels of age group competition. This Group emphasizes the importance of long-term development for age group athletes, ensuring they build the skills and characteristics needed to excel as they progress through their swimming careers. Practices will be engaging and enjoyable, helping swimmers develop a lifelong love for the sport.

Bronze 2

Typical Age:

- Generally 7-10 years old

Attendance Expectations:

- This group will be recommended to have 70% practice attendance on a weekly basis, including morning workouts.

Competition Expectations:

- Bronze 2 swimmers will be expected to compete in BTA-hosted and local invitationals. Highly recommended to attend a Championship meet.

Practice Habits:

- Understand and support the Blue Tide Aquatics mission, vision, and core values
- Understand and support a growth mindset

Training Requirements:

- Athletes

- o 6 x 100 Free Swim Holding 2:00 or better @2:10 Interval
- o 8 x 50 Free Kicking @1:30
- o Legal in all Four Strokes

Bronze 2 Requirements:

- Three Individual B Time Standard • All other performance requirements will be at the coaching staff's discretion
- Have All Gear Required for the Group

Group Emphasis:

- Bronze 2 is designed to provide the foundation, curriculum, and atmosphere necessary for success at all levels of age group competition. This Group emphasizes the importance of long-term development for age group athletes, ensuring they build the skills and characteristics needed to excel as they progress through their swimming careers. Practices will be engaging and enjoyable, helping swimmers develop a lifelong love for the sport.

Bronze 3

Typical Age:

- Generally 6-10 years old

Attendance Expectations:

- This group will be recommended to have 70% practice attendance on a weekly basis, including morning workouts.

Competition Expectations:

- Bronze 3 swimmers will be expected to compete in BTA-hosted and local invitationals.

Practice Habits:

- Understand and support the Blue Tide Aquatics mission, vision, and core values
- Understand and support a growth mindset

Training Requirements:

- Athletes
 - o Legal Freestyle, Backstroke, Double Kick Breaststroke
 - o Understand Dolphin Kick

Bronze 3 Requirements:

- Have All Gear Required for the Group

Group Emphasis:

- Bronze 3 is designed to provide the foundation, curriculum, and atmosphere necessary for success at all levels of age group competition. This Group emphasizes the importance of long-term development for age group athletes, ensuring they build the skills and characteristics needed to excel as they progress through their swimming careers. Practices will be engaging and enjoyable, helping swimmers develop a lifelong love for the sport.

Rising Tide

Typical Age:

- Generally 6-12 years old

Attendance Recommendations:

- 3 practices per week (Tuesday/Thursday/Friday)

Competition Expectations:

- No competition requirement for fitness swimmers. Pre-competitive swimmers may be invited to participate in future meets once ready.

Practice Habits:

- Understand and support the Blue Tide Aquatics mission, vision, and core values
- Demonstrate respect and listening skills
- Bring positive energy and willingness to learn
- Develop consistency and effort in practice

Training Requirements:

- All swimmers must be able to:
 - o Legal Freestyle and Backstroke,
 - o Demonstrate double kick breaststroke
 - o Be water-safe and comfortable in deep water

Rising Tide Requirements:

- Have All Gear Required for the Group (fins and kickboard)

Group Emphasis:

- Rising Tide is designed to bridge the gap between swim lessons and the competitive team or serve as a fun, fitness-based swim class. The group offers a positive, skill-focused environment where swimmers build confidence, stroke technique, and aerobic capacity. Whether a swimmer is preparing to join the team or simply enjoys swimming for fitness and fun, Rising Tide provides the structure and support needed for long-term success in the water.

Master's Program

BTA's Masters Swimming Program is designed specifically for adults aged 18 and over. We welcome all levels of ability.

Swimmers who want to compete in Masters swim meets, train for triathlons, consider themselves a fitness enthusiast, or simply looking to start their day with a swim, should try our Masters program. Our training sessions are carefully crafted for adults, offering the structure you need to reach your swimming and fitness goals.

The Masters Program has a BTA registration fee of \$25 and requires a US Masters Swimming (USMS) membership.

Joining the Team

Register your swimmer for BTA by signing up for Blue Tide Aquatics by contacting our registrar at registrar@swimbluetide.org to set up an evaluation with one of our staff members.

When you join the team, you will be charged your first month's dues and the BTA annual registration fee to complete the team registration. Future monthly dues will be collected on the first of the month.

Fees / Membership Swimming Dues

Group	Monthly Agreement Dues
Rising Tide	\$150
Bronze 3	\$185
Bronze 2	\$215
Bronze 1	\$225
Silver 2	\$230
Silver 1	\$240
Senior Prep	\$245
Performance Prep	\$250
Performance	\$265
Hi Performance	\$275
Masters	\$75

Family Multi-swimmer Discount for Monthly Dues

\$15/month for 2nd swimmer

\$25/month for 3rd swimmer

\$40/month for 4th swimmer

BTA Family Registration Fees

Paid once a year and includes 1 free BTA shirt and a BTA cap

\$150 for 1 swimmer

\$300 for 2 swimmers

\$350 for 3 swimmers

\$400 for 4 swimmers

USA Swimming Registration/Gulf Swimming Premium Athlete Membership

This is required to swim with a club team

\$100 per swimmer

Swimmers not registered with USA Swimming in 2025-2026 will be required to create an account and register between September 1st and 5th.

Swimmers registered with USA Swimming in 2025-2026, whether on BTA or from another team, will be transferred in the system in October and invoiced the \$100 with the November 1st billing cycle.

Meet Fees

Meet Fees will be billed to your account within 2 weeks of a completed meet.

Meet Fees will include:

Individual entry fees

BTA surcharge: \$20

Away meet host surcharge (varies by host)

Meet entry fees will be billed to your primary payment method for each eligible meet unless you have "uncommitted" in the specified timeframe.

Financial Agreement

MONTHLY DUES

Blue Tide Aquatics, Inc. (BTA) monthly dues payments are due and payable on the **FIRST** day of each calendar month to cover that month (e.g., September 1st billed and collected for the month of September). The dues that correspond to each practice group are set forth below and will be available on the BTA website during the season. All monthly dues, meet fees, assessments, and any other financial obligations or fees will be billed and collected through BTA's online system from either a checking account or credit card registered by the member.

Swimmers may withdraw from BTA during the season according to BTA's withdrawal policy provided contemporaneously with each swimmer's registration. Should a swimmer withdraw, that swimmer may return to the team as long as space is available and BTA coaches approve. If a swimmer withdraws and rejoins within a 2 month window during the same season, a reinstatement fee will be charged.

OBLIGATIONS OF THE BTA SWIMMER FAMILY

By executing this financial agreement, you agree to pay the total monthly dues and other fees for the entire period defined in the heading above, from the date the family registers its swimmer(s) through August 31, 2027, unless the swimmer(s) withdraw(s) according to the withdrawal policy provided contemporaneously with registration.

BY SUBMITTING THIS REGISTRATION, YOU AGREE TO COMPLY WITH THE TERMS AND CONDITIONS STATED IN THE BLUE TIDE AQUATICS, INC. FINANCIAL AGREEMENT AND ACKNOWLEDGE THIS FINANCIAL AGREEMENT IS A LEGALLY BINDING CONTRACT. THE UNDERSIGNED BTA FAMILY AGREES TO PAY BTA FOR ALL COSTS AND EXPENSES OF COLLECTION, TO ENFORCE ANY AND ALL OBLIGATIONS RELATED TO THIS FINANCIAL AGREEMENT.

ON BEHALF OF THE BTA FAMILY, YOU ACKNOWLEDGE THAT YOU HAVE REVIEWED THE BLUE TIDE AQUATICS, INC. FINANCIAL AGREEMENT, UNDERSTAND THE TERMS AND CONDITIONS STATED THEREIN, AND AGREE TO COMPLY WITH SUCH TERMS AND CONDITIONS. YOU ALSO AUTHORIZE BLUE TIDE AQUATICS, INC. TO COLLECT MONTHLY DUES BY CREDIT CARD OR ELECTRONIC WITHDRAWAL FROM YOUR REGISTERED BANK ACCOUNT. BY

SIGNING THIS AGREEMENT, YOU FURTHER ACKNOWLEDGE THAT YOUR AGREEMENT TO THESE TERMS AND PAYMENT OF DUES AND FEES ARE IN EXCHANGE FOR ALLOWING YOUR SWIMMER(S) TO PARTICIPATE IN THE BLUE TIDE AQUATICS SWIM PROGRAM.

Team Apparel and Gear

BTA is pleased to partner with Arena and SwimOutlet.com for training gear and apparel. Each training group and associated gear/equipment is listed on the [Blue Tide Aquatics \(BTA\) Team Store](#). BTA members receive a free SwimOutlet.com membership. When purchasing from SwimOutlet.com, ensure Blue Tide Aquatics is selected as the team store so proceeds can be re-invested into the team.

For team and seasonal merchandise, the BTA Merchandise Committee has established an online store with a local vendor. All purchases are made through the vendor's website. The Merchandise Committee will oversee the distribution of the merchandise.

For 2026-2027, swimmer registration fees will cover team shirts and a team cap, which will be made available at Team Day, at the start of the season. For swimmers who join after the initial registration window, the Merchandise Committee will ensure merchandise is received.

