

OMEGA AQUATICS (OA SWIMMING)

2025 – 2026 SWIM TEAM AGREEMENT

Welcome to Omega Aquatics (OA Swimming)! This OA packet contains critical team information, team policies, terms of membership, and registration materials. Comprehension and acceptance of the OA Policies are required for all OA Members. Members must complete the applicable forms/agreements below through their OA account.

OA SWIM TEAM POLICIES

ACTIVATION POLICY

All new and returning OA Members are required to complete the OA SWIMMING TEAM AGREEMENT through your online account to train and compete with OA. Once the agreement is completed, members can set up or update electronic payment processing, sign up to volunteer, register for upcoming swim meets and events, see performance results, maintain contact information, view the team calendar, and more.

OA SWIM TEAM REGISTRATION POLICY

All members will be charged an annual \$95.00 team registration fee per family account. Team agreements must be signed annually by all new and returning members.

USA SWIMMING REGISTRATION POLICY

OA competes under the rules and guidelines of USA Swimming. USA Swimming membership is mandatory for those wishing to train and compete with OA. Registrations must be renewed each fall. New club members must register for their USA Swimming membership online. New club members and Athlete renewals will require a new registration link specific to OA. This link will be distributed to all OA members after Sept. 1st. Unregistered swimmers will not be allowed to participate in either practice or competition. If you are transferring from another USA Swimming team, you must submit a transfer request through your USA account. Transferring swimmers must swim unattached for a period of 60 days from the last day of competition representing another USA Swim Team. Unattached swimmers may not score team points or participate in relays.

TERMINATION POLICY

Members understand that 30 days written notice is required to terminate or suspend membership financial responsibility or otherwise make any change to membership monthly dues or billing. Dues shall apply during the 30 days. Members are aware that upon leaving OA, the USA Swimming registration, OA registration fees, all meet fees, and participation dues are non-refundable. Please send all correspondence regarding account changes and updates to bbarton@swimoa.com (OA swim team manager).

COMMUNICATION POLICY

The team website **swimoa.com** will be the primary source for swim meet information, schedule updates, news, events, and general team information. Up to date and immediate information is also available on the 'GroupMe' application by joining the "OA SWIMMING" group. In addition to the Social Media and Electronic Communications Minor Athlete Abuse Prevention Policy, OA Members agree to the following terms and conditions of communication:

- I. Public Communications
 - a. The use of profanity, sexually explicit, or offensive language in the presence of minors is prohibited.
 - b. OA Membership prohibits public communication forums either on deck or on social media to present or air grievances regarding OA, its members, or other teams.
- II. Necessary Communications
 - a. Communication with coaches during practice is not permitted. Parents and swimmers may schedule via email, text, or phone a time to meet with coaches before or after practice.
 - b. Members of OA shall not directly contact hosting meet directors. Any necessary communication shall be made through an OA Coach.

TERMS OF MEMBERSHIP

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The terms of membership are designed to provide a safe environment, ensure the club's long-term success, serve the community, and provide the best possible experience for swimmers, parents, and coaches. The swimmer and parent/guardian must accept all of the terms and conditions of membership below:

