



# 2025-2026

# SUMMER REC SWIM TEAM INFORMATION PACKET

INDEX

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2	//	INTRO LETTER
3	//	GENERAL INFO
4	//	PRACTICES
5	//	MEETS
6 - 7	//	CODE OF CONDUCT
8 - 9	//	EXPECTATIONS
10	//	AGREEMENT

\* PLEASE READ THROUGH THE FOLLOWING INFORMATION. THIS PACKET IS FOR YOUR REFERENCE.



Welcome to the WEST Summer Swim Team. Whether you are exploring competitive swimming for the first time or returning for another year, we are excited about the upcoming season!

WEST Coast Aquatics is a 501-c3 non-profit organization committed to promoting the sport of swimming for life. Our club swim team has been awarded multiple Bronze Medal Level of Excellence Awards from USA Swimming, listing it as one of the Top 200 programs in the country. WEST was also listed on ASCA's list of Top 100 Age Group Programs in the nation.

#### **HOW TO USE THIS PACKET:**

This packet is designed to share information regarding fees, policies, expectations, Code of Conduct and schedules. It is to be used in conjunction with our WEST Organization Handbook which formally has all of our policies in one place.

**Congratulations on joining the WEST Swimming Family!**

Sincerely,

West Coaches

# GENERAL INFO

WEST COAST AQUATICS | RECREATION TEAM

## PROGRAM OVERVIEW:

Our Recreation Swim Team program offers swimmers an opportunity to improve their technique and conditioning while learning the fundamental skills of competitive swimming and having fun with friends. Recreation Team swimmers have the option to compete and the flexibility to progress at their own pace. The Recreation Swim Team runs from September through June and culminates with our Summer Swim Team from June to August. We also offer swimming specific dryland-only options to compliment our in-water swim groups. This allows swimmers to customize their practice schedule and maximize their training benefit!

## SEASON DATES

Summer Team: 6/23-8/1

## MINIMUM SWIM REQUIREMENTS

All swimmers must complete a basic swim test on their first day of practice. The test must be done independently without stopping or assistance and using proper stroke technique. The test shall consist of 2x25 yards of freestyle, 2x25 yards of backstroke and 50 yards of kicking. Any swimmers that do not pass their swim test will not be allowed to participate on the Summer Team and will be referred to our Swim School program with a credit for training fees (registration fees remain non-refundable).

## MAXIMUM ENROLLMENT

Rec swimmers are limited to a maximum of 3 days per week of swimming. Swimmers simultaneously enrolled in multiple 2-3x per week options (both group and waitlist spots) will be automatically cancelled. If your swimmer wishes more practices per week, we recommend adding dryland or considering neighboring club team options. Prospective swimmers without an active enrollment may register for multiple waitlists in hopes of obtaining the first available spot. Remaining waitlist spots will be cancelled upon enrollment.

# FEES

## WEST COAST AQUATICS | RECREATION TEAM

### REGISTRATION:

**WEST Registration Fees:** One non-refundable fee of \$75 is due at each registration. This fee includes a WEST cap and T-Shirt. It does not include a bathing suit or any other required equipment.

**USA Swimming:** All swimmers must register with USA Swimming using the following link: <https://omr.usaswimming.org/omr/welcome/31F592E6E33C47>. Registrations may not be approved until USA Swimming registration is confirmed.

### SEASONAL TRAINING FEES

The Recreation team is broken into four quarterly seasons: Fall, Winter, Spring and Summer Team. Registration Fees are paid up front to secure your spot. Space is limited and will be allocated by performance ability, attitude and attendance. Returning swimmers will be given priority registration and remaining spots will be opened on a first-come-first-serve basis. Each new session will have its own registration period and ALL swimmers will need to register for each new season. Current swimmers (both Swim and Dryland) will receive priority registration, though specific days/groups are not reserved. General registration will open later for waitlisted families, Swim School graduates, and new members.

### OTHER FEES

We have made efforts to streamline monthly fees and avoid irregular charges to families throughout the season. The following are fees not included in the cost and will be billed separately: **Meet Entry Fees, Training Equipment, and Team Apparel.**

### CANCELLATION POLICY

ALL cancellations MUST be received by 11:59pm Friday, June 19 2026 to receive partial credit on training fees. Registration fees are non-refundable and maximum credits cannot exceed 50% regardless of circumstances. Any cancellations later than Friday 6/19 will not receive any credit or refund.

