

RIVERTON AQUANAUTS SWIMMING CLUB



CLUB HANDBOOK 2023/2024 SEASON

Season: 1st October 2023 to 30th September 2024

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MANAGEMENT COMMITTEE

CORE COMMITTEE

President:	Mark Davey
Vice President:	Kerry Smith
Treasurer:	Louise Davey
Secretary:	Jessica Van Schie
Registrar:	Hayley Kammermann

COMMITTEE

Meet Manager:	Nicole May
Fundraising Officer (BBQ):	Jason Lawrence
Uniform Officer:	Claire Strahan
Member Protection Officer:	Kareena Wallace
Head Coach:	Gemma Herrington (accredited)

OTHER ROLES (NON-COMMITTEE)

Assistant Meet Manager	Kareena Wallace
Club Night Records Officer:	Hayley Kammermann
Grants Officer	Vacant
Social Media Officer:	Gemma Herrington
Website Updates:	Kerry Smith

Contact details for all committee members can be found [here](#).

All committee members have agreed to abide by our Club Code Of Ethics.

INTRODUCTION

We would like to welcome past, current and new Riverton Aquanauts Club members. The following handbook is an overview of our club policies for the 2023-2024 season. We encourage all members to familiarise themselves with its contents.

It is our goal to encourage all club parents, guardians, coaches and committee members to share the united goal of maintaining a stable club environment, which enables swimmers to reach their full potential whilst having fun.

OUR VISION

- Inspiring and enriching the community of the City of Canning and beyond through the sport of swimming.

OUR MISSION

- To encourage those swimming at any level, to realise their potential, develop their talent and follow their dreams.

OUR VALUES

- Friendship, Inclusiveness, Commitment, Community, Integrity, Respect, Teamwork, Cooperation, Enjoyment and Sportsmanship

Riverton Aquanauts Swimming Club is a family-oriented club that caters for children of all ages able to swim 25m in 3 strokes. Riverton Aquanauts provides for swimmers with a disability through the scheduling of Multi Class events at its club nights.

CODE OF CONDUCT

A Code of Conduct applies to all parents, swimmers, officials, committee members and coaches within our club. It is every parents' responsibility to familiarise themselves with the Club Policies and our Code of Conduct Agreement.

As a condition of membership with our club the Codes of Conduct has to be accepted during the registration/renewal process on Swim Central.

Below is our detailed code of conduct for our members, coaches and parents/guardians. Please read this through carefully.

RIVERTON AQUANAUTS SWIMMING CLUB CODE OF CONDUCT

All members and their families must abide by the Code of Conduct of the Riverton Aquanauts Swimming Club and Swimming WA [SWA Code of Conduct](#) including the Members Protection Policy. The attitude and behaviour of our swimmers and their families when with the club is expected to be always exemplary.

CLUB EXPECTATIONS

Our club is committed to providing a safe environment for participation. Aggressive, threatening or other inappropriate behavior by members, their families, or their friends, or other personnel will not be tolerated.

These behaviors are outlined as below and include:

- Reflect RVA in a bad light on social media or in a public forum.
- Harassing, using bad language, bully or ridiculing swimmers, coaches, officials, governing bodies, parents or friends.
- Making racist, religious, sexist or other inappropriate comments to swimmers, coaches, officials, governing bodies, parents or friends.
- Any threatening behavior or physical altercation between swimmers, coaches, officials, governing bodies, parents or friends.
- Putting undue pressure on any children, berating them or putting down their performance.

- Drinking at an event or training or being drunk at a club event.

WHAT WE WILL DO

- Provide members, their parents and other personnel with our Code of Conduct and make clear what is expected and the consequences of noncompliance.
- Where possible, bind non-members by prominently communicating and by requiring parents to abide by club rules (e.g. by making parents associate members & signing our Code of Conduct).
- Reinforce messages of fair and respectful behavior by communication mediums around our facilities and providing information on our website, in our newsletter and through other club communication.
- Encourage the reporting of incidents and investigate inappropriate behaviours as outlined in this policy and take disciplinary or whatever other actions as are deemed necessary).

WHAT WE ASK YOU TO DO

- Help create a positive atmosphere for swimmers, coaches, officials, parents or friends by showing respect for swimmers, coaches, officials, parents or friends
- Abide by our club's Code of Conduct and refrain from using bad language, harassing or ridiculing others or behaving in a threatening or violent manner.
- Report any inappropriate behavior to the club president or someone in a position of authority.

AS A SQUAD/TEAM MEMBER

- Be a good sport and team player. Swim for the love of it.
- Compete according to the competition conditions and rules.
- Accept the decision or directions of the referees or officials. If in disagreement with a decision, raise it with your coach or team manager.