- I. OA operates as an S Corporation. The team operates on participant dues and fundraising activities. Members understand that they will be asked to contribute time and/or money to support the team.
- II. Members understand that fees are to be paid by the first of each month and will be considered late by the 20th of that month. If dues are not paid by the 20th, there will be a \$10 late fee attached to the regular monthly dues. Members understand that if the dues are not paid by the 15th of the following month (45 days), the swimmer(s) may not be allowed to practice or attend meets. The full monthly fees apply whether a swimmer is present on one day or all days for any month. Team dues will not be pro-rated regardless of participation.
- III. Swim Team dues will be adjusted annually to account for inflation and operational expenses. These changes will range from 1% to 10%. These adjustments will take effect on January 1st of each calendar year.
- IV. Members understand that in the event that a swimmer is temporarily unable to participate in OA training, a hold may be placed on the account. Holds are only allowed for a term of 30 days or more. A monthly charge of \$30 is required to maintain a swimmer's current registration with OA. Any hold, cancellation, or change to billing is required to be submitted in writing to the team manager 30 days prior to the effective date and billing period. Please send all correspondence to bbarton@swimoa.com (OA swim team manager).
- V. Members understand that the team may not hold practice(s) due to season training breaks, holidays, competitions, maintenance, illness, or scheduling conflicts. Practices may be cancelled or substituted at the coaches' discretion with little or no warning. The fee schedule accounts for these and a credit will not be issued.
- VI. Members understand the requirements for each training group. Swimmers are expected to attend each practice session prepared with all the required equipment.
- VII. Members understand that all practice sessions, unless otherwise noted, are considered closed. Only USA Swimming certified individuals and swimmers are permitted on deck. Do not interfere with or interrupt coaches or swimmers during a training session unless absolutely necessary in the case of an emergency.
- VIII. Members understand that unauthorized video, filming, or photography of any swimmer in any training session is prohibited. Violators of this policy will be asked to leave the facility.
- IX. Members grant permission to coaches to request emergency personnel in the event of an emergency when the primary and emergency contacts are unavailable. OA is not financially or otherwise liable for medical treatment or services.
- X. Members understand that we are guests at each facility we use for training and competition. Members shall respect and abide by all rules and regulations of the hosting facilities and staff. Reparations for any damages arising from a member family's negligence or violation of facility rules shall be the sole responsibility of the member family. OA will not be responsible for any damage caused by a swimmer or family member.
- XI. Members, parents, and swimmers shall show proper respect, sportsmanship, and courtesy towards other members, other teams, coaches, officials, administrators, competitors, chaperones, spectators, and teammates.
- XII. OA members agree to conform to and be bound by the bylaws, rules, and regulations of USA Swimming.

MINOR ATHLETE ABUSE PREVENTION POLICY (MAAPP)

The Minor Athlete Abuse Prevention Policy applies to all:

- USA Swimming non-athlete members and adult athlete members;
- Participating non-members (e.g., meet marshals, meet computer operators, timers, etc.);
- LSC and club adult staff and board members; and
- Any other adult authorized to have regular contact with or authority over minor athletes. Collectively "Applicable Adult(s)"

GENERAL REQUIREMENT (MAAPP)

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USA Swimming member clubs and LSCs 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, coaches and other non-athlete members of member clubs on an annual basis with such written agreement to be retained by the club.

ONE-ON-ONE INTERACTIONS (MAAPP)

I. Observable and Interruptible

One-on-one interactions between a minor athlete and an Applicable Adult (who is not the minor's legal guardian) must occur at an observable and interruptible distance from another adult unless meeting with a Mental Health Care Professional and/or Health Care Provider (see below) or under emergency circumstances.

II. Meetings

a. Meetings between a minor athlete and an Applicable Adult may only occur if another adult is present and where interactions can be easily observed and at an interruptible distance from another adult, except under emergency circumstances.

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 Applicable Adult or athlete's hotel room or other overnight lodging location during team travel.

III. Meetings with Mental Health Care Professionals and/or Health Care Providers

If a Mental Health Care Professional and/or Health Care Provider meets with a minor athlete in conjunction with participation, including at practice or competition sites, a closed-door meeting may be permitted to protect patient privacy provided that:

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; and

d. Written legal guardian consent is obtained in advance by the Mental Health Care Professional and/or Health Care Provider, with a copy provided to the club.

IV. Individual Training Sessions

Individual training sessions outside of the regular course of training and practice between Applicable Adults and minor athletes are permitted if the training session is observable and interruptible by another adult. Legal guardians must be allowed to observe the training session.

SOCIAL MEDIA AND ELECTRONIC COMMUNICATIONS (MAAPP)

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I. Content

All electronic communication from Applicable Adults to minor athletes must be professional in nature.

II. Open and Transparent

Absent emergency circumstances, if an Applicable Adult with authority over minor athletes needs to communicate directly with a minor athlete via electronic communications (including social media), the minor athlete's legal guardian must be copied. If a minor athlete communicates to the Applicable Adult (with authority over the minor athlete) privately first, said Applicable Adult must copy the minor athlete's legal guardian on any electronic communication response to the minor athlete. When an Applicable Adult with authority over minor athletes communicates electronically to the entire team, said Applicable Adult must copy another adult.

III. Requests to Discontinue

Legal guardians may request in writing that their minor athlete not be contacted through any form of electronic communication by the club, LSC or by an Applicable Adult subject to this Policy. The organization 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 8:00 a.m. and 8:00 p.m., unless emergency circumstances exist, or during competition travel.