# PRACTICES

## WEST COAST AQUATICS | RECREATION TEAM

### IN-WATER & DRYLAND-ONLY GROUPS:

We offer both in-water swim groups and dryland-only groups. We strongly recommend combining swimming and dryland to maximize the benefit and experience! *\*Note: we cannot accommodate requests to change the set practice schedule, attend other times unregistered, nor do we offer make up practices. Swimmers must be registered for the group(s) and time(s) that they attend.*

### SWIMMING GROUPS & RATES:

**Weekday:** 3x per week, on Monday, Wednesday & Friday, AM or PM **\$450**

**Weekday:** 2x per week, on Tuesday & Thursday, AM or PM **\$300**

**Weekend:** 2x per week, on Saturday & Sunday **\$300**

### DRYLAND GROUPS & RATES:

*(All Dryland Groups are ages 10+)*

**Weekday:** 2x per week, on either Monday & Wednesday or Tuesday & Thursday, AM or PM **\$200**

**Friday:** 1x per week on Fridays, AM or PM **\$150**

**Saturday:** 1x per week on Saturdays **\$150**

### SWIMMING GROUPS:

#### Monday, Wednesday & Friday:

AM (10&U, 11-12, 13&O): 12-1pm (cap. 56 swimmers)

PM (10&U, 11-12): 6-7pm (cap. 40 swimmers)

PM (13&O): 7-8pm (cap. 16 swimmers)

#### Tuesday & Thursday:

AM (10&U, 11-12, 13&O): 12-1pm (cap. 56 swimmers)

PM (10&U, 11-12): 6-7pm (cap. 40 swimmers)

PM (13&O): 7-8pm (cap. 16 swimmers)

#### Saturday & Sunday:

11&U: 12:30-1:30pm (cap. 40 swimmers)

12&O: 1:30-2:30pm (cap. 36 swimmers)

### DRYLAND GROUPS:

#### Monday & Wednesday:

AM: 1-1:30pm (cap. 12 athletes)

PM: 5:30-6pm (cap. 12 athletes)

#### Tuesday & Thursday:

AM: 1-1:30pm (cap. 12 athletes)

PM: 5:30-6pm (cap. 12 athletes)

#### Friday:

AM: 1-1:30pm (cap. 12 athletes)

PM: 5:30-6pm (cap. 12 athletes)

#### Saturday:

2:30-3pm (cap. 12 athletes)

# POLICIES

WEST COAST AQUATICS | RECREATION TEAM

## COMMUNICATION

**Email is our preferred method of communication**, please email [recreation@westswimteam.com](mailto:recreation@westswimteam.com) with all questions and concerns. If you need to speak with your swimmer's coach, please do so before or after practice and respect everyone's time by keeping it brief. If your conversation will take longer than 2-3 minutes, please send an email to arrange a meeting. Even if you speak to us in person, please send a reminder email for any requests or special circumstances so we can stay organized.

## PICK-UP & DROP-OFF

**10min:** ALL Swimmers MUST arrive no earlier than 10 minutes before practice and MUST be picked up within 10 minutes of practice ending.

**No Curbside Waiting:** Please pull into a parking spot to wait for your swimmer and avoid stopping at the curb to unload.

## ATTENDANCE POLICY

Swimmers should make an effort to be at practice and space will not be reserved for swimmers not attending. Unless other arrangements are made and agreed upon in writing, swimmers may be removed from the group after missing two consecutive weeks of practice.

# REQUIRED GEAR

WEST COAST AQUATICS | RECREATION TEAM

## REQUIRED GEAR - SWIMMING GROUPS:

**Bathing suit:** Please see our [Rec Swim Suit Policy](#). We recommend briefs for the boys and one-piece suits for the girls. Suits should be tight fitting to minimize drag resistance and cannot have decorative attachments that could pose a safety risk or distraction. Rashguards and shirts are not allowed as it makes swimming much more difficult and can pose a safety risk, however we will accommodate any religious or modesty requests, just ask one of our coaches for an exemption form. While not a requirement, you are welcome to purchase a team suit through our [online store at SwimOutlet.com](#).

**NO Diapers or Underwear:** We cannot allow diapers or underwear to be worn under bathing suits as it poses a contamination risk and the fabric can break down in the chlorinated water causing damage to mechanical equipment.