For any questions, please contact us at btamerchandise@swimbluetide.org.

BTA Fundraising

In order to keep monthly dues at a minimum, our team relies heavily on various types of fundraising.

Swim Meets- We host various swim meets throughout the swim season. Your volunteer efforts at these meets are critical to run a smooth meet (so teams keep coming back to our meets!) We also ask that you bring water, soda, etc. to donate to the meet, as well as hospitality items. You will be able to sign up to bring these donation items on the team website in the volunteer sign-up area for each meet.

Energy Company Grants/Company Matching Programs – BTA is a non-profit 501(c) 3 organization. If your employer offers any of these programs, please let our treasurer know. (treasurer@swimbluetide.org)

Staying Connected

Weekly Chlorine

The Weekly Chlorine is a week by week update for parents. The Weekly Chlorine will have all of the following information below, and will be distributed by email on Sunday afternoons.

- Practice Schedule or changes
- Swim Meet Schedule and Swim Meet Deadlines
- Upcoming Events
- Announcements
- Swimmer Spotlights
- Swimming Related Articles

If you are not receiving the Weekly Chlorine contact Coach Colton at:

coachspark@swimbluetide.org

Websites & Apps

swimbluetide.org – Almost everything you need to know about BTA can be found here. You will find a list of upcoming events & swim meets, important updates from the coaching staff, and lots of helpful information about the world of swimming. Make sure you log into your Team Unify account so you have access to all the team information.

OnDeck – On Deck is a mobile app that keeps you connected to BTA. You can sign up for volunteer shifts, keep up with BTA events, and find your swimmer's best times. OnDeck is a free app available in the Google Play Store or the Apple App Store. Sign in using the User ID and password you created when registering for the team.

Swimming Rank - Use swimming rank to find your swimmers IMR/IMX score.

Deck Pass - All swimmers can track their times with the logbook and even keep track of their personal goals through Deck Pass and Deck Pass Plus. USA Swimming members can also look up their times and recent meets, check their IMX scores, and see all of the Deck Pass patches they've earned. The deck pass application can be downloaded on any mobile device. *(Included with USA Swimming Registration)*

Instagram – Important practice information, such as pool closures or amended practice times, can be found on Instagram. Follow us or check out our feed at swimbta or Blue Tide Aquatics.

Facebook – Fun Pictures and upcoming events can be found on Facebook. Follow us by clicking on the Facebook link at Blue Tide Aquatics.

Meet Mobile – The Meet mobile app can be used during many swim meets to get meet results in real time, to view psych sheets, and to get lane assignments. Meet Mobile is available in both the Apple App Store and the Google play store.

Commit Swimming - The Commit app allows swimmers to view, track and analyze their workouts. Swimmers can view their attendance as well as graphs and trends of their swim season. Commit Swimming is available in both the Apple App Store and the Google Play Store.

Swimmetry – The Swimmetry app allows swimmers to track their progressions, goals, view head to head comparisons and live meet results, as well as view their rankings and time standards. Swimmetry is available in both the Apple App Store and the Google Play Store.

Team Contacts

The team website is the best resource to find the most current information. Please check it often.

In addition, you will receive weekly emails from the coach and occasional emails from the Board of Directors. These contain important information, so be sure to read them as soon as possible.

If you have a question here are some helpful contacts:

- **Swim-Related Questions** – Contact your Lead Coach
- **Board of Directors** – Contact for Board BTABoard@swimbluetide.org
- **Billing Questions** – Contact Michelle Hamous registrar@swimbluetide.org
- **Volunteer Question** – Contact Roxanne Toole volunteer@swimbluetide.org
- **Business Sponsor Question** – Sara Hays sara-atlargerep@swimbluetide.org
- **General Questions** – Contact Head Coach Frank DeMaria
coachfrank@swimbluetide.org

Meet Entry Policy

All meets can be found under the events tab on the BTA Team Unify webpage. You **must select "Attend/Decline"** for each meet your swimmer's group will be competing at.

To request specific events and/or let the coaches know you can only attend X day of X day(s), please include those in the Notes section under your swimmer's commitment. This must be done by the declaration deadline stated in the meet information.

Once the declaration period has ended, it is up to the swimmer's coach, **not the parent**, to choose the events each swimmer will compete in. Parents may request events in the comments box, but the coach has the final decision on a swimmer's events.

Not declining or "un-committing" assumes your swimmer **WILL** attend the meet. Meet entry fees will be billed unless the swimmer is uncommitted from the meet by the declaration deadline.

Once the meet entry file and fees have been submitted to the host team, your primary payment method will be charged for all entry and meet fees; all meet fees are non-refundable.

Volunteer Policy

I. HOSTED MEET POLICY

BTA families are required to work at least **1 shift** at all BTA hosted meets (NWAL & USA Swimming Meets). This requirement applies whether your swimmer is participating in the meet or not. Based on the size of BTA, and the number of shifts to be filled, families may be required to work **2 shifts** at any hosted meet. Failure to fulfill this requirement will result in the fees and or fines listed below. Withdrawing from the team mid-season may not alleviate these responsibilities.

	Fee/Fine
No volunteer participation at a hosted meet	\$150
Signup to volunteer and NO SHOW*	Additional \$150

*Discretion will be shown for extenuating circumstances.

Tentative Meet Schedule for 2026-2027

**Dates subject to change

BTA IMX Meet	September 11-12, 2026
December Senior Champs	December 11-13, 2026
Ducky Derby	April 10 -11, 2027
Summer Champs	June 6th, 2027

JOB SIGNUP PROCESS

You will receive an email when the meet signups are available. To volunteer, go to the team website and click the Job Signup button under each meet and select an open shift. If all the shifts are full, contact the volunteer coordinator so additional spots can be added.

To receive credit for your shift, you **MUST** sign in at the volunteer table at the beginning of each shift worked. Credit will **NOT** be given to volunteers that leave before your shift is completed.

Any family member over 13 years old may work a shift. Under 13 will need to be approved by the Volunteer Coordinator.

Meet Operations Team Members, and Officials working the meet are excused from this requirement.

We understand that emergencies happen, and scheduling conflicts may arise. If this is the case, please contact the volunteer coordinator so alternative arrangements can be made. The “no volunteer fee” may still be assessed. Canceling a shift 24 hours before a meet will not be approved unless it’s an emergency and proper notification has been made. Email volunteer@swimbluetide.org or text Roxanne Toole at 832-233-6468

II. AWAY MEETS TIMING POLICY

Away timing is on a volunteer/assignment basis. The number of volunteers needed is determined by the host team and will not be published until the week of the meet. If your swimmer is attending the meet, please assume you may be assigned a timing spot if all spots are not filled. If you are assigned a timing shift and no-show, you will be assessed a \$50.00 fine. [The volunteer coordinator reserves the right to assign anyone on the team to a shift.](#)

TIMING SIGN-UPS PROCEDURE

1. The Volunteer Coordinator will email parents when timing slots are available for sign-up.
 - a. This may be as late as the Thursday before the meet, so continue to check your email daily.
 - b. Sign-ups will follow the same procedure as the Hosted Meet job sign-up procedures listed above.
2. If all timing slots are not filled, the volunteer coordinator will assign timing shifts to families attending the meet.
 - a. These assignments should align with the session your swimmer is in.

b. Slots will be assigned in alphabetical order of last name.

c. For the next away meet, alphabetical order will start where it was left off from the previous meet.

3. If you are assigned a timing shift and no show, you will be fined \$50.00.

4. Any family member over the age of 13 can fulfill a time shift.

5. If your swimmer is entered in an event near the end of the meet - we ask that you please sign up to time during the last shift.

AWAY MEET CHECK-IN PROCEDURE

1. Text the Timing Coordinator for that session to Check-in.

a. The Timing Coordinator's phone number will be listed on the job sign-up page.

2. All timers must check in 30 minutes prior to the start of each session (AM or PM).

3. If you do not check in by the stated time, a back-up timer will be found to fill your spot and you will be fined \$50.00.

4. If you check in and do not show up to your lane at the designated time, a back-up timer will fill your spot and you will be fined \$50

5. Timing shifts for Away Meets are usually assigned a lane and scheduled by EVENTS, not time. Make sure you know the events and the lane you are timing for (ex: Lane 2, events 14-24).

6. All BTA families, including Board Members and Meet Operations Team Members, may be assigned timing shifts.

We understand that emergencies happen, and scheduling conflicts may arise. If this is the case, please contact the volunteer coordinator ASAP so alternative arrangements can be made. Canceling a timing shift 24 hours before a meet or the day of the meet will not be approved unless it's an emergency and proper notification has been made. Email volunteer@swimbluetide.org or text Roxanne Toole at 832-233-6468

Termination and Reinstatement

TIMELINESS OF TERMINATION NOTICE TO AVOID DUES THE FOLLOWING MONTH

BTA wants all members to remain a part of the BTA swim family. However, we understand that circumstances may change and may require withdrawal from the club.

The termination deadline is on or before the 15th of the month to avoid being charged dues for the following month. This deadline applies regardless of the reason for termination.