V. Prohibited Electronic Communication

Applicable Adults with authority over minor athletes are not permitted to maintain private social media connections with unrelated minor athletes and such Applicable Adults are not permitted to accept new personal page requests on social media platforms from minor athletes, unless the Applicable Adult 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" the club and/or LSC's official page. Applicable Adults with authority over minor athletes must not send private, instant or direct messages to a minor athlete through social media platforms.

TRAVEL (MAAPP)

I. Local Travel

Local travel consists of travel to training, practice and competition that occurs locally and does not include coordinated overnight stay(s). Applicable Adults must not ride in a vehicle alone with an unrelated minor athlete, absent emergency circumstances, and must always have at least two minor athletes or another adult in the vehicle, unless otherwise agreed to in writing by the minor athlete's legal guardian.

Legal guardians must pick up their minor athlete first and drop off their minor athlete last in any shared or carpool travel arrangement.

II. Team Travel

Team travel is travel to a competition or other team activity that the organization plans and supervises.

a. During team travel, when doing room checks two-deep leadership (two Applicable Adults should be present) and observable and interruptible environments must be maintained. When only one Applicable Adult and one minor athlete travel to a competition, the minor athlete's legal guardian must provide written

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permission in advance and for each competition for the minor athlete to travel alone with said Applicable Adult. Team Managers and Chaperones who travel with the club or LSC must be USA Swimming members in good standing.

b. Unrelated non-athlete Applicable Adults must not share a hotel room, other sleeping arrangement or overnight lodging location with an athlete. Minor athletes should be paired to share hotel rooms or other sleeping arrangements with other minor athletes of the same gender and of similar age. When a minor athlete and an adult athlete share a hotel room or other sleeping arrangement, the minor athlete's legal guardian must provide written permission in advance and for each instance for the minor to share a hotel room or other sleeping arrangement with said adult athlete.

c. Meetings during team travel must be conducted consistent with the One-on-One Interactions section of this Policy (i.e., any such meeting must be observable and interruptible). Meetings must not be conducted in an individual's hotel room or other overnight sleeping location.

LOCKER ROOMS AND CHANGING AREAS (MAAPP)

I. Requirement to Use Locker Room or Changing Area

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

II. 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 Applicable Adult is prohibited.

III. Undress

An unrelated Applicable Adult must not expose his or her breasts, buttocks, groin or genitals to a minor athlete under any circumstance. An unrelated Applicable Adult must not request an unrelated minor athlete to expose the minor athlete's breasts, buttocks, groin or genitals to the unrelated Applicable Adult under any circumstance.

IV. One-on-One Interactions

Except for athletes on the same team or athletes attending the same competition, at no time are unrelated Applicable Adults permitted to be alone with a minor athlete in a locker room or changing area, except under emergency circumstances. If the organization is using a facility that only has a single locker room or changing area, separate times for use by Applicable Adults must be designated.

V. Monitoring

The club 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.

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VI. Legal Guardians in Locker Rooms or Changing Areas

Legal guardians are discouraged from entering locker rooms and changing areas. If a legal guardian does enter a locker room or changing area, it must only be a same-sex legal guardian and the legal guardian should notify a coach or administrator in advance.

MASSAGES AND RUBDOWNS/ATHLETE TRAINING MODALITIES (MAAPP)

I. Definition: In this section, the term “Massage” refers to 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.).

II. General Requirement

Any Massage performed on an athlete must be conducted in an open 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.

III. Additional Minor Athlete Requirements

- a. Written consent by a legal guardian must be obtained in advance by the licensed massage therapist or other certified professional, with a copy provided to the club.
- b. Legal guardians must be allowed to observe the Massage.
- c. Any Massage of a minor athlete must be done with at least one other adult 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 only occur after a proper diagnosis from a treating physician and be done in the course of care according to the physician’s treatment plan.

INFORMATION RELEASE

OA registered swimmers and parents will be subject to push communications via GroupMe, text, email, OnDeck, and phone. Notices may include newsletters, schedule updates, and meet information. Directory information may be available to other OA swimmers and parents. By agreeing, you also allow digital images of your child to be utilized without compensation on the OA website and other promotional materials.

