



Riverton Aquanauts Squad Participation Policy

General

- All Swimmers in Bronze, Silver, Gold and UniSwim squads must be a registered/competitive member of Riverton Aquanauts Swimming Club to train with these squad programs. Mini squad swimmers may become a club member if they wish (optional).
- Swimmers will be on probation for up to four weeks when they first join a squad.
- Swimmers are required to arrive at training sessions on time.
- Parents/Swimmers are required to report any “niggles” or injuries to the coach prior to training sessions.
- Swimmers attend training with equipment suitable to level (fins, snorkel, pull buoy, kick board and water bottle every session).
- Swimmers should attend training with a positive, willing to learn and respectful attitude.
- Parents to notify or contact Head Coach if there are any concerns with training or issues that have arisen within training sessions.

Squad Attendance and Competition Expectations

- Gold Squad:
 - Attend 5-7 session per week and notify coach for all non-attendance
 - Attend club nights when possible and mentor younger swimmers
 - Attend targeted meets or notify coach for non-attendance with reason
- Silver Squad:
 - Attend 4 session per week and notify coach for all non-attendance
 - Attend club nights when possible and mentor younger swimmers
 - Attend targeted meets or notify coach for non-attendance with reason
- Bronze Squad:
 - Attend 3 session per week and notify coach for all non-attendance
 - Encouraged to attend club nights
 - Encouraged to attend targeted meets

- Mini Squad:
 - Attend 1-2 sessions per week
 - Encouraged to attend club nights when ready
 - Encouraged to attend targeted meets when ready
- Uni Swim Squad:
 - Attend 3 session per week and notify coach for all non-attendance
 - Attend club nights where possible with study commitments
 - Attend targeted meets where possible with study commitments
- Swimmers who do not meet the squad attendance and competition expectations as described may be moved to an appropriate squad or lane at the sole discretion of the head coach. This decision would be made for the benefit of all swimmers and is not a form of punishment.
- The Friday 'starts and turns' sessions are prioritized for competitive pool swimmers. Participation by other swimmers is at Head Coach discretion.

Fitness to Swim

- **Physical and Emotional Fitness:**
 - A swimmer must be deemed fit to swim, both physically and emotionally, to ensure their safety and well-being during training.
 - The Head Coach has the absolute and sole discretion to determine whether a swimmer is fit to swim, considering their physical condition and emotional state.
- **Injury-Related Absences:**
 - If a swimmer misses squad training due to injury, they must be cleared by a qualified healthcare provider to resume training.
 - A supporting medical clearance letter must be provided to the Head Coach before rejoining the squad.

Absences

- Advise the coach if unable to attend a session or going on holiday on 0402 032 301 or headcoach@rivertonaquanauts.org
- Please contact club treasurer if going away for 2 weeks or more so that a time hold can be arranged treasurer@rivertonaquanauts.org . Time holds are not available for periods less than 2 weeks and a maximum of 2 time holds per year are allowed.
- If a swimmer is absent for a one-week period and has not advised the head coach of the reason for the absence, they will automatically be placed on a 2-week time hold.
- No guarantee will be given that you will automatically return to the same days once your time hold is over. That will be subject to availability.

- If there is no communication during the time hold to explain the absence, the swimmer will be withdrawn from the squad program.

Standard of behaviour

- Swimmers must respect all coaches and fellow squad members.
- If a swimmer needs to exit the pool for any reason or end a session early, please notify the Head Coach.
- When the Head Coach or any member of the coaching team is talking and giving instructions, swimmers must listen and not speak to or distract others.
- If the Head Coach has any concerns about a swimmer's performance, behaviour, attitude they will contact parents and organise a meeting to discuss this further.
- Families are encouraged to read the [Club Handbook](#), in particular the Code of Conduct, for further details on the standards of behaviour expected.
- The Head Coach has the discretion to ask a swimmer to exit the pool during a training session for any reason deemed necessary.
- Repeated behavioral issues will be documented and may be managed through a time hold.

Head Coach Communication

- All swimmers can contact Head Coach via the Heja communication platform. Coach-Swimmer chats on Heja are visible to parents/guardians.
- Parents are welcome to contact Head Coach on iMessage or WhatsApp 0402 032 301 to advise of absences or discuss any urgent matters, or may email headcoach@rivertonaquanauts.org
- Meet the coach "chat" week will be held every 10 weeks on a Saturday morning for an opportunity to meet or talk to the coach with no booking required. Times for coach "Chat" week will be advised in Newsflash.

Pool Entry

- Swimmers must:
 - Pay entrance fee upon arrival at the Leisureplex, or
 - Tag in at gates using an annual pass or Leisureplex membership card, or
 - Check-in at reception if card has been forgotten.
- Swimmers **must not enter the gate behind another swimmer**, even if they have an annual pass or Leisureplex membership. It is important that we can account for all

swimmers, and that all swimmers role model the behaviour we expect regarding pool entry.

- If the entry card has been lost or forgotten 3 times a new card will need to be purchased for \$5.

Training Outside the RVA Squad Program

- Swimmers must not train with other squads or coaches, or train independently, while enrolled in the squad program, unless it is under specific agreement with the Head Coach.
- This is to ensure swimmers are not over trained and therefore susceptible to injury and fatigue. It is also confusing for swimmers as every coach has their own programs which include varying methods of teaching and swim technique.
- Should a swimmer wish to trial with another Club, it is preferable that the Head Coach is informed. The coaching community is small, and the Club is typically aware of the trial. Sharing this information openly improves transparency and allows the Club to support any transition to a new squad if requested by the swimmer.

Complaints & Concerns

- **In the first instance, we encourage informal resolution with the Head Coach on any matters that may arise.**
- Families may also contact the Member Protection Officer on memberprotection@rivertonaquanauts.org or President on president@rivertonaquanauts.org to discuss any matters of concern.
- Families are encouraged to follow our [Member Protection Policy and Complaints handling procedure](#).

SIGNED & DATED BY PARENT/GUARDIAN:

SIGNED & DATED BY SWIMMER:

Document Control

Document Revision History

Version	Date	Author	Approver	Comments
1.0	April 2024	G Herrington	M Davey	
2.0	November 2024	K Smith/G Herrington	Core Committee	