Notice of termination is not complete until: (i) you submit the “Intent to Withdraw” form located at the bottom of <https://www.swimbluetide.org/registration-dues>; and (ii) you receive confirmation from the Registrar. However, a delay in Registrar confirmation will not render an otherwise timely notice untimely.

This is the only method by which membership and the associated obligation to pay monthly dues may be terminated. **NO EXCEPTIONS WILL BE MADE.**

Example 1: Notice of termination is submitted on October 10. This is sufficient notice to avoid being charged dues for November.

Example 2: Notice of termination is submitted on October 16. This is not sufficient notice to avoid being charged dues for November.

MECHANICS OF TERMINATION

You must submit your “Intent to Withdraw” form according to the deadline set forth above. Terminations are valid only upon receipt of email confirmation of the termination notice from the Registrar.

YOU AGREE AND ACKNOWLEDGE THAT IF BTA DOES NOT RECEIVE THE “INTENT TO WITHDRAW” FORM, YOU WILL CONTINUE TO BE BILLED FOR DUES THROUGH AUGUST 31 OF THE CURRENT SWIM YEAR AND WILL REMAIN OBLIGATED TO PAY THOSE AMOUNTS.

If you fail to provide timely notice of termination, all dues and other financial obligations incurred under this policy remain due and payable. If you or an associated swimmer subsequently seeks to rejoin BTA, all outstanding balances and financial obligations must be paid in full as a condition of reinstatement or re-registration.

No refund will be given for any monthly dues or registration fees previously paid.

REINSTATEMENT REQUESTS

Requests for reinstatement must be initiated by contacting the BTA Registrar or coaching staff to schedule an evaluation.

If a swimmer withdraws from BTA during the current swim season and requests reinstatement within 2 months of their original withdrawal date, a **\$150 reinstatement service fee per swimmer** will be required. Any outstanding past-due balances or other financial obligations to BTA must also be paid in full at the time of reinstatement, either by check or online payment, before the swimmer will be permitted to rejoin the team.

Reinstatement is not automatic and does not guarantee placement in the swimmer's previous practice group. An evaluation must be arranged with the Head Coach to determine appropriate practice group placement.

Practice groups have established capacity limits and may have specific attendance, test set, performance, and other requirements. The Head Coach will consider these factors, along with the swimmer's current ability and the needs of the team, when determining appropriate practice group placement.

Payment of the reinstatement service fee and any outstanding balance does not guarantee reinstatement or placement in a particular practice group. All requests for reinstatement are subject to approval by the Board of Directors and Head Coach.

If a swimmer withdraws from BTA and seeks to return for the next swim season, the swimmer must complete the regular registration process and attend tryouts or an evaluation, as determined by BTA, to establish practice group placement. Returning swimmers are not guaranteed placement in their previous practice group and are not guaranteed advancement to the same practice group as their former teammates or peers.

Final approval of practice group placement following reinstatement or re-registration will be determined by the Head Coach.

No swimmer may return to BTA practices, meets, or other team activities until all applicable financial obligations have been satisfied, all reinstatement or registration requirements have been completed, and the swimmer has been approved to return.

LATE PAYMENTS AND LATE PAYMENT FEES

If your automatic payment fails for any reason, it is your responsibility to pay the balance on your account before the 15 th of the current month. If payment isn't received by the 15 th , there will be a Late Payment Fee of \$25 charged to your account. Late payments may result in additional penalties, such as not participating in meets or practices until the account is paid.

CONSEQUENCES OF NONPAYMENT OF MONTHLY DUES

In the event a BTA family fails to pay its monthly dues for **two consecutive months**, that BTA family and the appropriate BTA coach(es) will be notified that any swimmer(s) in such BTA family can **NO LONGER PARTICIPATE** in any BTA functions, practices, and/or swim meets (including State and National swim meets) until all past due balances, including late fees, are paid in full.

Example: Monthly dues for October and November are not paid. On or about November 10, the BTA family and the appropriate BTA coach(es) will be notified in writing that, effective immediately, the BTA swimmer and any other BTA swimmers in such BTA family will no longer be allowed to participate in any BTA functions, practices, and/or swim meets (including State and National swim meets), until such time as all outstanding past due balances, including late fees are paid in full.

This provision in no way limits BTA's right to terminate swimmer privileges immediately upon a member's default of his or her dues obligations.

Account Suspension Due to Injury

If you wish to suspend your account due to an injury, please complete the document found [here](#).

Please complete all questions to help our coaching staff assist your swimmer in achieving a full recovery. Each incident will be reviewed individually. By completing this form, BTA will be able to monitor your account and assist you and your family by alleviating any additional financial burdens during your swimmer's recovery.

Code Of Conduct For Parents Of Blue Tide Aquatics

As parents, it is essential that you give our coaching staff the respect and authority they deserve to run our swim team. As a member of this team, you are part of a swimming organization that believes that teamwork, integrity, respect, and good sportsmanship are more important than winning.

The purpose of this Code of Conduct for Parents is to establish a consistent expectation for behavior by parents. This Code of Conduct is in accordance with recommendations made by USA Swimming and the American Swim Coaches Association (ASCA), with the goal of ensuring a positive environment for the development of your swimmer(s) and promoting a positive and encouraging team atmosphere.

As a parent/guardian, I understand the important growth and developmental support

that my child's participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team, per BTA's coaching and training philosophy, as well as set the meet schedule, per the goals of the training group and Club overall. As a parent or guardian of an athlete on Blue Tide Aquatics, I agree with the following statements:

- I will set the right example for our children by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and all facilities.
- I will get involved by volunteering, cheering at meets, and talking with my child and their coach about their progress and goals.
- I will refrain from coaching my child from the stands during practices or meets.
- I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
- I will respect the integrity of the officials.
- I will direct my concerns first to my swimmer's primary coach; then, if not satisfied, to the appropriate supervisor.

Behavior that is deemed inappropriate is subject to the discretion of BTA and its coaches. Inappropriate behavior shall include, but is not limited to the following Examples:

- Coaching or giving swim instruction to your child during any portion of a practice or competition.
- You are involved in one of the few youth sports programs that offer professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support and a safe place to return to at the end of the day, not to be an extra coach.
- You should not offer advice on technique, race strategy, meet participation/meet schedule, etc. Above all, never pay your child for performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.
- Discussing issues concerning your swimmer(s) with any member of the coaching staff during a scheduled practice.
- Attempting to discuss issues concerning your swimmer(s) with any member of the coaching staff during competition (excluding emergency situations).
- Competing with, questioning or criticizing the coach in the presence of your child or other parents on the team.
- Criticizing officials during competition or in front of your swimmer(s) at any time.
- Campaigning against the coaching staff (talking negatively about the coaching staff or coaching techniques to other parents on the team).
- One of the traditional swim team communication gaps is that some parents seem to feel comfortable discussing their disagreements over coaching philosophy or practices with other parents rather than taking them directly to the coach. Not only is this detrimental to the team, but this approach often results in new problems being created and detracts from our objective to create a positive and

encouraging team atmosphere.

- Pulling a swimmer from practice or competition early due to dissatisfaction in his/her performance or disagreement with a staff member.
- Arriving late to practice or meets. Parents are expected to get their children to practice and meet on time. In the event circumstances do not permit your child's (children) punctual arrival, a text message or note should accompany the swimmer with an explanation. For meets, please notify the coach as soon as possible so the swimmer is not scratched from the meet.
- Failing to pick up swimmer(s) on time after practice and meets. Allowing non-swimming siblings from running around on the deck unsupervised during practice.
- This is a significant safety risk to the team and is also a significant distraction to the coaches on deck. Non-swimming children shall be supervised by a responsible adult while participating in any USA Swimming activity. (Meets and practices)

All parents on the team agree to the rules and guidelines as set forth in this Code of Conduct.

I understand the above expectations, and that my failure to adhere to them may result in disciplinary action by the teams Head Coach and Board of Directors including, but not limited to, verbal and/or written warning, suspension from practices and/or meets, and/or dismissal from the team.

Additionally, Blue Tide Aquatics in conjunction with the USA Swimming Safe Sport Program have developed several policies that all members and coaches must adhere to. By joining USA swimming, you are agreeing to these policies. To review them in detail, visit <https://www.usaswimming.org/safe-sport>.

Code Of Conduct For Coaches Of Blue Tide Aquatics

The purpose of this code of conduct for coaches is to establish common expectations for all members of the coaching staff of the club. It is to be used as a guide to promote a positive team environment and good sportsmanship.

- At all times, adhere to USA Swimming's rules and code of conduct. Coaches who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- Set a good example of respect and sportsmanship for participants and fans to follow.
- Act and dress with professionalism and dignity in a manner suitable to his/her profession.
- Respect officials and their judgment and abide by the rules of the event. Treat opposing coaches, participants, and spectators with respect.

- Instruct participants in sportsmanship and demand that they display good sportsmanship.
- Coach in a positive manner and do not use derogatory comments or abusive language.
- Win with humility and lose with dignity.
- Treat every athlete fairly, justly, impartially, intelligently, and with sensitivity.
- Always place the well-being, health, and safety of swimmers above all other considerations, including developing performance.
- Continue to seek and maintain professional development in all areas in relation to coaching and teaching children.
- Always maintain a professional separation between coach and athlete.

