



USA Swimming Mandatory Travel Policy, Electronic Communication Policy, Bullying Policy

An athlete may not travel alone with a coach. This includes travel trips, rides to and from practice, or any other travel. In the event an athlete must alone travel with a coach, the parents must give express written permission to the coach. Such situations should always be the rare exception, if ever.

An athlete may never stay alone in the same hotel room with a coach.

A coach may not sit beside an athlete on a bus or on a plane or in a van.

A coach may not meet with an athlete in a closed room for any purpose or any closed space for any purpose.

A lone coach may not enter athletes' rooms on travel trips. All curfew and safety checks must be made with at least one coach/chaperone of the same sex as the athletes in the room.

Coaches may not communicate electronically with an individual athlete except to convey practice information. There must never be individual electronic communication between a coach and athlete regarding social activities, family, school, swimming, or any other topic. The electronic communications must only be in this form: "I will be late for practice." "Thanks for letting me know" OR "Practice time has changed." "I can't make it. Can I come at another time." "Yes at 1 PM."

Peer to Peer electronic, physical, and all other bullying will not be tolerated and may result in suspension from the team.

Safe Sport Club Coordinator

Each USA Swimming member club must have a safe sport coordinator who helps the club educate the athletes, coaches, staff, and parents on safe sport issues. Our Club Coordinator is Head Coach Chip Holland.

The Summer Hill Orcas Swim Club holds Safe Sport sessions with athletes age 13 and up twice a year. At these sessions, we discuss Summer Hill Orcas Swim Club culture, texting/social media pitfalls, boundaries, Georgia law, how athletes can protect themselves and teammates in addition to other areas of safe sport. Quarterly Safe Sport sessions with the coaches and staff, including lifeguards and lesson instructors are held. These sessions detail the responsibilities and requirements of the coaches and staff to protect the athletes and prevent abuse, including sexual abuse.

Before team travel trips, a safe sport session with the athletes traveling will be held.



Additional Summer Hill Orcas Swim Club Practices

Coach Interactions

Coaches do not meet one on one with athletes behind closed doors.
Coaches communicate to parents if bullying incidents occur.
Coaches have an open-door policy for parents to communicate with them.
Coaches do not use the team locker rooms.

Locker Room Policy (For All)

No cell phone use in the locker rooms.
No photography in the locker rooms.
No horseplay in the locker rooms. Parents should not use the team locker rooms.

Recreation Swim Hours

All recreation swimmers must not use the team locker rooms.
All recreation swimmers are required to be out of locker rooms before team practice begins.

Photography Policy

No photography behind the blocks for any reason.
No video of practice.

Violations of Code of Conduct

All Summer Hill Orcas Swim Club coaches and staff are forbidden from massaging, with hands or an object such as a massage ball, an athlete for any purpose.
All Summer Hill Orcas Swim Club coaches and staff are forbidden from giving full frontal body hugs.
All Summer Hill Orcas Swim Club coaches and staff are forbidden from kissing any athlete.
Athletes are forbidden from sitting on the lap of any Summer Hill Orcas Swim Club coach or staff.
All Summer Hill Orcas Swim Club coaches should not touch an athlete to teach a swim stroke.
All Summer Hill Orcas Swim Club coaches and staff may not date, have a physical relationship with or have a sexual relationship with any athlete age 18 & under.



Summer Hill Orcas Swim Club Culture

The Summer Hill Orcas Swim Club's culture is one of transparency and inclusiveness.

The Summer Hill Orcas Swim Club has never tolerated and never will tolerate athlete abuse, including sexual abuse.

The Summer Hill Orcas Swim Club follows the mandate of Safe Sport which is to protect our athletes and to create an environment in which each athlete feels safe and protected.

The Summer Hill Orcas Swim Club's policies and procedures and Safe Sport sessions ensure this environment stays in place and our athletes are protected.

We ask that you remember two mandates: If you see something, say something. And if you permit behavior, you promote behavior. Never hesitate to ask a question of any Summer Hill Orcas Swim Club coach or staff member. And always interrupt a behavior that appears to violate any Summer Hill Orcas Swim Club policy or procedure. A simple comment about the behavior may be all that is necessary to disrupt it. We must work together to maintain our culture and promote positive behaviors.

Resources

USA Swimming provides numerous resources for athletes, parents, and coaches regarding the topics discussed in this communication. You can learn more about the USA Swimming Safe Sport program here: <https://www.usaswimming.org/resourcehome/resource-programs-services>

Please reach out if you have comments, concerns, or questions.

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