- Control your temper and your language - no criticism by word or action.
- Treat all members equally regardless of age, gender, race or disability.
- At all club functions, training, meets, or social gatherings, we expect each swimmer to behave in such a way that their actions reflect positively on Riverton Aquanauts. Bullying where swimming or RVA reference is used to harass will not be accepted in any forum (social media, school or public forum)
- Work equally as hard for your team as you would for yourself - your team's performance will benefit as will your own.
- Encourage and support your team members.
- Show respect and recognition for your opponents, their skills and achievements. Be friendly to all participants within the water and out. Failure to comply may lead to you been brought before the Committee and or suspended / expelled.
- Never interfere with the progress of another swimmer, during training or otherwise.
- Ensure you have adequate rest to obtain your best performance - keeping late hours will detract from your own and team's performance.
- Smoking, drinking of alcoholic beverages, or taking of non-prescribed drugs is forbidden. Any illegal behaviour will be referred to the police.

<https://www.sportintegrity.gov.au/what-we-do/anti-doping>

- Take responsibility for your actions - always follow the directions of your coaches and managers.
- This shall be appropriate to the circumstances and as directed by the Head Coach or Team Manager.
- Team uniform must be worn as directed by the Head Coach or Committee when competing and training, medal presentations, when travelling or at official club functions.

COACH

- Operate within the rules and spirit of the sport and teach my swimmers to do the same
- Abide by the Riverton Aquanauts Swimming Club general behaviour Code of Conduct
- Be responsible for matters concerning coaching, training and development of members
- Be reasonable in the demands on swimmers' time, energy and enthusiasm.
- Help each swimmer reach their potential, respect the talent, developmental stage and goals of each person and compliment and encourage with positive support and feedback.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all swimmers.
- To display control, respect and professionalism to all involved with the sport including opponents, referees, coaches, officials, administrators, the media, parents and spectators. Encourage my swimmers to do the same.
- Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young swimmers.
- To promote adherence to anti-doping policies.
- Ensure that any physical contact with others is appropriate to the situation and necessary for skill development.
- Have sound knowledge of Swimming Australia policies and rules.

PARENT/GUARDIAN

- I will not force my child to participate in sports.
- I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- I will learn the rules of the sport and the policies of the association. I will not abuse, bully, threaten or harass **any member** of the swimming fraternity.
- I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all athletes, coaches, officials and spectators at every event, training or any other club sporting event. My behaviour will not reflect poorly on RVA.
- I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, athlete, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
- I will not encourage any behaviours or practices that would endanger the health and wellbeing of the athletes.
- I will teach my child to compete by the rules and to resolve conflicts without resorting to hostility, bullying or violence.
- I will demand that my child treat other athletes, coaches, officials and spectators with respect regardless of race, creed, colour, sex or ability.
- I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of an event or his/her performance.
- I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
- I will never ridicule or yell at my child or other participant for making a mistake in a competition.
- I will emphasize skill development and practice (training) and how they benefit my child over winning. I will also de-emphasize events and competition in the lower age groups.

- I will promote the emotional and physical wellbeing of the athletes ahead of any personal desire I may have for my child to win.
- I will respect the officials and their authority during all events and will never question, discuss, or confront coaches at the event or training, and will take time to speak with coaches at an agreed upon time and place.
- I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
- I will refrain from coaching my child or other athletes during events and training.

APPEARANCE

- At all times be presentable as a Riverton Aquanauts Team Member when wearing Team Uniform or representing the Team at Training venues, Competition and social events.
- Always adhere to the Uniform requirements set out by the Riverton Aquanauts Swimming Club and Coaching staff including proper Dry land attire.
- **Non-Uniform items are not to be worn at any competitions unless you are a new member and awaiting your uniform.**

ON A TRIP AWAY WITH THE TEAM

- When travelling always remember you are representing Riverton Aquanauts Swimming Club and must follow all directions given by coaches and team management at all times.
- Respect the privacy and property of others with whom you are sharing accommodation.
- Keep your own and the general communal areas tidy.
- Respect the accommodation facilities at which you stay, and the rights and expectations of other guests.
- Be aware of the team's program, and where you should be, and ensure team management is always aware of your location.

- All charges incurred other than those covered by Riverton Aquanauts Swimming Club, are your responsibility and must be settled prior to your departure. This includes damage to all property and personal effects.
- Be responsible- you are representing yourself, your family, and your Club.
- Social activities other than those organised or approved by the coach/team management are not permitted.

EXPULSION / SUSPENSION FROM THE CLUB

If a member infringes any Rules of the Club, or in the opinion of the Core Committee and/or Committee, is guilty of conduct prejudicial to the interests of the Club, the Core Committee shall have power on a resolution carried by two thirds majority to suspend for any period or expel such member. Noting a suspension will be enforced from the time of the complaint until resolution.

The member shall have the right to appear and be heard before the Committee and/or the Swimming WA Resolutions Officer as per the Constitution.