Any complaints of a coach violating this code of conduct will be brought to the attention of his/her supervisor and/or the Blue Tide Aquatics board of directors.

Code Of Conduct For Athletes Of Blue Tide Aquatics

The purpose of this Code of Conduct for Athletes is to establish a consistent expectation for athletes' behavior. As an athlete on Blue Tide Aquatics, I agree to the following statements:

- I will show courtesy and respect to my teammates and coaches at all times.
- I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will be respectful of my teammate's feelings and personal space, and I will not exhibit sexist, racist, homophobic, or otherwise inappropriate or offensive behavior.
- I will attend all team meetings and training sessions unless I am excused by my coach.
- I will show respect for all facilities and other property (including restrooms and locker rooms) used during practices, competitions, and team activities.
- I will refrain from using foul language, violence, and behavior deemed dishonest, offensive, or illegal.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will obey all of USA Swimming's rules and codes of conduct.
-

Behavior that is deemed inappropriate is subject to the discretion of BTA and its coaches. Inappropriate conduct shall include, but is not limited to:

- Vandalism of any kind.
- Horseplay, fighting, roughhousing, pushing someone into the water.

- Not paying attention, not following directions, behaving in a way that is taking attention/instruction away from the group.
- Entering the water before practice or before a coach has instructed swimmers to enter the pool.
- Smoking, consumption of alcoholic beverages, chewing tobacco, or taking drugs.
- Disobeying a coach's instruction or disrupting practice in any way.
- Unsportsmanlike conduct at practice or during swim meets.
- Being disrespectful to teammates or coaches.
- Any behavior that may cause harm to someone else, including bullying.
- Inappropriate/foul language.
- Throwing equipment.

At all swim meets, swimmers are expected to wear the assigned team suit and team cap. Swimmers not wearing the designated team suit will not compete. Swimmers may wear alternate Tech Suits during state championship and senior level meets as permitted by coaching staff. Ultimately, all situations regarding suits worn by swimmers during competition will be left to the discretion of the coaching staff.

All athletes on the team agree to the rules and guidelines as set forth in this Code of Conduct. Furthermore, the coaching staff reserves the right to discipline and (or) remove a swimmer if adherence to such guidelines and rules are not met.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the team's Board of Directors.

Note: Membership and/or reinstatement to Blue Tide Aquatics, Inc. are subject to approval by the Board of Directors. Furthermore, according to Article III, Section 1 of the By-Laws, membership may be denied for any reason not prohibited under State or Federal law.

Anti-Bullying Policy

Action Plan of Blue Tide Aquatics to Address Bullying

PURPOSE

Bullying of any kind is unacceptable at Blue Tide Aquatics (BTA) and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. BTA is committed to providing a safe, caring and friendly environment for all of our members. If

bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, board member or athlete/mentor.

Objectives of BTA's Bullying Policy and Action Plan:

1. To make it clear that the Club will not tolerate bullying in any form.
2. To define bullying and give all board members, coaches, parents and swimmers a good understanding of what bullying is.
3. To make it known to all parents, swimmers and coaching staff that there is a policy and protocol should any bullying issues arise.
4. To make how to report bullying clear and understandable.
5. To spread the word that BTA takes bullying seriously and that all swimmers and parents can be assured that they will be supported when bullying is reported.

WHAT IS BULLYING?

Generally, bullying is the use of aggression, whether intentional or not, which hurts another person. Bullying results in pain and distress.

Bullying is the severe or repeated use, regardless of when or where it may occur, by one or more USA Swimming members of an oral, written, electronic or technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member or Participating Non-Member that to a reasonably objective person has the effect of causing physical or emotional harm to the other member or damage to the other member's property;

- i. Placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property;
- ii. Creating a hostile environment for the other member at any USA Swimming activity;
- iii. Infringing on the rights of the other member at any USA Swimming activity; or
- iv. Materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC).

REPORTING PROCEDURE

An athlete who feels that he or she has been bullied is asked to do one or more of the following things:

- Talk to your parents;
- Talk to a BTA Coach, Board Member, or other designated individual;
- Write a letter or email to a BTA Coach, Board Member, or other designated individual;
- Make a report to the USA Swimming Safe Sport staff.

There is no express time limit for initiating a complaint under this procedure, but every effort should be made to bring the complaint to the attention of the appropriate club leadership as soon as possible to make sure that memories are fresh and behavior can be accurately recalled and the bullying behavior can be stopped as soon as possible.

HOW WE HANDLE BULLYING

If bullying is occurring during team-related activities, we **STOP BULLYING ON THE SPOT** using the following steps:

1. Intervene immediately. It is okay to get another adult to help.
2. Separate the kids involved.
3. Make sure everyone is safe.
4. Meet any immediate medical or mental health needs.
5. Stay calm. Reassure the kids involved, including bystanders.
6. Model respectful behavior when you intervene.

If bullying is occurring at BTA or it is reported to be occurring at BTA, we address the bullying by **FINDING OUT WHAT HAPPENED** and **SUPPORTING THE KIDS INVOLVED** using the following approach:

FINDING OUT WHAT HAPPENED

- 1. First, we get the facts.**
 - a. Keep all the involved children separate.
 - b. Get the story from several sources, both adults and kids.
 - c. Listen without blaming.
 - d. Don't call the act "bullying" while you are trying to understand what happened.
 - e. It may be difficult to get the whole story, especially if multiple athletes are involved or the bullying involves social bullying or cyberbullying. Collect all available information.
- 2. Then, we determine if it's bullying.** There are many behaviors that look like bullying but require different approaches. It is important to determine whether the situation is bullying or something else.
 - a. Review the USA Swimming definition of bullying;
 - b. To determine if the behavior is bullying or something else, consider the following questions:
 - What is the history between the kids involved?
 - Have there been past conflicts?
 - Is there a power imbalance? Remember that a power imbalance is not limited to physical strength. It is sometimes not easily recognized. If the targeted child feels like there is a power imbalance, there probably is.
 - Has this happened before? Is the child worried it will happen again?
 - c. Remember that it may not matter "who started it." Some kids who are bullied may be seen as annoying or provoking, but this does not excuse the bullying behavior.
 - d. Once you have determined if the situation is bullying, support all of the kids involved.

SUPPORTING THE KIDS INVOLVED

3. Support the kids who are being bullied

- a. Listen and focus on the child. Learn what's been going on and show you want to help. Assure the child that bullying is not their fault.
- b. Work together to resolve the situation and protect the bullied child. The child, parents, and fellow team members and coaches may all have valuable input. It may help to:
 - i. Ask the child being bullied what can be done to make him or her feel safe. Remember that changes to routine should be minimized. He or she is not at fault and should not be singled out. For example, consider rearranging lane assignments for everyone. If bigger moves are necessary, such as switching practice groups, the child who is bullied should not be forced to change.
 - ii. Develop a game plan. Maintain open communication between the Club and parents. Discuss the steps that will be taken and how bullying will be addressed going forward.
- c. Be persistent. Bullying may not end overnight. Commit to making it stop and consistently support the bullied child.

4. Address bullying behavior

- a. Make sure the child knows what the problem behavior is. Young people who bully must learn their behavior is wrong and harms others.
- b. Show kids that bullying is taken seriously. Calmly tell the child that bullying will not be tolerated. Model respectful behavior when addressing the problem.
- c. Work with the child to understand some of the reasons he or she bullied. For example:
 - i. Sometimes children bully to fit in or just to make fun of someone is a little different from them. In other words, there may be some insecurity involved.
 - ii. Other times kids act out because something else—issues at home, abuse, stress—is going on in their lives. They also may have been bullied. These kids may be in need of additional support.
- d. Involve the kid who bullied in making amends or repairing the situation. The goal is to help them see how their actions affect others. For example, the child can:
 - i. Write a letter apologizing to the athlete who was bullied.
 - ii. Do a good deed for the person who was bullied, for the Club, or for others in your community.
 - iii. Clean up, repair, or pay for any property they damaged.
- e. Avoid strategies that don't work or have negative consequences:
 - i. Zero tolerance or "three strikes, you're out" strategies don't work. Suspending or removing from the team swimmers who bully does not reduce bullying behavior. Swimmers may be less likely to report and address bullying if suspension or getting kicked off the team is the consequence.

- ii. Conflict resolution and peer mediation don't work for bullying. Bullying is not a conflict between people of equal power who share equal blame. Facing those who have bullied may further upset kids who have been bullied.
- f. Follow-up. After the bullying issue is resolved, continue finding ways to help the child who bullied to understand how what they do affects other people. For example, praise acts of kindness or talk about what it means to be a good teammate.

5. Support bystanders who witness bullying. Every day, kids witness bullying. They want to help, but don't know how. Fortunately, there are a few simple, safe ways that athletes can help stop bullying when they see it happening.

- a. Be a friend to the person being bullied;
- b. Tell a trusted adult – your parent, coach, or club board member;
- c. Help the kid being bullied get away from the situation. Create a distraction, focus the attention on something else, or offer a way for the target to get out of the situation. "Let's go, practice is about to start."
- d. Set a good example by not bullying others.
- e. Don't give the bully an audience. Bullies are encouraged by the attention they get from bystanders. If you do nothing else, just walk away.