**Towel:** Swimmers should bring their own towel as we do not provide them.

**Goggles:** All swimmers should have their own goggles. Many germs spread through the eyes and while we allow the occasional borrowing from lost & found, swimmers at this level should have their own basic equipment. [Click here to visit our online store at SwimOutlet.com](#) or stop by our Front Office.

**Swim Cap (required for long hair, optional for short hair):** long hair getting in your face can pose a safety risk so anyone with shoulder-length or longer hair must wear one. We will provide all Summer Recreation Team swimmers with a WEST team cap on the first day of practice.

**Water Bottle:** Athletes should regularly hydrate during practice. Bottles may be refilled from our filtered water fountain.

## REQUIRED GEAR - DRYLAND GROUPS:

**Sneakers / Training Shoes:** please wear closed toe athletic shoes. Crocs, slippers, sandals, boots are not acceptable. Shoes should be sized appropriately and not fall off during movement.

**Attire:** Please wear lightweight, breathable and moisture wicking clothing. Avoid stiff, baggy or heavy fabrics.

**Hair-Tie (for long hair):** Athletes with long hair must tie it back to avoid distractions and limit safety risks.

**Water Bottle:** Athletes should regularly hydrate during practice. Bottles may be refilled from our filtered water fountain.

# MEETS

WEST COAST AQUATICS | RECREATION TEAM

## MEET SCHEDULE

Meets are posted to the [WCA.Captyn.com](http://WCA.Captyn.com) website once entries are available to be selected. Swimmers must RSVP and select events through the website by the posted deadlines. An announcement will be emailed once entries are open and more information specific to each meet will be sent out leading up to each event.

### **Saturday 7/11 (tentative): SSCD Hosted Summer Team Meet @ Kamiak High School**

More information, including session times will be posted as it becomes available. We will email when the meet entries are open and have more information to share.

### **Saturday 8/1: MMSC Hosted North Cascades Summer Swim League Championship @ Snohomish Aquatic Center**

[See PNS website for more information](#), it will be updated as more information becomes available. We will email when the meet entries are open and have more information to share.

## MEET WARM-UPS & ARRIVAL

Meets will start with a warm-up period of typically 15-30 minutes. Swimmers should arrive 15 minutes prior to the start of warm-ups. This allows time to find parking, get seated, change into bathing suits and prepare for warm-ups.

## MEET FEES

Meet Fees are separate from training fees and typically consist of a per athlete surcharge and an individual entry fee per event. Meet Fees will be billed separately once entries are submitted and may be updated following the meet if there are any late changes.

# CODE OF CONDUCT

WEST COAST AQUATICS | RECREATION TEAM

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## WEST CORE VALUES & CODE OF CONDUCT

WEST's Code of Conduct applies to all members and others attending an event or utilizing West Coast Aquatics facilities or grounds. The Code of Conduct is not intended to provide a comprehensive list of all expectations and describes only certain minimum expectations. WEST reserves the right to take action regarding any conduct that WEST views, in its sole discretion, as being inconsistent with its core values or is deleterious to WEST or its swimmers.

### WEST Coast Aquatics Code of Conduct:

1. WEST swimmers, members, guests and staff will not discriminate against any other swimmer, official, coach, administrator, or any other person on the basis of race, color, religion, age, gender, sexual orientation or national origin or commit any discrimination in violation of USA Swimming Rules and Regulations.
2. WEST swimmers, members, guests and staff will not conduct any sexually oriented behavior (whether consensual or nonconsensual), or any pattern of unwelcome advances or other sexual harassment directed towards a swimmer, coach, official or any other person participating in any capacity whatsoever in the affairs or activities of USA Swimming (whether such person is a member or not).
3. WEST swimmers, members, guests and staff will not sell, distribute, or offer to sell or distribute alcohol, tobacco, controlled substances, or any other substance listed on FINA's recognized list of banned substances.
4. WEST swimmers, members, guests and staff will not use alcohol, tobacco, controlled substances or any other substance listed on FINA's recognized list of banned substances.
5. WEST swimmers, members, guests and staff will not commit any act of theft or property damage while on WEST property.
6. WEST swimmers, members, guests and staff will not commit any act of non-consensual physical contact, obscene language or gesture, or other threatening language or conduct directed towards any swimmer, coach, official or any other person.
7. WEST swimmers, members, guests and staff will be responsible for their equipment and personal possessions and will clear all personal possessions and trash upon leaving WEST.
8. WEST swimmers, members, guests and staff will conduct themselves in an appropriate manner and will abstain from rough housing and horseplay that might result in personal injury to themselves or another.
9. WEST swimmers, members, guests and staff will not use cell phones, cameras, video cameras, or other devices with video or audio recording capabilities in locker rooms or changing areas as outlined in WEST Photography and Videography Policy (Section L of the team handbook).
10. WEST Swimmers, family members, and guests will refrain from inappropriate/destructive communication and will follow the procedures set in place by conflict resolution policy should an issue arise.
11. WEST swimmers, members, guests and staff will adhere to WEST's Electronic Communications Policy (Section I of the team handbook).
12. WEST swimmers, members, guests and staff will adhere to WEST's Anti-Bullying Policy (Section J of the team handbook).
13. WEST swimmers, members, guests and staff will not participate in or condone conduct that is in violation of this Code of Conduct.
14. WEST swimmers, members, guests and staff will not commit any other material and intentional act, conduct or omission not provided for above, which is detrimental to WEST's image or reputation, or to the sport of swimming.
15. WEST swimmers, members, guests and staff will not commit any act of fraud, deception or dishonesty.