IMPORTANT READING FOR PARENTS

(By Rose Snyder, Managing Director Coaching Division, USOC Former Director of Club Services, USA Swimming)

- I. Thou shalt not impose thy ambitions on thy child. Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push her/him based on what you think her/him should be doing. The nice thing about swimming is every person can strive to do her/his personal best and benefit from the process of competitive swimming.
- II. Thou shalt be supportive no matter what. There is only one question to ask your child after training or a competition - "Did you have fun?" If meets and training are not fun, your child should not be forced to participate.
- III. Thou shalt not coach thy child. 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. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.
- IV. Thou shalt only have positive things to say at a swimming meet. You should be encouraging and never criticise your child or the coach. Both know when mistakes have been made. Remember "yelling at" is not the same as "cheering for".
- V. Thou shalt acknowledge thy child's fears. New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all their swimming experiences.
- VI. Thou shalt not criticise the officials. Please don't criticise those who are doing the best they can in purely voluntary positions.
- VII. Honour thy child's coach. The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize

the coach in the presence of your child.

- VIII. Thou shalt be loyal and supportive of thy team. It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.
- IX. Thy child shalt have goals besides winning. Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.
- X. Thou shalt not expect thy child to become an Olympian. There are 200,000 athletes in Australian Swimming. There are only 52 spots available for the Olympic Team every four years.

CLUB COMMUNICATIONS

General club communication will be managed via email, or by placing notices on the notice board and online. The club's noticeboard is located at the shallow end of the 50m pool. Other forms of communication to find news and updates are via regular club emails, flyers and coach notifications and the following social media sites:

FACEBOOK:

- [Riverton Aquanauts Facebook Page](#)

INSTAGRAM:

- [Riverton Aquanauts Instagram Page](#)

WEBSITE:

- [Riverton Aquanauts Website](#)

In joining our Club, the Photo Release Form was a condition of membership (when registering through Swim Central), therefore consent has been given for inclusion in team or individual photographs for the club's media publicity and promotions use only. On occasion, a professional photographer may visit our club to take photographs for newspaper articles and/or to publicise our local meets. This consent also applies to Facebook and Instagram posts.

RIVERTON AQUANAUTS MEMBERSHIP

CLUB REGISTRATION

Registrations for club and Swimming WA memberships (new and renewing) can be completed on-line at Swim Central <https://swimcentral.swimming.org.au/>

If you require any information on registration, please email our club Registrar at rivertonaquanautsregistrar@gmail.com.

Please see the detailed Swimmer and Club Personnel Memberships available in the below tables. PLEASE NOTE it is mandatory for all swimmers under 18, to have a parent/guardian membership attached.

PAYMENT & FEES

Membership fees for the 2023-2024 season are aligned with the Fee Structure as set out by Swimming WA and are outlined in the following tables.

As a member of the Riverton Aquanauts Swimming Club, swimmers may elect to swim at club nights and swimming WA sanctioned events.

Membership registration and renewals will be available from 1st September 2023. Membership will be approved at the discretion of the Core Committee. Current members who will not be renewed will be given a letter 14 days prior informing that their Membership will not be renewed.

Please see the detailed Swimmer and Club Personnel Memberships available in the below tables. PLEASE NOTE it is mandatory for all swimmers under 18, to have a parent/guardian membership attached.

Riverton Aquanauts provides a discount on the total club membership fees (purchased in ONE transaction). when a family enrolls 3 or more children. Please see below for our fee structures. Please note SWA are not offering discounted fees for multiple children.

EARLY BIRD DISCOUNT OF \$5.00 PER MEMBERSHIP AVAILABLE FOR THE MONTH OF SEPTEMBER.

Please note that Riverton Aquanauts Swimming Club does not profit from these membership fees.

It is noted that the Core Committee may decline a member and or parent/guardian

renewal as per the constitution.

All Riverton Aquanauts fees are subject to an online registration commission. Members under the age of 18 years whereby immediate family are a Coach and/or Committee Member of another Swimming Club will not be accepted or renewed unless approval is granted by the current serving President and Head Coach.

NOTE: Age of member is based on age upon registration. If a member is under 18 years of age, it is compulsory for a parent/guardian to sign up as a "Parent/Guardian" member.