Blue Tide Aquatics Grievance Procedure

The Blue Tide Aquatics Grievance Procedure provides swimmers, parents, coaches, club leaders and employees a system to address and report grievances in a productive, systematic way. Following these Procedures provides the appropriate parties a means to properly investigate, intervene, and take disciplinary action when needed.

WHERE TO REPORT:

For issues dealing with sexual misconduct, sexual harassment and/or sexually explicit or inappropriate communication through social media:

- U.S. Center for SafeSport: 833-5US-SAFE (587-7233) or <https://safesport.i-sight.com/portal>

For issues dealing with physical abuse, emotional abuse, criminal charges and the use, sale or distribution of illegal drugs:

- USA Swimming Safe Sport: safesport@usaswimming.org or <https://fs22.formsite.com/usaswimming/form10/index.html>

For issues dealing with known or suspected child abuse:

- Texas Department of Family and Protective Services: 1-800-252-5400 or www.txabusehotline.org.

For issues dealing with peer-to-peer bullying, coach-athlete bullying, parent issues, violations of the Blue Tide Aquatics Code of Conduct and violations of the Minor Athlete Abuse Prevention Policy.

- These issues are handled at the club level following the procedures outlined below.

WHOM TO NOTIFY OF A GRIEVANCE (Chain of Command)

Regarding the Conduct of a Swimmer - Contact the swimmer's coach.

- Should a parent or swimmer feel another swimmer's conduct is inappropriate or violates the Blue Tide Aquatics Code of Conduct, the parent/swimmer should discuss these concerns with the coach of the swimmer responsible for the violation (Responsible Coach). This complaint should be made in person or in writing. Coaches will ensure the Blue Tide Aquatics Board of Directors is notified of the complaint and will participate in assessing behavior.

Regarding the Conduct of an Assistant or Age Group Coach - Contact the Head Coach

- Should a parent or swimmer feel an Assistant or Age Group Coach's conduct is inappropriate or in violation of any Club policies or procedures, the parent/swimmer should notify the Head Coach of this violation. This complaint should be made in person or in writing. The Head Coach will ensure that the Blue Tide Aquatics Board of Directors is notified of the complaint and will participate in assessing behavior.

Regarding Conduct of Head Coach – Notify the Blue Tide Aquatics Board President

- Should a parent or swimmer feel the Head Coach's conduct is inappropriate or violates any Club policies or procedures, the parent/swimmer should notify the President of the Board of Directors of this violation. This complaint should be made in person or in writing. If the President is not immediately available, this complaint may be presented to any member of the Board of Directors, with notification made in writing to the President. This complaint will be subject to review and discussion by the full Board of Directors.

Regarding Board of Director Member Conduct - Notify the Blue Tide Aquatics Board President

- Should a parent or swimmer feel a Director's conduct is inappropriate or violates any Club policies or procedures, the parent/swimmer should notify the Board President of this violation in person or in writing. If the Board President is the Director whose conduct is in question, the Board Vice President should be notified in writing or in person *instead* of the Board President. This complaint will be reviewed and discussed by the full Board of Directors.

Regarding Parent or Swim Official Conduct - Notify the Head Coach and Board President

- Should a parent or swimmer feel another Blue Tide Aquatics parent's or an official's conduct is inappropriate or violates any Club policies or procedures, the parent/swimmer should notify the Head Coach and Board President of this violation in person or in writing. This complaint will be reviewed and discussed by the full Board of Directors.

Note: With the exception of issues which immediately affect the health and safety of swimmers, all matters should be discussed before or after a coaching session, as coaches should not be expected to deal with issues during water time.

HOW GRIEVANCES WILL BE HANDLED

The Board of Directors have the authority to impose penalties for infractions of the Blue Tide Aquatics Athlete, Parent and Coach Codes of Conduct or any behavior(s) they deem not conducive to the best interests of the Club or other swimmers. Consequences are at the sole discretion of the coaches and/or Blue Tide Aquatics Board of Directors and may include, but aren't limited to, verbal warnings, dismissal from practice, contacting parents, temporary suspension from club activities and expulsion. Involved parties will be informed of the processes and range of potential consequences. The U.S. Center for SafeSport, USA Swimming and local law enforcement (if applicable) will be contacted within 24 hours if a coach, parent, or swimmer violates the SafeSport Code for the U.S. Olympic and Paralympic Movements, the USA Swimming Code of Conduct, Athlete Protection Policy, or local laws.

1. Gathering Information: The appropriate individuals will contact the person who filed the grievance, and the person against whom the grievance is being filed, to ask questions about what happened. In addition, other witnesses may be contacted for more information. All information will be recorded on the Blue Tide Aquatics grievance procedure form.
2. Assessing Behavior: The behavior of the person(s) against which the grievance was brought, will be assessed using club policies and facility rules, USA Swimming Code of Conduct, USA Swimming Safe Sport policies, as well as applicable local and state laws.
3. Consequences will be given and disciplinary action will be taken, if appropriate. These consequences and disciplinary actions will be decided using the following general guidelines:
 - a. Nature of the misconduct
 - b. Severity of the misconduct
 - c. Prior disciplinary actions
 - d. Adverse effect of the misconduct
 - e. Application of the Code of Conduct

Weather Policy

With groups using our outdoor pool facility, Blue Tide Aquatics (BTA) has created a weather policy for such occasions where altering or canceling practice may be required.

1. Coaches will watch Weather Radar and use WeatherBug to monitor inclement weather for the safety of BTA swimmers.
2. Coaches will attempt to notify parents at least 45 minutes prior to the start of practice to adjust or cancel practice if inclement weather does not appear to move (improve) using the Radar and Weatherbug Apps.
3. If lightning occurs during practice (inside of a 10-mile radius), swimmers will be removed from the water and may do dryland or another activity.
4. If lightning moves inside of a 5-mile radius, swimmers will need to leave the deck and go into the cars of parents for safety.
5. After 30 minutes, if weather clears or lightning moves further outside of the radius, then dryland or swimming can continue.
6. If there is no lightning, but rain or wind is occurring to the point where the bottom of the pool is no longer visible, then swimmers will be removed from the water and taken to cover until the rain or wind subsides. If this type of weather does not improve within a 30-minute period, practice may be canceled.
7. If a severe weather warning or flooding is announced through the news, swimming might be canceled at all locations.
8. If a practice must be canceled **three times** within one month, a make-up day will be scheduled and moved to the indoor pool. The indoor practice groups will then have a canceled practice for the day.
9. If water temperatures go below 70 degrees, then practice will need to be modified for dryland and could possibly be shortened.
10. If the water temperature goes above 86 degrees, then practice will need to be modified and could possibly be shortened.
11. Coaches will receive information about monitored chemicals and pool pumps at all facilities and will either modify or cancel practice based on the safety of our swimmers.

BTA is a committed year-round swim program, and our goal is to have your children in the water training.

If practice must be canceled, the coaches are using their best judgment to do the right thing given the information available at the time.

Photography Policy

PURPOSE

There has been much talk about whether it is safe to have images taken of children participating in sports. While the great majority of images are appropriate and are taken in good faith, it is a fact that images can be misused and children can be put at risk if common-sense procedures are not observed.

SUGGESTED POLICIES

1. The publishing of a photograph of swimmers under 18 either on a notice board or in a published article or video recording (including video streaming) of swimming competitions ("publication") should only be done with parents' consent per the attached form.
2. A parent or guardian has a right to refuse to have children photographed. The exercise of this right of refusal cannot be used as grounds for refusing entry into a swimming competition. Therefore, any photo that may go to press or on a notice board, be it through a member of the club or official photographer, should receive parental consent before publishing/displaying the photo, preferably in writing. A suggested form allowing parents to indicate refusal of consent is to follow.

In the case of open meets and other competitions where the host club has an official photographer present, all parents attending should be made aware of this in your meet information. If photos are to be published anywhere, the individual parent should be given the opportunity to withhold their consent. Their right to do so should be specifically drawn to their attention.

All photographs must observe generally accepted standards of decency in particular:

- Action shots should be a celebration of the sporting activity and not a sexualized image in a sporting context.
- Action shots should not be taken or retained where the photograph reveals a torn or displaced swimsuit.
- Photographs should not be taken from behind swimming blocks at the start of a race or exhibit a child climbing out of the swimming pool.
- Photographs should not be taken in locker-rooms or bathrooms.

Miscellaneous Policies and Releases

BLUE TIDE AQUATICS (BTA) AUTHORIZATION & MEDICAL RELEASE

My child(ren) has/have my permission and consent to practice with and travel with Blue Tide Aquatics Inc. (BTA) and to participate in USA Swimming- and Gulf LSC-sanctioned swim meets and other team functions. In the event of illness or injury to said swimmer during any of these activities, I authorize BTA, any BTA coach, and any other BTA official or chaperone to obtain treatment by a medical doctor or hospital emergency room if the parent(s) or guardian(s) of the swimmer cannot be located or contacted to inform them of such illness or injury.

I release and agree to hold harmless BTA, its Board of Directors, coaches, and any BTA-authorized chaperones from any and all claims, liability, costs and expenses for any such trip, activity, meet or medical treatment, including without limitation claims for negligence, whether such negligence is based on the actions of BTA, BTA coaches, BTA board members, BTA chaperones, BTA agents or contractors, or any other person or entity.