Any swimmers, members or guests utilizing WEST's facilities may be denied membership, placed on probation, suspended or expelled from WEST if such person violates the provisions of WEST's Code of Conduct, or aids, abets or encourages another person to violate any of the provisions of WEST's Code of Conduct or the USA Swimming Code of Conduct which can be found at:

<https://www.usaswimming.org/docs/default-source/governance/lsc-managementdocuments/interpretations-legislation-bylaws/code-of-conduct-expert-2018.pdf>

# CODE OF CONDUCT

## WEST COAST AQUATICS | RECREATION TEAM

### WEST DISPUTE RESOLUTION PROCESS

If a swimmer (or parent) feels that he/she is not being treated in accordance with the above expectations, they should ask to address their concerns by scheduling a meeting with:

1. The Group Coach
2. The Head Coach
3. A WEST Board of Directors member

If any swimmer or parent/guardian is in violation with the Code of Conduct, discipline will be handled in the following format based on the severity of the offense:

- Removal from practice and sent home for the day
- Meeting with swimmer(s), parents, coaches and/or Board of Directors
- Further suspension
- Expulsion from the team

Training fees are not refundable due to a misconduct suspension. Discipline decisions will be determined by a three-person committee; appointed by the Board consisting of the Head Coach, a board member and a neutral adult. In the event that the Head Coach is personally involved in a dispute, a second neutral adult member(s) shall be appointed in place of the Head Coach.

Should one be necessary, a committee shall be appointed by the Board, comprising the Head Coach, and a neutral adult member. In the event that the Head Coach is personally involved in a dispute, a neutral adult member(s) shall be appointed. The membership of the committee shall remain the same until there is total resolution of any given problem, but may change for any other non-related disputes.

### REPORTING

If your concern relates to a violation of WEST MAAPP, including and not limited to: criminal activity, illegal drug use, inappropriate touching, or physical abuse, please report immediately to [safesport@usaswimming.org](mailto:safesport@usaswimming.org). Anonymous reporting can be completed: <https://fs22.formsite.com/usaswimming/form10/index.html>.

If your concern relates to sexual misconduct, sexual harassment or sexually explicit communication through any media, please contact the U.S Center for SafeSport to make a report immediately. You can report your concern online or call 833-587-7233. More information can be found at [www.uscenterforsafesport.org](http://www.uscenterforsafesport.org).

# EXPECTATIONS

## PARENT EXPECTATIONS

There is and has always been much discussion on the importance of the Support Triangle structure of parent, athlete and coach. Each plays a critical role in the development of the swimmer. Swimming is a very demanding sport, but through hard work and perseverance, invaluable lessons are instilled. WEST strives for the swimmer's long-term success and our goal is they continue swimming past high school. With such long swimming careers ahead of them, each part of the triangle plays an important part in determining how the swimmer develops, not just as an athlete.