SWIMMER MEMBERSHIPS

Membership Type	Swimming WA Fee*	Riverton Aquanauts Fee	Total
*Annual (9+ years)	\$141.00	**\$108.15	\$249.15
<p>*All-encompassing membership for swimmers 9+ years who actively seek to swim year-round.</p> <ul style="list-style-type: none"> ● Access to all Swimming WA competitions (pool and open water swimming series). ● Access to Swimming WA club competitions ● Swimming Australia membership ● Access to all Swimming Australia competitions (pool and open water) 			
*Participation (9+ years)	\$85.00	**\$108.15	\$193.15
<p>*Suited for swimmers (9+ years) who swim for fitness and leisure or those who have just entered the competitive swimming scene.</p> <ul style="list-style-type: none"> ● SWA Open Water Swimming Series ● Club Premierships or Country Pennants ● Club Sanctioned meets ● Inter/Intra Club Competition ● Swimming Australia Membership 			
*Junior Dolphin	\$40.00	**\$36.50	\$76.05
<p>*Suited for swimmers (5-8 years) who are looking to become members of their local swimming club as they transition from learn-to-swim. Unable to compete in Swimming WA hosted competitions except Tier 5 meets.</p> <ul style="list-style-type: none"> ● Access to stroke development from accredited coaches at SWA clubs ● Junior dolphins welcome pack ● Swimming Australia membership ● Access to club nights 			

**** a 10% discount on total membership fees for 3+ children, when purchased in one transaction.**

CLUB PERSONNEL MEMBERSHIPS

Membership Type	Swimming WA Fee	Riverton Aquanauts Fee	Total
Coach	\$30	\$0	\$30
<p>Accredited Swimming Australia Coach Member</p> <p>Swimming WA for the 23/24 season will be separating coaching memberships into 3 tiers:</p> <ol style="list-style-type: none"> 1. Accredited Coach – for Swimming Australia Accredited Coaches. 2. Teacher – for Certified Teachers who hold current AUSTSWIM -Teacher of Towards Competitive Strokes, SCTA – Teacher of Competitive Strokes or equivalent. 3. Trainee Teacher – for those who are working towards certified qualifications. 4. <p>Exemption to holding a mandatory parent/guardian membership for swimmers under 18yrs.</p>			
Parent/Guardian	\$5.15	\$0	\$5.15
<p>Mandatory membership for all swimmers under 18, to have a parent/guardian membership attached. *If not otherwise exempted*</p>			
Committee Member	\$0	\$0	\$0
<p>Swimming WA acknowledges the volunteer parent who sit on the children club committees. This provides an exemption for the need to obtain a mandatory parent membership, whilst a member is on the club committee.</p>			
Technical Official	\$0	\$0	\$0
<p>Swimming WA for the 23/24 season will be separating official memberships into 2 tiers:</p> <ol style="list-style-type: none"> 1. Accredited Technical Official – for Swimming WA Accredited Officials 2. Trainee Officials – for those who are working towards qualifications. <p>Exemption to holding a parent/guardian membership for swimmers under 18yrs.</p>			

RIVERTON LEISUREPLEX ADMISSION ENTRY INFORMATION

All Riverton Aquanauts squad participants will pay fees to the Riverton & Cannington Leisureplex to gain access to the pool hall for squad training and club nights. The City of Canning provides the following fee options:

1x aquatic casual entry \$3.00 (adult or child squad swimmer)

10x aquatic entries \$27.00 (adult or child squad swimmer)

12-month up front aquatic membership \$559 (allows unlimited access to pools for 12 months, and a 12-month membership at full purchase price receives an additional 2 months free)

Aquatic direct debit \$12.40 per week (charged fortnightly, allows unlimited access to pools for 12 months)

Spectators no charge

12-month upfront Leisureplex plus membership \$759.00 (allows unlimited access to pools, gym and group fitness for 12 months; only available to select squad members selected by coach to participate in elite pathway program).

Leisureplex Plus direct debit \$16.40 per week (charged fortnightly; allows unlimited access to pools, gym and group fitness for 12 months; only available to select squad members selected by coach to participate in elite pathway program).

* Please be advised – to access the Wellness suite – Members must be 16 years old

* Any person under the age of 18 is required to have a guardian complete and sign their membership form.

* Any person under the age of 15 will be required to complete the Gym foundations course before being permitted access to the gym.

For further information and to arrange your pool entry please speak to Riverton Leisureplex reception staff.

Terms and conditions apply.

TRAINING

Members of the Riverton Aquanauts Swimming Club are coached under the Riverton Aquanauts squad program. Training times and squad fees are set by Riverton Aquanauts. This is subject to change.

Swimmers are not to seek training with other squads or coaches, unless it is under specific agreement with their Riverton Swim 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 carefully mapped programs which include varying methods of teaching swim technique

NOTE: A swimmer cannot train at Riverton and be affiliated with another Swim Club

Training at the Centre but competing for another Club is not supported. A transfer must be initiated **within 2 weeks** of that Swimmers first trial at Riverton Aquanauts.

• UNIFORMS

New uniforms can be purchased and paid for from our supplier online at the following link: <https://www.clubsshop.net/riverton> Our Uniforms Officer also has on hand a limited number of RVA uniforms (e.g., caps, shirts and jumpers) for sale at Club Nights, or email rascuniforms@gmail.com

The uniforms on the Clubshop website can be customised (i.e., personalised name).