I acknowledge that it is my responsibility to update my swimmer's(s') medical information on our Team Unify BTA account, including:

1. Health insurance
2. Emergency contact(s)
3. Notes tabs which would include any preexisting conditions, special circumstances, allergies, medications, or specific items anyone may need to know to treat my child if an injury occurs.

BTA can only seek proper medical treatment for your swimmer in case of an emergency if your information is included, accurate, updated, and complete.

This authorization and release shall remain in effect until termination by written notice duly signed and personally delivered to the BTA Head Coach and the President of the Board of Directors.

WAIVER, RELEASE, INDEMNIFICATION, WAIVER OF RIGHT TO SUE, AND ALTERNATIVE DISPUTE RESOLUTION

[The following provisions do not apply to medical insurance claims covered in full by the insurance provided by USA Swimming by virtue of your membership in USA Swimming. However, to the extent your claim exceeds those medical insurance policy limits for medical benefits or the policy does not cover the medical claims, the following provisions apply to the amounts of the claim that exceed policy limits on medical claims]

or that are not otherwise covered by the medical provisions in that policy. The following otherwise applies to all claims, including claims for liability and damages for negligence as set forth below.]

By signing this agreement, I represent that I have authority and capacity to bind myself—and the swimmer(s) I am registering—to this agreement. **I agree and acknowledge that Blue Tide Aquatics and its coaches, board members, and agents (BTA) are not liable for any personal injuries or property damages suffered by the swimmer(s) I am registering, by me, by my family, or by any of my guests (Releasing Parties), including without limitation claims sounding in, arising from, or relating to negligence of BTA.**

I AGREE TO HOLD BTA HARMLESS FOR ANY AND ALL PERSONAL INJURIES AND PROPERTY DAMAGE SUSTAINED BY RELEASING PARTIES RELATING TO MY MEMBERSHIP WITH BTA OR ANY BTA ACTIVITIES, WHETHER THOSE INJURIES STEM FROM THE NEGLIGENCE OR OTHER CONDUCT OF BTA OR ANOTHER PARTY. I AGREE TO WAIVE ANY AND ALL CLAIMS AND CAUSES OF ACTION BY RELEASING PARTIES AGAINST BTA RELATING TO MY MEMBERSHIP IN BTA AND RELATING TO BTA ACTIVITIES, INCLUDING WITHOUT LIMITATION CLAIMS FOR NEGLIGENCE, PREMISES LIABILITY, PERSONAL INJURIES, AND PROPERTY DAMAGE. THIS WAIVER EXTENDS TO CLAIMS AND CAUSES OF ACTION BASED ON BTA'S NEGLIGENT ACTS AND OMISSIONS.

I AGREE TO INDEMNIFY AND DEFEND BTA AGAINST ANY AND ALL CLAIMS AND CAUSES OF ACTION BY RELEASING PARTIES AGAINST BTA RELATING TO MY MEMBERSHIP IN BTA AND/OR BTA ACTIVITIES, INCLUDING WITHOUT LIMITATION CLAIMS FOR NEGLIGENCE, PREMISES LIABILITY, PERSONAL INJURIES, AND PROPERTY DAMAGE BASED ON CONDUCT OF BTA OR ANY OTHER PARTY. I AGREE TO INDEMNIFY AND DEFEND BTA AGAINST ANY AND ALL CLAIMS AND CAUSES OF ACTION AGAINST BTA AS A RESULT OF CONDUCT BY RELEASING PARTIES.

THIS WAIVER AND RELEASE IS INTENDED TO BE AS BROAD AS THE LAW ALLOWS. TO THE EXTENT THE ABOVE WAIVER AND RELEASE PROVISIONS ARE DEEMED UNENFORCEABLE, OR TO THE EXTENT LEGAL CLAIMS ARE NOT COVERED BY SUCH PROVISIONS, I AGREE THAT I WILL SUBMIT ANY CLAIM WHICH I MAY HAVE AGAINST BTA AS A DIRECT OR INDIRECT RESULT OF MY PARTICIPATION IN BTA OR ITS ACTIVITIES, TO MEDIATION BY A NEUTRAL LICENSED MEDIATOR. IF AFTER SIX (6) SESSIONS, MEDIATION IS UNSUCCESSFUL, THEN I HAVE THE RIGHT, IF I CHOOSE, TO REQUEST FINAL AND BINDING ARBITRATION OF MY CLAIMS. ANY SUCH ARBITRATION WILL BE HELD IN TEXAS, AND TEXAS SUBSTANTIVE LAW WILL APPLY. I AGREE THAT ANY RESULTING ARBITRATION AWARD IS FINAL AND BINDING UPON BOTH BLUE TIDE AQUATICS INC AND UPON ME. BY SIGNING THIS AGREEMENT, I AM KNOWINGLY WAIVING MY RIGHT TO LITIGATE ANY SUCH CLAIM IN ANY STATE

OR FEDERAL COURT.

POOL USAGE AND LAST MINUTE CHANGES

Most Blue Tide practices are held at the Humble I.S.D. high school pools or other pools leased or owned by BTA. Based on pool availability at the beginning of each season, a schedule is released with approximate practice times. This schedule is subject to change based on facility availability. While Humble I.S.D. makes every effort to give

Blue Tide advanced notice of any conflicts, changes may occur to the schedule. Other unforeseen conditions may also prompt changes in the schedule. Blue Tide will make every effort to post these changes on the website, and distribute the information as soon as possible via email. Blue Tide does not provide refunds or credits for missed practices due to such changes or unavailability of pools.

MISCELLANEOUS FINES AND ASSESSMENTS

The BTA family will be responsible for paying any fines imposed by USA Swimming or the Gulf LSC against any swimmer(s) in that family, including fines for failure to show proper proof of time. Other fines assessed by the Gulf include failure to appear at the blocks to swim after circling in for an event, swimming too many events at a meet, and failure to swim at finals when qualified to do so and swimmer has not indicated his/her intention to scratch prior to the scratch deadline (this fine may be \$50.00 or more). These fines will be placed on your account according to BTA and Gulf policies in place at the time.

MEDIA & FILMING RELEASE

Blue Tide works hard to recognize our athletes' achievements both in and out of the water on our website, in local newspapers, during slide shows and other opportunities.

Coaches also may film swimmers at practice and/or meets for training purposes. The Blue Tide name and all logos are the intellectual property of Blue Tide Aquatics, Inc. Use of any logo or name requires approval by the BTA Board of Directors.

By signing and completing registration, you agree to permit Blue Tide to use the name, image, and likeness of the swimmer(s) you are registering for the limited purpose of promoting Blue Tide, training, and celebrating Blue Tide and its swimmers' achievements online and through other publications.

Safe Sport Policies

Blue Tide Aquatics and USA Swimming are committed to fostering a fun, healthy and safe environment for all its members. Each policy and procedure eliminates a possible situation in which abuse could occur. For that reason, we have placed in effect the following policies. You can also find these policies more in depth on the Blue Tide Aquatics website.

Athlete Abuse Prevention Policy

Blue Tide Aquatics

Effective: January 1, 2025

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THIS POLICY APPLIES TO:

In-Program Contact: Any contact (including communications, interactions or activities) between an Adult Participant and any Minor Athlete(s) related to participation in sport. Examples include, but are not limited to: competition, practices, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions and/or summits.

Adult Participants: Any adult 18 years of age or older who is a:

- USA Swimming member, either athlete or non-athlete;
- Participating non-member (e.g., meet marshals, meet computer operators, timers, etc.);
- Authorized, approved or appointed by USA Swimming, Zones, Local Swimming Committees

("LSCs") or member clubs to have Regular Contact with (e.g., ongoing interactions during a 12-month period wherein the individual is in a role of active engagement) or authority over minor athletes; and/or

- Within the governance or disciplinary jurisdiction of USA Swimming, Zones, LSCs or member clubs.

GENERAL REQUIREMENT

USA Swimming, Zones, LSCs and member clubs are required to implement this Minor Athlete Abuse Prevention Policy in full. The Minor Athlete Abuse Prevention Policy must be reviewed and agreed to in writing by all athletes, parents/legal guardians, coaches and other non-athlete members of member clubs on an annual basis with such written agreement to be retained by the club or LSC, as applicable.

DEFINITIONS

Athlete: A USA Swimming athlete member.

Authority: When one person's position over another person is such that, based on the totality of the circumstances, they have the power or right to direct, control, give orders to, or make decisions for that person (e.g., when a power imbalance exists).

Billeting: A residential environment facilitated by an Adult Participant or Organization, or sanctioned event staff in which a Minor Athlete is temporarily housed in a private home with an adult or family who is not related to or known by the Minor Athlete. This lodging arrangement is in conjunction with an activity related to sport.

Dual Relationship: When an Adult Participant has a relationship with a Minor Athlete that is outside of the sport program. Examples of Dual Relationships include, but are not limited to, family members, mental health professionals, teachers, medical professionals and family friends.

Emergency Circumstances: A serious, unexpected and possibly dangerous situation that requires quick action and cannot be avoided. Emergency circumstances include, but are not limited to: a physical, mental or emotional medical emergency involving the Minor Athlete, relative of the Minor Athlete or relative of an Adult Participant; a Minor Athlete's suicidal ideations/behavior; a report of abuse; a severe weather event; and last-minute practice changes.