VOLUNTEER REQUIREMENTS

Volunteers play a crucial role in the success of our program and keep costs down; moreover, it is a great way to make friends and have fun.

- I. Each family will be required to volunteer a minimum of 36 hours per membership year (September 1 through August 31) at a rate of 9 or more hours per quarter in service to OA. New Members joining after September 1st will be responsible for a prorated number of service hours (three hours per month) beginning with the swimmer’s first day of practice.
- II. Meet volunteers must sign up online on the event page and must also ‘sign in’ and ‘sign out’ on the volunteer list at the event to receive credit for total hours worked.
- III. Member families with State Qualifiers are required to provide a minimum of four service hours per family at State Championship events. We are required by Utah Swimming to fill an assigned number of spots at state meets based on our team entries. If you have a swimmer at a state championship meet and you do not volunteer for at least one session, your account will be billed \$75.

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- IV. Uncompleted hours at the end of each quarter will be billed at \$25 per hour. Any member family unable to fulfill their volunteer hours may choose to opt out by paying \$900 per membership year.
- V. Volunteer hours may be “banked” if more than 9 hours are accrued in a quarter. The additional time may be applied to the subsequent quarters. However, they cannot be carried over into a new swim year.

FUNDRAISING

I understand that OA may conduct multiple fundraising events each year. Support of these activities is encouraged to maintain competitive team dues and improve the program. Each family account may be required to raise a minimum of \$100 annually (September 1 through August 31).

OA TRAINING GROUPS

OA Training Groups are highly structured to provide the right training, competitive, and social experience for each age and ability. There are four age groups: 10 & Unders, 11-12s, 13-14s, and Seniors (15 & Over). Each age group is further separated by ability: Alpha (Advanced), Beta (Intermediate), and Gamma (Novice). The 13-14 and Senior groups have only Alpha and Beta levels.

The objective of each group is to teach, train, and encourage the necessary habits and skills for success at the next level. These groups also allow for greater specificity of training and technical instruction that is appropriate for the swimmer’s age, maturity, and ability.

SWIM TEAM TRAINING GROUPS

Age Group	Minimum Attendance*	Meet Attendance Requirements**	Prerequisites
10 & Under Alpha	4 Practices / Week	1 Swim Meet / Month and the State Championship **	3 State Championship Qualifying Times. Group appropriate habits.
10 & Under Beta	3 Practices / Week	1 Swim Meet / Month and the State Championship **	Must be proficient in all four competitive strokes and able to safely perform a racing start. Group appropriate habits.
10 & Under Gamma	2 Practices / Week	1 Swim Meet / Month	Must be proficient at competitive Freestyle and Backstroke. Group appropriate habits.
11-12 Alpha	5 Practices / Week	1 Swim Meet / Month and the State Championship **	3 State Championship Qualifying Times. Group appropriate habits.
11-12 Beta	4 Practices / Week	1 Swim Meet / Month and the State Championship **	Must be proficient in all four competitive strokes and able to safely perform a racing start. Group appropriate habits.
11-12 Gamma	3 Practices / Week	1 Swim Meet / Month	Must be proficient at competitive Freestyle and Backstroke. Group appropriate habits.
13-14 Alpha	5 Practices / Week	1 Swim Meet / Month and the State Championship **	3 State Championship Qualifying Times. Group appropriate habits.

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13-14 Beta	4 Practices / Week	1 Swim Meet / Month and the State Championship **	Must be proficient in all four competitive strokes and able to safely perform a racing start. Group appropriate habits.
Senior Alpha	6 Practices / Week	1 Swim Meet / Month and the State Championship **	15 & over, 3 State Championship Qualifyi Times. Group appropriate habits.
Senior Beta	4 Practices / Week	1 Swim Meet / Month and the State Championship **	15 & over, must be proficient in all four competitive strokes and able to safely perform a racing start. Group appropriate habits.

*Swimmers should attend more than the minimum requirement. Swimmers are strongly encouraged to fully attend everything that OA has to offer.