To make a purchase from Clubshop you must register for an account online on the website. Purchases must be paid in full at the time of order placement, using an approved credit or debit card. After placement of an order via this website you will receive an email confirming your purchase.

The email will also include a PDF attachment of the invoice. This invoice number will be used in all future correspondence regarding the order. Their Customer Service Team will send a further email upon dispatch of the order.

Once an order has been submitted through this website it can only be cancelled prior to shipping.

Most clothing items will be ready for dispatch within 7-10 working days, however some items may take up to 4 weeks. If they are unable to meet your production time estimate their sales team will contact you to discuss this further. At this time, you will be given the option of cancelling the order or undertaking to accept the new production criteria.

Should you require any further details, please do not hesitate to contact their Customer Service Team at [Clubshop Customer Service Contact Us](#)
Please read their T&C's.

Orders can be delivered or picked up. You can speak to the Uniforms Officer to make arrangements for pick up.

Riverton Aquanauts Swimming Club regularly competes at swim meets in the metro and regional areas, plus state & national meets. When swimmers attend any of these meets the RVA uniform is **COMPULSORY**. During medal presentations, we ask that the club shirt be worn.

The minimum club dress is a Riverton swim cap, a club shirt and/or club jumper, black shorts or any type of black long pants can also be worn.

If your child is cold between races, then Riverton Jackets or jumpers, or navy swim coats should be worn to ensure that the team looks professional.

If you require assistance, please email our Uniforms Officer at rascuniforms@gmail.com

🏠 > Swimming Cap



Swimming Cap



Avail. in
Short & Long
Sleeve

RA Paterson Polo



RA Eureka Jacket



RA United Hoodie



RA Custom T-Shirt



RA Custom Polo

COACHES

- We have a "**No Parent on Pool Deck Policy**". Swimmers need to be in a learning environment that is free of distraction. We ask that all parents avoid interrupting the coaching staff during training time.
- We have a "One Coach Policy", which means that swimmers are not seek training with other squads or coaches, unless it is under specific agreement with their Riverton Swim 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 carefully mapped programs which include varying methods of teaching swim technique.
- If you have a question for the coach, you are to **email the Coach** and set a meeting time that is convenient for the Head Coach.
- Our Swim Club coaches are qualified and accredited with the Australian Swimming Coaches and Teachers Association. They also have current Police and "Working with Children" clearances. They regularly participate in professional development courses as run by Swimming WA.
- Our coaches are approachable and willing to discuss a swimmer's progress, needs or problems. If there is something the coach needs to know for the benefit of training or the swimmer's wellbeing, please don't be afraid to discuss it. Common issues that may affect a swimmer's progress include puberty, development, relationships, problems at school, or self-esteem.
- If you feel your swimmer is struggling to balance homework, it is essential that you communicate this immediately to the coach and your child's teacher, so that a plan can be put in place. Swimming can be seen as a great asset to your child's success in school.
- Parent education sessions are an excellent opportunity to learn more about a variety of topics that may affect your swimmer's development.
- All swim meets must be entered under coach direction. Club policy is that no untargeted meets should be swum without approval from the swimmer's coach.

HEAD COACH CONTACT DETAILS:

Name: Gemma Herrington
Email: rvacoach23@gmail.com
Mobile: 0402 032 301

DISCIPLINE

Swimmers are expected to always follow the coaches' direction. Failure to do so may result in the coaches disciplining the swimmer. The coaches have been granted the ability to discipline swimmers as part of their agreement. The form of discipline will be normally via low-level exercise (i.e., push-up, sit-up) or exclusion from the training squad for a time period.

Coaches will communicate to the swimmer or parent/guardian the reason for being disciplined.

Disruptive or disrespectful behavior from swimmers toward others, including the coaches, will not be tolerated by the club.

The swimmers code of conduct clearly communicates expectations relating to discipline whilst swimming for Riverton Aquanauts Swimming Club.

INJURIES

There may be times when a swimmer sustains an injury during or outside of training. If an injury or illness affects a swimmer's ability to train, the Club may seek a certificate from an accredited medical practitioner or parent/legal guardian clearing the swimmer to commence or re-commence training. Until this certificate is provided, the swimmer will be excluded from training.

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CLUB NIGHTS

Club Nights are a fantastic opportunity for swimmers to perfect their racing skills and technique in a non-competitive environment. Communicate with the coach if you are new to the swim club, and they will be able to advise you about suitable events for your swimmer.

Arrival and Check-in: 6:15pm

Warmup starts and check in closes: 6:30pm (swimmers not checked in will be scratched)

First race: 6:45pm SHARP

Finish: 8:00pm

Club nights are listed on our website and can be found [here](#).

Swimmers are asked to arrive no later than 6:15pm with warm up commencing at 6:30pm and events starting at 6:45pm **sharp**.