Electronic Communication: Includes, but not limited to, phone calls, emails, videoconferencing, video coaching, text-messaging, social media or any other electronic medium.

Event or Facility Under Partial or Full Jurisdiction: Includes any USA Swimming sanctioned event (including all travel and lodging in connection with participation in the event) or any facility that USA Swimming, Zones, LSCs or member clubs owns, leases or rents for practice, training or competition.

In-Program: Any contact (including communications, interactions or activities) between an Adult Participant and any Minor Athlete(s) related to participation in sport. Examples include, but are not limited to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

In-Program Contact: Any contact (including communications, interactions or activities) between an Adult Participant and any Minor Athlete(s) related to participation in sport. Examples include, but are not limited to contact occurring at or related to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

In-Program Massage: Any Massage, Manual Therapy, Therapeutic and Recovery modalities, involving an Adult Participant and any Minor Athlete(s) related to participation in sport. Examples include, but are not limited to Massage, Manual Therapy, Therapeutic and Recovery modalities occurring at or related to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

In-Program Travel: Any transportation or travel involving an Adult Participant and any Minor Athlete(s) related to participation in sport authorized or funded by USA Swimming. Examples include, but are not limited to transportation or travel to or related to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport- related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

Lodging and Residential Environment: Lodging arrangements include, but are not limited to hotel stays, rentals (i.e. Airbnb, VRBO, HomeToGo, etc.), and long-term residential environments, including lodging at training sites and Billeting.

Massage: Any massage, rubdown, athletic training modality including physical modalities (e.g., stretching, physical manipulation, injury rehabilitation, etc.) and electronic or instrument assisted modalities (e.g., stim treatment, dry needling, cupping, etc.).

Minor Athlete: An athlete under 18 years of age who is a USA Swimming member or was a USA Swimming member within the previous 12 months¹.

¹This term shall also include any minor who participates in, or participated within the previous 12 months in, a non-athlete role at an

Organization: USA Swimming, LSC or Club

Regular Contact: Ongoing interactions during a 12-month period wherein an Adult Participant is in a role of direct and active engagement with any minor athlete.

EXCEPTIONS

[Note: Exceptions apply only where specified]

Close-In-Age Exception: In-Program Contact between an Adult Participant and a Minor Athlete is permitted if:

- a. The Adult Participant has no authority over the Minor Athlete; and
- b. The Adult Participant is not more than four years older, determined by birthday, than the Minor Athlete.

Dual Relationship Exception: An Adult Participant has a role or relationship with a Minor Athlete that is outside of the sport program. This exception requires written consent of the Minor Athlete's parent/legal guardian at least annually, which must also identify which portion of MAAPP the parent/guardian is providing consent.

Emergency Exception: Applies to all situations in MAAPP where an Adult Participant must violate requirement(s) of the MAAPP due to an emergency. Adult Participants must carefully consider whether specific circumstances meet the threshold of an emergency circumstance.

- a. It is strongly encouraged that the Organization or Adult Participant document the emergency circumstance.

ONE-ON-ONE INTERACTIONS

I. Observable and Interruptible

All one-on-one In-Program Contact interactions between a Minor Athlete and an Adult Participant must occur at an observable and interruptible distance from another adult, except:

- a. In emergency circumstances;
- b. When a Dual Relationship exists; and/or
- c. When the Close-In-Age Exception applies.

MEETINGS AND INDIVIDUAL TRAINING SESSIONS

I. Meetings

- a. Meetings between a Minor Athlete and an Adult Participant may only occur if another adult is present and where interactions can be easily observed and at an interruptible distance from another adult.

Event or Facility Under Partial or Full Jurisdiction. Examples include, but is not limited to: volunteer or timer.

- b. If a one-on-one meeting takes place, the door to the room must remain unlocked and open. If available, it must occur in a room that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.
- c. Meetings must not be conducted in an Adult Participant or Athlete's hotel room or other overnight lodging location during In-Program Travel.

II. Meetings with Licensed Mental Health Care Professionals, Health Care Providers,

If a licensed mental health care professional, health care provider, and/or a student under the supervision of a licensed mental health care professional or licensed health care provider, meets one-on-one with a Minor Athlete at an Event or Facility Under Partial or Full Jurisdiction of Organization in conjunction with participation, the meeting must be observable and interruptible by another adult, except if:

- a. The door remains unlocked;
- b. Another adult is present at the facility;
- c. The other adult is advised that a closed-door meeting is occurring although the Minor Athlete's identity does not need to be disclosed;
- d. When appropriate and not violating a providers professional licensure, Blue Tide Aquatics is notified that the licensed mental health care professional, health care provider, and/or a student under the supervision of a licensed mental health care professional or licensed health care provider, will be meeting with a Minor Athlete, whose name does not need to be disclosed; and
- e. The licensed mental health care professional, health care provider, and/or student under the supervision of a licensed mental health care professional or licensed health care provider, obtains consent consistent with applicable laws and ethical standards, which can be withdrawn at any time.

III. Individual Training Sessions

- a. In-Program one-on-one individual training sessions outside of the regular course of training and practice between Adult Participants and Minor Athletes must be observable and interruptible by another adult, except:
 - i. When a Dual Relationship exists; and/or
 - ii. When the Close-In-Age Exception applies.
- b. The Adult Participant providing the individual training session must receive advance, written consent from the Minor Athlete's parent/legal guardian at least annually, with a copy provided to Blue Tide Aquatics, which can be withdrawn at any time.
- c. Parents/legal guardians must be allowed to observe the individual training session.

ELECTRONIC COMMUNICATIONS

I. Content

All Electronic Communication from Adult Participants to Minor Athletes must be professional in Nature.

II. Open and Transparent

- a. If an Adult Participant communicates one-on-one with a Minor Athlete via Electronic

Communications, the Minor Athlete's parent/legal guardian, or another adult family member, must be copied or included. If a Minor Athlete communicates to the Adult Participant privately first, said Adult Participant must copy or include the Minor Athlete's parent/legal guardian, or another adult family member, on any Electronic Communication response to the Minor Athlete. Adult Participants must only use Electronic Communication platforms that allow for Open and Transparent communication.

b. The following exceptions apply to Section II(a):

- i. In emergency circumstances;
- ii. When a Dual Relationship exists; and/or
- iii. When the Close-In-Age Exception applies.

c. When an Adult Participant communicates electronically to the entire team or any number of Minor Athletes on the team, said Adult Participant must copy another Adult Participant.

III. Requests to Discontinue

Parents/legal guardians may request in writing that their Minor Athlete not be contacted through any form of electronic communication by Blue Tide Aquatics or by an Adult Participant subject to this Policy. Blue Tide Aquatics and/or Adult Participant must abide by any such request that the Minor Athlete not be contacted via electronic communication, or included in any social media post, absent emergency circumstances.

IV. Hours

Electronic communications must only be sent between the hours of 5:00 a.m. and 10:00 p.m. local time for the location of the Minor Athlete, unless emergency circumstances exist, or during competition travel.

V. Prohibited Electronic Communication

a. Adult Participants are not permitted to maintain private social media connections with Minor Athletes and such Adult Participants are not permitted to accept new personal page requests on social media platforms from Minor Athletes, unless the Adult Participant has a fan page, or the contact is deemed as celebrity contact as opposed to Regular Contact. Existing social media connections with Minor Athletes must be discontinued. Minor Athletes may "friend", "like" or "follow" USA Swimming's official page.

b. Adult Participants must not send private, instant or direct messages to a Minor Athlete through social media platforms.

c. The following exceptions apply to Section V:

- i. When a Dual Relationship exists; and/or
- ii. When the Close-In-Age Exception applies.

IN-PROGRAM TRAVEL AND LODGING AND RESIDENTIAL ENVIRONMENTS

I. Transportation

a. During In-Program Travel, observable and interruptible environments must be maintained.

- b. An Adult Participant must not transport a Minor Athlete one-on-one during In-Program Travel and must always transport at least two Minor Athletes, who are at least 8 years of age, or another Adult Participant except:
 - i. In emergency circumstances;
 - ii. When a Dual Relationship exists;
 - iii. When the Close-In-Age Exception applies; and/or
 - iv. The Minor Athlete's parent/legal guardian has provided, at least annually, written consent for the Adult Participant to transport the Minor Athlete one-on-one, which can be withdrawn at any time.
- c. Adult Participants, including team managers and chaperones, who travel with USA Swimming athletes must be USA Swimming non-athlete members of USA Swimming.