**** Attendance and availability to participate in the State Championship Meets is required where indicated.**

OA TRAINING GROUP ASSIGNMENTS

Group Assignments will be made by the coaches when a swimmer joins the team and prior to the first week of each season based on the following criteria:

- I. Age. The age group will generally be determined by the swimmer's age at the beginning of the season. Any swimmer who ages up prior to the end of the season and has achieved three or more state qualifying time standards in the older age group may be assigned to the older age group.
- II. Ability. Ability shall be based on Utah Swimming's State Championship Qualifying Time Standards. All Alpha swimmers must have and maintain three or more State Qualifying Times for their respective age group. Alpha swimmers who do not maintain the required time standard may postpone their advancement to the next age group.
- III. Commitment to training and competition. Each group has unique attendance and commitment requirements that must be met throughout the season.
- IV. Swimmers must consistently demonstrate the appropriate group habits, competitive techniques, and stroke mechanics for each group.
- V. The coaching staff reserves the right to advance or postpone a swimmer's group movement for any reason. We will always aim to do this in a way that is in the best interest of the swimmer and team.

STATE CHAMPIONSHIP MEET POLICY

USA Swimming has two seasons, a Short Course (SC) season and a Long Course (LC) season. Utah Swimming hosts a State Championship at the end of each season. OA Swimmers are required to swim and/or participate in each State Championships as a competitor, volunteer, or supporter.

- I. Parents and Swimmers MUST notify coaches at the beginning of each season if they will be unable to participate in State Championship.
- II. Parents/Swimmers MUST "decline" the State Championship 90 days prior to the scheduled event.
- III. A \$200 fee will be assessed for any swimmer/parent that does not attend the meet without 90 days prior notification.

SWIM MEET REGISTRATION & FEES

At the beginning of each season, the season schedule of swim meets will be posted to the team website. Parents and swimmers are responsible for committing or declining their attendance for any given meet on the OA Website. All active swimmers that have NOT officially declined to attend by the registration deadline will be automatically registered for

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home meets hosted by OA. Coaches will review and select the events for swimmers that have not already done so. Swimmers and Parents will be responsible for all swim meet fees.

- Members understand that they are responsible to declare a swimmer's intent to attend or decline each swim meet on the OA website. Meet declarations must be made prior to the OA registration deadline for receiving meet entries.
- ALL Members understand that a swimmer that does not formally 'DECLINE' an OA HOSTED meet by the OA registration deadline will be entered into the meet by his or her coach.
- Swimmers may choose their events prior to the registration deadline; however, coaches may add, delete, or otherwise change entries as necessary.
- All OA swimmers are expected to be available for and participate in the State Championship meets held at the end of each season. This includes unqualified swimmers, individual events, and relays. Swimmers that will not be available for the State Championship meet MUST notify the coach in writing 90 days prior to the start of the short or long course season.
- Swimmers are expected to check in with their coach upon arrival and prior to leaving a swim meet. Swimmers are expected to swim all of the events and/or relays in which they are entered.
- In addition to the standard meet fees, each swimmer will be assessed a \$25 coach fee per local meet not hosted by OA.
- Please contact Coach Christy if needing help to register and send entries for a swim meet that OA is not attending. OA may charge a fee of up to \$50 to register a swimmer for a swim meet that is not on our website.
- Members understand that Swimmers and Parents are responsible for all related meet entry fees regardless of meet attendance. Fees are required and paid at the time of entry. Once the meet entries have been sent to the host team, the entry fees are non-refundable.

LIABILITY WAIVER

As a Member, I agree to participate, or allow my child and family members to participate, with OA, and hereby release OA, its directors, officers, agents, coaches, and employees from liability for any injury that might occur to myself, or to my child and family members, while participating in the OA program, including travel to and from training sessions, swim meets or other scheduled team activities. I agree to indemnify and hold harmless the above mentioned organizations and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death to me, my child and/or other family members, or damage to my property, the property of my child and/or other family members, or both, while I, or my child or family members, are participating in the OA program.

MEDICAL WAIVER

I certify that I am the parent or legal guardian for my child. I hereby give my permission to any supervisor, coach or other team administrator associated with OA to seek and give appropriate medical attention to a child in the event of accident, injury, or illness. I will be responsible for all costs associated with any necessary medical attention and/or treatment. I hereby waive, release and forever discharge OA and associated supervisor, coach or other team administrator from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in OA activities, whether damages or loss is due to negligence. I hereby acknowledge that my child is (are) physically fit and capable of participating in all Swim Team and Lesson activities.

OA TEAM AGREEMENT COMPLETION

After reviewing the entire agreement, please finalize it by signing in through your OA account online.