NOTE: Swimmers arriving after 6:30pm without prior notification to the Meet Manager will be scratched from their races to allow for re-seeding.

There are no exceptions to this requirement because re seeding of events causes significant delays to the meet.

Refunds for scratched entries will only be made following presentation of a medical certificate.

The meet manager can be contacted on rascmeetmanager@gmail.com to notify of late arrival or to scratch from an event.

We finish club nights at 8:00pm sharp due to closure of swimming complex so it is important that we start on time to ensure all events can be completed.

Club night registration is done online through Swim Central.

[Swim Central Registration](#)

Each club night offers the swimmers the opportunity to swim in different events. These are chosen by the Head Coach. The details of the night can be found on the MSR website when registering.

It would be appreciated if club members and parents could be ready to start at 6:45pm sharp so we can finish on time. This is especially important for parents with

young children.

All swimmers should become familiar with the rules of swimming, particularly starting procedures. We operate under the One Start Rule. All swimming events shall be conducted in accordance with the current rules of swimming as laid down by FINA and Swimming Western Australia.

In the event of power blackouts, club nights will not be conducted. Usually if a Club Night is cancelled, it will be rescheduled.

A small fee will be charged to enter our official club nights. There may also be a cost to enter the pool on club nights.

Children under 12 years of age must be accompanied by an adult.

Non-members are eligible to attend one club night, before being asked to sign-up. The cost of Club Nights for non-members is \$5 plus pool entry. In addition, a cost of \$3 per event (up to a maximum of 3 events) is required, as we have technical officials present at all Club Nights making all times officially recognised.

Whilst official times are recorded this only applies to financial members of Riverton. Swimmers who are trialing will be an exhibition swim and therefore their times will not be official.

RUNNING CLUB NIGHTS

Club nights cannot be run without parent help. Parents are required to assist with timekeeping or other duties at club nights and racing cannot commence until all time keeping chairs are filled.

This is always a fun night and a good opportunity to meet other members and to learn more about the world of competitive swimming. "Seasoned" parents are always available to provide training or assistance if you are unfamiliar with a role.

All club night entry details will be emailed prior to the day and can also be found on the club's Facebook page.

MARSHALLING

During club night swims, swimmers are expected to stay in the marshalling area after their event has been called so that they will be ready to swim in their event. The Marshall will call a swimmer's name three times only for the race they have entered. If a swimmer does not respond to the third call, they will be deemed

scratched from that swim event.

CLUB NIGHT RULES AND PROCEDURES

The club nights are conducted under FINA rules. Any queries please do not hesitate to ask one of our Technical Officials on pool deck or one of the committee members who can help direct you query to the right person.

We apply rule tolerances for 25m swimmers and 8 years and under swimmers – they are not disqualified under any circumstances.

We follow Swimming WA's policies and behaviour standards available.

[SWA Policies](#)

SWIMMING WA MEETS

COMPETITION INFORMATION

Competitions are strongly encouraged by the Riverton Aquanauts Swimming Club, because they are an opportunity for our club members to put into practice the racing skills they have been taught. For many swimmers, this provides an opportunity to experience a true sense of personal achievement.

The Riverton Aquanauts coaching staff nominates targeted meets for our swimmers. Information is contained within the Swimming WA Winter or Summer Almanacs which can be ordered from Swimming WA, or alternatively on the SWA website.

Please contact the Head Coach relating to questions about the meet, such as what events to enter, etc. For advice with online entry, please contact the club Registrar.

Swimming WA meets are entered via the [Swim Central Website](#).

Please contact our club Registrar if you have any further questions regarding meet entries: rivertonaquanautsregistrar@gmail.com

GUIDELINES FOR SWIMMERS & PARENTS AT MEETS

Swimmers should pack their swimming bag the night before the meet. Here is a suggested packing list for swimmers, however your coach may also request other items be included:

- **2 x bathers (FINA approved)**
- **2 x goggles**
- **2 x swimming caps**
- **2 x towels**
- **Warm clothing**
- **Hats, sunglasses, protective clothing and sunscreen (if outdoor venue)**
- **Sport shoes for dryland warm up**
- **Plenty of healthy food, snacks and water**

Parents are advised to organise food the night before, so that it is easier to leave in the morning early.

You may also want to pack highlighters to find your swimmer's events easily in the program of events, pens for writing down new personal best times, and a marker pen which can be used to write a reminder of event numbers on your child's arm, for marshalling.

It may be a good idea to print off a copy of your swimmer's race entry confirmation email, usually emailed to you from Swimming

Warm up times are as notified by the Head Coach and are usually at least 1.5 hours before the start of the swimmer's first event.

During the meet, swimmers are advised to speak to their coach for instructions immediately before and after the race for feedback. Parents must avoid giving feedback to either their own swimmer or other swimmers, although a positive comment such as "great job!" is fine.