II. Lodging and Residential Environments

- a. An Adult Participant must not share a lodging arrangement including, but not limited to hotel stays, rentals (i.e. Airbnb, VRBO, HomeToGo, etc.), and long-term residential environments, including lodging at training sites and Billeting, with an Athlete.
- b. During In-Program Travel, all In-Program Contact in a lodging arrangement including, but not limited to hotel stays, rentals (i.e. Airbnb, VRBO, HomeToGo, etc.), and long-term residential environments, including lodging at training sites and Billeting, between an Adult Participant and a Minor Athlete must be observable and interruptible.
- c. During In-Program Travel, when doing room checks, two-deep leadership (two Adult Participants should be present) and observable and interruptible environments must be Maintained.
- d. The following exceptions apply to II(a), (b) and (c):
 - i. When a Dual Relationship exists, the Adult Participant is not a coach, and the Minor Athlete's parent/legal guardian has provided advance, written consent for the lodging arrangement; and/or
 - ii. When the Close-In-Age Exception applies and the Minor Athlete's parent/legal guardian has provided advance, written consent for the lodging arrangement.
- e. Minor Athletes should be paired to share a lodging arrangement including, but not limited to hotel stays, rentals (i.e. Airbnb, VRBO, HomeToGo, etc.), and long-term residential environments, including lodging at training sites and Billeting, with other Minor Athletes of the same competition category and of similar age.
- f. Adult Participants, including team managers and chaperones, who lodge with USA Swimming athletes must be USA Swimming non-athlete members of USA Swimming.

III. Written Consent

A Minor Athlete's parent/legal guardian must provide written consent, at least annually, for all In-Program Travel and lodging during In-Program Travel, which can be withdrawn at any time.

IV. Meetings

- a. Meetings during In-Program Travel must be conducted consistent with the One-on-One Interactions section of this Policy (e.g., any such meeting must be observable and interruptible).
- b. Meetings must not be conducted in an Adult Participant or athlete's hotel room or other overnight lodging location during In-Program Travel.

LOCKER ROOMS AND CHANGING AREAS

I. Requirement to Use Locker Room or Changing Area

The designated locker room or changing area must be used when an athlete or Adult Participant changes, in whole or in part, into or out of a swimsuit when wearing just one suit (e.g., deck changing is prohibited).

II. Observable and Interruptible

All In-Program Contact between Adult Participants and Minor Athletes in a locker room, changing area or similar space must be observable and interruptible, except:

- a. In emergency circumstances;
- b. A Dual Relationship exists; and/or
- c. The Close-In-Age exception applies.

III. Private or Semi-Private Space for Minor Athletes

Blue Tide Aquatics must provide a private or semi-private place for Minor Athletes that need to change clothes or undress at Events or Facilities Under Partial or Full Jurisdiction of Organization.

IV. Use of Recording Devices

Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces by a Minor Athlete or an Adult Participant is prohibited.

V. Undress

Adult Participants must not remove their clothes or behave in a manner that intentionally or recklessly exposes his or her breasts, buttocks, groin or genitals to a Minor Athlete under any circumstance. An Adult Participant must not request a Minor Athlete to expose the Minor Athlete's breasts, buttocks, groin or genitals to the Adult Participant under any circumstance. Nothing in this section shall be construed to apply to areas of the body exposed while wearing swimwear which conforms to the current concept of the appropriate for the individual's competition category.

VI. Showers

- a. Adult Participants must not shower with Minor Athletes unless:
 - i. The Adult Participant meets the Close-in-Age Exception; and/or
 - ii. The shower is part of a pre- or post-activity rinse while wearing swimwear.
- b. Parents/legal guardians may request in writing that their Minor Athlete(s) not change or shower with Adult Participants during In-Program Contact. Organization must abide by such a request.

VII. Monitoring

Blue Tide Aquatics must regularly and randomly monitor the use of locker rooms and changing

areas to ensure compliance with this Policy. Locker rooms and changing areas may be monitored by use of the following methods:

- a. Conducting a sweep of the locker room or changing area before athletes arrive;
- b. Posting staff directly outside the locker room or changing area during periods of use;
- c. Leaving the doors open when adequate privacy is still possible; and/or
- d. Making occasional sweeps of the locker rooms or changing areas with women checking on female locker rooms and men checking on male locker rooms. Every effort must be made to recognize when a Minor Athlete goes to the locker room or changing area during practice and competition, and, if the Minor Athlete does not return in a timely fashion, to check on the Minor Athlete's whereabouts.

VIII. Media and Championship Celebrations in Locker Rooms

Blue Tide Aquatics may permit recording or photography in locker rooms to highlight a sport or athletic accomplishment if:

- a. Parent/legal guardian consent has been obtained, when possible; and
- b. Organization approves the specific instance of recording or photography; and
- c. Two or more Adult Participants are present; and
- d. Everyone is fully clothed.

MANUAL THERAPY, THERAPEUTIC, AND RECOVERY MODALITIES

I. General Requirement

Any In-Program Massage performed on an athlete must be conducted in an observable and interruptible location and must be performed by a licensed massage therapist or other certified professional. However, even if a coach is a licensed massage therapist, the coach must not perform a rubdown or massage of an athlete under any circumstance.

II. Additional Minor Athlete Requirements

- a. Written consent by a parent/legal guardian must be obtained in advance at least annually by the licensed massage therapist or other certified professional which can be withdrawn at any time.
- b. Parent/legal guardians must be allowed to observe the Massage, except for competition or training venues that limit credentialing.
- c. Any Massage of a Minor Athlete must be done with at least one other Adult Participant physically present and must never be done with only the Minor Athlete and the person performing the Massage in the room.
- d. Any Massage of a Minor Athlete must be performed with the Minor Athlete fully or partially clothed, ensuring that the breasts, buttocks, groin or genitals are always covered. Nothing in this section shall be construed to apply to areas of the body exposed while wearing swimwear which conforms to the current concept of the appropriate for the individual's competition category.
- e. The provider must narrate the steps in the modality before taking them, seeking consent of the Minor Athlete throughout the process.

APPENDIX A

**[REQUIRED BY U.S. CENTER FOR SAFESPORT FOR INCLUSION AS APPENDIX TO THE USA
SWIMMING MINOR ATHLETE ABUSE PREVENTION POLICY]**

**ORGANIZATIONAL REQUIREMENTS FOR EDUCATION & TRAINING AND PREVENTION
POLICIES**

All NGBs, LAOs, and the USOPC (the “Organization”) must implement proactive policies designed to prevent abuse. These organizational requirements are described below.

A. Organizational Requirements for Education & Training

1. USA Swimming must track whether Adult Participants under its jurisdiction complete the required training listed in Part I.
2. USA Swimming must, every 12 months, offer and, subject to parental consent, give training to minor athletes on the prevention and reporting of child abuse.
 - a. For training to Minor Athletes, USA Swimming must track a description of the training and how the training was offered and provided to Minor Athletes.
 - b. USA Swimming is not required to track individual course completions of Minor Athletes.
3. USA Swimming must, every 12 months, , offer training to parents on the prevention and reporting of child abuse.
 - a. For training to parents, USA Swimming must track a description of the training and how the training was offered and provided to parents.
 - b. USA Swimming is not required to track individual course completions of parents.

B. Required Prevention Policies and Implementation

1. USA Swimming must develop minor athlete abuse prevention policies to limit one-on-one interactions between Minor Athletes and Adult Participants. These policies must contain the mandatory components of the Center’s model policies in Part III. These model policies cover:
 - a. Meetings
 - b. Individual Training Sessions
 - c. Manual Therapy, Therapeutic, and Recovery Modalities
 - d. Locker rooms and changing areas
 - e. Electronic communications
 - f. Transportation
 - g. Lodging and Residential Environments
2. The policies must be approved by the Center as described in subsection (C) below. The policies may include the recommended components in Part III and the recommended policies in Part IV. Given the uniqueness of each sport, however, some

recommended components or policies may not be feasible or appropriate. An Organization may choose to implement stricter standards than the model policies.

3. USA Swimming must also require that its LAOs implement these policies within each LAO.

4. USA Swimming, Zones, LSCs and member clubs must implement these policies for all In-Program Contact.

- a. At sanctioned events and facilities partially or fully under its jurisdiction, the organization
- b. must take steps to ensure the policies are implemented and followed.
- c. For In-Program Contact that occurs outside an Organization's sanctioned event or facilities, implementing these policies means:
 - i. Communicating the policies to individuals under its jurisdiction;
 - ii. Establishing a reporting mechanism for violations of the policies;
 - iii. Investigating and enforcing violations of the policies.

USA Swimming must have a reporting mechanism to accept reports that an Adult Participant is violating the Organization's minor athlete abuse prevention policies. USA Swimming must appropriately investigate and resolve any reports received, unless the violation is reported to the Center and it exercises jurisdiction over the report. This requirement is in addition to requirements to report abuse under the SafeSport Code.

C. Policy Approval and Submission Process

1. USA Swimming may adopt the mandatory minimum requirements of the MAAPP as-is or adapt it to fit their needs. Regardless, each Organization must submit their policies to the Center at compliance@safesport.org for review and approval by April 1, 2024. The Center will approve, approve with modifications, or deny the policies. If the Center denies the proposed policy, the mandatory components of Part III become the default policy until the Center approves the policy.

2. USA Swimming must require their LAOs to incorporate the mandatory components of Part III. USA Swimming may require that their LAOs implement the USA Swimming's policies, which may be more stringent than the policies in Part III.

3. The mandatory components of Part III will serve as the default policy for any organization that fails to develop its own policy as required by this section. Any changes made to USA Swimming's MAAPP after the policy is approved must be submitted to the Center for approval. The previously approved MAAPP will remain in effect until written approval is provided to USA Swimming from the center.