### It is crucial we all work together and keep in mind several general rules of thumb:

1. Swimming is a sport and sports are supposed to be fun!
2. Each part of the Support Triangle plays a specific role. By each maximizing our specific roles and working together, we maximize the potential for the swimmer.
  - **Swimmer:** always put forth best effort and strive for perfect attendance.
  - **Coaches:** provide training and council on demands of the sport of swimming.
  - **Parents:** provide consistency, love and unconditional support for your athlete. NO Parent Coaching.
3. **Nutrition** – as a parent, you primarily influence your child's diet. They exercise a lot and will need to eat a lot, but we want to maximize performance and development, so it is important they are getting what they need.
  - **Avoid supplements** – get what you need from real food first.
  - **Water, water, water** – we don't really need to drink anything else. Hydration plays a major role in performance and recovery.
  - **"Shop the Perimeter"** – it has been said that everything essential for your body can be found on the perimeter of the grocery store: Veggies, Protein, Grains, and Dairy.
  - **"Eat a Rainbow"** – try to have a variety of colors of vegetables with every meal. You can't eat enough veggies.
4. **Rest** – growing bodies need extra rest already, and with training, it becomes that much more important. 6-8 hours per night minimum.
5. **No Pressure** – anyone that spends as much time with his or her face in the water, as these swimmers do, learns to take it pretty seriously. Swimmers should already put pressure on themselves to perform. As Coaches, we need to be able to also put pressure on the athlete to perform. However, the Support Triangle will crack if it is getting pressure from all sides. It has been regularly noted, and through my own experience swimming and the people I swam with, the ones that made it the farthest in the sport had parents that were most "Hands-Off" and did not put any additional pressure on them to succeed.
6. **Show the swimmer that you support them** – Being "Hands-Off" doesn't mean not to get involved with your child's swimming. They need to know that you support their hard work and dedication to the sport and that you care about them.
  - **Volunteer & Stay Connected** – help out at meets, meet and interact with other swim parents. WEST isn't just a swim team, it's a swimming community.
  - **Provide transportation** – we understand that our busy practice schedule and attendance expectations also put heavy demands on parents. We strongly encourage more carpooling.
  - **Keep them happy** – although we all go through ups and downs, overall, kids should be happy. If they aren't please speak with their respective coaches so we can work on a solution.
7. **Family, School, Swimming** – whenever facing hard decisions, remember the order of priorities.

# EXPECTATIONS

WEST COAST AQUATICS | RECREATION TEAM

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The most important job as a parent is to **SUPPORT**:

- **Support** ALL WEST swimmers, yours and others. • Support your age group and level.
- **Support** the coaches.
- **Support** other parents.
- **Support** positive communication.
- **Support** ALL WEST hosted meets as a volunteer.
- **Support** WEST and PNS / USA Swimming at all meets.
- **Support** ALL WEST fundraising opportunities. and for your swimmer...
- Keep them fed, clothed and healthy.
- Bring them to practice.

## WEST COACHES' EXPECTATIONS

Our goal is for each individual swimmer to reach his or her full potential not only as an athlete, but as a well- rounded person, as well. Although we strive to maximize performance in the water, our main goal is to help our athletes grow and develop into highly successful young adults consistent with the WEST core values of Honesty & Integrity, Sportsmanship, Respect, Hard Work and Pride.

## GENERAL EXPECTATIONS :

1. Be on-time - "Early" is on-time "On-Time" is late.
2. Don't coach your child.
  - Recent studies have shown that for many athletes, their least favorite aspect of sports was "the ride home" and the pressure put on them by their parents.
  - It confuses the child. As coaches, we give them critical feedback and focal points for improvement. We understand how challenging these items are and we demand the highest possible level of quality. We typically prioritize a few items to focus on and reinforce those items until they are mastered.
  - It puts additional stress and pressure on the swimmer, oftentimes reducing the amount of fun they have, which often leads to burnout and self-confidence issues.

## PRACTICE EXPECTATIONS

- Follow coach instructions at all times, don't interrupt or talk when coaches are speaking and ask questions when it is not disruptive to the rest of the group. Swimmers must be picked up within 20 minutes of practice ending.
- Bring required training equipment to each practice. Always watch the pace clock and leave on the correct interval between swimmers.

## MEET EXPECTATIONS

- Warm-up during designated warm-up times, regardless of what time individual events are scheduled to happen. Swimmers are expected to warm-up with the team and be at the meet to support the team effort.
- Swimmers are to sit with the team during the meet, not in the stands with parents.
- Relays – Swimmers will support the team effort by competing on relays even if they do not compete in individual events on the same day.