Please advise the coach if your child is young and/or new to competitions, as the coach will ensure the swimmer understands the marshalling process, and often will ask a senior swimmer to accompany them to the marshalling area. A timekeeping roster is drawn up on the day by a parent volunteer. If your swimmer has entered a meet but is unable to attend that day (for example, due to illness), please contact your coach immediately, and advise Swimming WA so that the swimmer may be scratched from that event.

If your allocated timekeeping slot is not convenient, please speak to the meet manager, ask another parent if they can swap, or find a replacement.

During competitions, our swimmers are required to stay in their designated area. This encourages them to develop independence, self-reliance and organisational skills. It also allows for easier communication between coach and swimmer and strengthens camaraderie with other swimmers.

Riverton Aquanauts Swimming Club parents are also asked to stay seated in their own area, together as a team. At outdoor competition venues, we encourage all to wear hats, protective clothing and apply sunscreen regularly.

Finally, we encourage all parents and swimmers to cheer for ALL Riverton swimmers, in recognition of our swimmers' efforts.

Parents, swimmers and guests of Riverton Aquanauts are to respect all swimmers, coaches and officials, and refrain from poor sportsmanship, inappropriate/disrespectful behavior or offensive comments.

Concerns may be reported to the President, Member Protection Officer or any Core Committee Member.

By following the above policies, parents are demonstrating their support for our swimmers and our club. This behavior ultimately strengthens our swim team and benefits us all.

SUN PROTECTION

Riverton Aquanauts Swimming Club encourages all their members when attending outdoor events to follow the guidelines set out in the Swimming WA policy for their protection.

RIVERTON AQUANAUTS – SWIM MEET CALENDAR

Please refer to our website to see the dates of our club nights and targeted meets. Link below.

[Club Night/Swim Meet Details](#)

SELECTION OF COMPETITIVE TEAMS

On occasion, individuals and teams may be selected to represent the club either in relays or at meets such as Club Premierhips. The Head Coach and coaching staff will choose the team. Decisions are final, and no discussion will be entered into regarding team or race selection.

SWA CLUB PREMIERSHIPS

This is a team event, and all members are expected to attend and show support and cheer for the swimmers that have been chosen to represent RVA.

NOTE: The team will not be announced until the morning of. Any queries you may have regarding the Club Premierhips are to be directed to the President, NOT the Coach.

A bus may be provided for the members to travel together to the venue. Details of this will be provided if this is to occur.

OPEN WATER SERIES (OWS)

Anyone interested in swimming the OWS can see Gemma and discuss the details. Please see link below for more details.

[SWA Open Water Series](#)

RVA CLUB CHAMPIONSHIPS AND AWARDS

RVA CLUB CHAMPIONSHIPS

Once per year the club will run its Club Championships. Swimmers will be able to enter up to 5 events from:

- 50m Butterfly
- 50m Backstroke
- 50m Breaststroke
- 50m Freestyle
- 100m Freestyle

They will be awarded points based on where they finish in each race for their age category. The points will be tallied at the end of the meet and trophies will be awarded for the following.

- Multi class champion & runner-up
- Junior dolphins (medallions to all competitors)
- Male and female champion and runner-up in each of the following age groups
8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs and 15+

THROUGHOUT THE SEASON

Throughout the season, Swimmers will receive points for their performances at club nights.

Swimmers will gain points at club nights by competing, maintaining their performance, and especially improving their own individual times, with the following points awarded at each club night:

Times	Points awarded
5 secs to 1.01 secs above PB	1 point
1.00 to 0 secs above or equal to PB	2 points
0.01 to 1 sec improvement on PB	3 points
1.01 to 2 secs improvement on PB	4 points
>2secs improvement on PB	5 points

Please note: A point (1) is also awarded to swimmers per race where they have competed, plus any points that may be awarded according to the table above.

Riverton Aquanauts Swimming Club hold their Annual Awards Night towards the end of the year. This event is where all awards, certificates, special recognition will take place.

The following Annual Awards will be presented at the awards night:

- Club Championships - Champion and Runner-up Male (each age category)
- Club Championships – Champion and Runner-up Female (each age category)
- Club Championships Multi Class – Champion & Runner-up
- Most Club Night Points – Male
- Most Club Night Points – Female
- Most Club Night points – Multi class
- President's Award (Perpetual Trophy)
- Volunteer Award
- Coaches Award – Junior (Perpetual Trophy)
- Coaches Award – Senior (Perpetual Trophy)
- Open Water Series Trophy (Perpetual Trophy)

Note: that to be eligible for the Club Night Awards, a swimmer must attend at least 50% of the club nights held throughout the year

FUNDRAISING, VOLUNTEERING & SOCIAL EVENTS

FUNDRAISING

The Riverton Swimming Club must cover many expenses in order to operate smoothly. Its strength and growth as a club relies on dedicated parent volunteers. All families are busy with many commitments outside of the swim club, and for this reason we would like to extend our gratitude to our volunteers.