Meet schedules will become available online at [WCA.Captyn.com](http://WCA.Captyn.com) under your dashboard and we will email once they are posted. Swimmers must declare which meets they plan to attend using the Meet Declaration feature on the Events page. Coaches will choose the events in which swimmers will compete. **Swimmers MUST confirm they would like to attend a meet to be entered into the meet.**

The WEST Code of Conduct is designed to maximize positive experiences for all WEST swimmers and ensure WEST is providing a fun, safe, and positive learning environment. Team members will refrain from any illegal or inappropriate behavior that is not consistent with WEST's Code of Conduct. All members, including parents must follow the Code of Conduct as listed in Section G of the team handbook.

# AGREEMENT

## FOR YOUR RECORDS | PLEASE READ

### ACKNOWLEDGEMENT

I acknowledge that I have read and understand all requirements/ expectations as outlined in the WEST Coast Aquatics Recreation Team Information Packet. I acknowledge that I have read and understand all requirements/ expectations as outlined in the WEST Coast Aquatics Organization Handbook.

### REGISTRATION & PAYMENT

I acknowledge that I have read and understand all requirements of the WEST Coast Aquatics Annual Fee Schedule. I understand that training fees are payable in one installment and are due by the 1st day of practice. Space will not be held for unpaid registrations. All fees are due in accordance with the fee schedule as set by the Board of Directors. I understand that my swimmer must be registered and remain in good standing with USA Swimming and I am responsible for all registration fees. Accounts delinquent over 30 days without prior arrangement will result in the athlete being denied practice, competition, and awards privileges until financial obligations are satisfied.

### AUTOMATIC BILLING AUTHORIZATION

Monthly bills may be paid automatically with your debit or Visa / MasterCard credit card. Billing statements will be sent via email on the first of each month. \*\*It is MANDATORY that ALL families MUST register with a debit or credit card\*\* If you do not want to pay using this card, you must pay the balance of your account with cash or check prior to the first of the month.

I authorize WEST Coast Aquatics to automatically debit from my bank account or charge my Visa/MasterCard on the 1st of each month any and all fees owed to WEST Coast Aquatics.

### CANCELLATION POLICY

I understand there are no refunds, credits or proration of fees for canceling less than 72-hours prior to the program start date. I understand that notice of cancellation must be received at least 14 days prior to the next billing cycle to stop any automatic billing charges.

### PHOTO RELEASE

I hereby give my consent for WEST Coast Aquatics to use my child's photograph and likeness in all WEST forms and media (i.e. website, brochures, Facebook, fliers, etc) and any other lawful purposes that promote WEST and its mission.

### ALLERGEN & MEDICATIONS

WEST personnel are not trained to dispense or administer medications. If you or your swimmer require the use of a medication, then you and/or your swimmer are responsible for being trained and ready to use such medication without the involvement of WEST personnel.

### MINOR ATHLETE ABUSE PREVENTION POLICY

I acknowledge that I and my swimmer have read and understand WEST's MAAPP.

### TEAM POLICIES

I acknowledge that I and my swimmer have read and understand the following team policies at WEST: WEST Swim Team Travel Policy, WEST Swim Team Electronic Communications Policy, WEST Anti-Bullying Policy, WEST Locker Room Policies, WEST Swimwear Policies

### PARENT CODE OF CONDUCT

I, the Parent, have read and understand the following information as well as the team Code of Conduct and agree to act in accordance with its expectations and guidelines. I understand the consequences that will occur as a result of my child or myself not following the Code of Conduct.

### SWIMMER CODE OF CONDUCT

I, the swimmer, have read and agree to act in accordance with the above Code of Conduct expectations and guidelines. I understand the consequences that will occur as a result of not following the Code of Conduct.

### ILLNESS WAIVER

An inherent risk of exposure to illness from infectious disease including but not limited to MRSA, COVID-19 and influenza exists in any public place where people are present. These are extremely contagious diseases that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. WEST Coast Aquatics cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading illness while participating in competitions, practice and all team activities. It is not possible to prevent the presence of disease. Therefore, if you choose to participate in any WEST or USA Swimming activity or event, you may be exposing yourself to and/or increasing your risk of contracting or spreading illness. By attending or participating, you voluntarily assume all risks associated with exposure to illness and forever release and hold harmless from: USA swimming, WEST Coast Aquatics, and each of their officers, partners, directors, agents, employees or other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection with exposure, infection, and/or spread of disease related to participation in competition, practice and all team activities.