All club families are expected to participate in fundraising projects as designated by our Fundraising Officer and committee. It is beneficial to give swimmers the opportunity to participate in these events. Their contribution and input helps them to develop important skills beyond their sport and shows active commitment to their team.

Any family who does not wish to volunteer in the fundraising are asked to pay a fundraising opt out fee of \$50.

NOTE: Opting out of club fundraising activities will make your child ineligible for any travel assistance funding if they qualify for nationals, interstate or other special events.

VOLUNTEERING

Volunteering is rewarding, and a great way to make new friendships and learn new skills. The club cannot function without active volunteers. When we host our own club meets, it is compulsory for the entire club membership to be actively involved in helping make the day a success - there are many jobs to do before and during the actual event. It cannot be run without member involvement.

SOCIAL EVENTS

Social activities are a major highlight for our swimmers and are also a great opportunity for parents to meet other swim parents. We encourage all our members to attend these special events as often as they can.

COMPLAINTS PROCEDURE & MEMBER PROTECTION

The Riverton Aquanauts Swimming Club are fully committed to the protection of children, young people and our members in our sport and we are aligned with the six principles described in the [National Integrity Framework](#).

The Member Protection Policy specifically details prohibited conduct in relation to abuse, bullying, harassment, sexual misconduct, unlawful discrimination, victimisation, and vilification. The Swimming WA Member Protection Policy is available from the Swimming WA website [here](#).

The Member Protection Officer (MPIO) is the first point of contact for any complaints, concerns or conflict a member wishes to raise. The MPIO can explain member rights and responsibilities under the policy and law, and matters discussed with the MPIO are kept confidential (with the exception of mandatory reporting).

It is important that the MPIO is the first point of contact for any concerns so that they can be dealt with quickly & correctly, and/or referred to the appropriate committee member or SWA representative if required. This ensures that any concerns are addressed without delay and a satisfactory resolution reached as soon as practical.

The Member Protection Officer can be contacted on rascmemberprotection@gmail.com

SOCIAL MEDIA POLICY

Social media is a tool used by many swimmers and their families to socialise and interact. Swimmer's ability to use social media sites such as Facebook are up to parental discretion. However, on some occasions, such as club sanctioned meets or trips, the Team Manager and Head Coach reserve the right to prohibit or limit the use of social media when appropriate.

Parents are advised that the following websites are recommended to ensure they are aware of cyber safety advice.

- [**E Safety Website**](#)
- [**Think U Know**](#)
- [**Safety @ Facebook**](#)
- [**Navigate Instagram Safely**](#)
- [**Snapchat eSafety Guidelines**](#)

Please be aware that the Code of Conduct for our club applies to all social media. This means that all written social media postings are recognised as "public" even if the account settings are "private". This is because messages, images or videos posted to social media may be screen captured or screen recorded and on shared without awareness or permission of the original author. This includes but is not limited to: tweets, Facebook comments or posts, Instagram comments or posts, blogs, status updates, snapchat messages, Tiktok videos etc).

The club management takes public comment about the Riverton Aquanauts seriously, as this may damage the reputation and privacy of the Riverton Aquanauts Swimming Club, its parents, swimmers, coaches, committee and various relevant parties such as club sponsors or media outlets. As such, these parties must not be brought into disrepute by negative, inappropriate or derogatory comment via social media or any other public comment.

COMMITTEE MEETINGS

A copy of the minutes will be emailed to all committee members within two weeks of each meeting of the Committee. The dates of forthcoming committee meetings will be emailed but are nominally set down to be held 8 times per year at a location of the Committees choice. This is typically the Riverton Leisureplex or the Riverton Bar and Grill.

The committee encourages a certain amount of informality in relation to its business and its communication with club members, however, serious complaints about club organisation should be made in writing to the Secretary or President at least seven (7) days prior to the next committee meeting.

Club members are welcome to attend committee meetings if there is a specific agenda item that they wish to volunteer to assist with. Please inform the Secretary 7 days prior of your attendance.

OTHER USEFUL LINKS & RESOURCES

"Swimming for Parents" - Gary Barclay: This excellent resource book for parents covers everything we need to know and helps parents support their swimmer.

[Swimming WA](#)

[SWA Policies and Rules](#)

[Swim Central Website](#)

SPONSORSHIP

Riverton Aquanauts Swimming Club would like to say thank you to our sponsors. We recognise the value of our sponsors, who help us to grow as a club. We encourage all our members to support these businesses within the community whenever possible. Without our sponsor's financial support and support in kind the club would find it difficult to fulfil its role within the community.

[Riverton Aquanauts' Sponsors](#)