



Kelowna Springboard Diving Club (KSDC)

2020/2021 – Season

CODE OF CONDUCT

CLUB POLICIES & COVID INFORMATION

- Classes need a minimum of three participants to run. Less than three participants may result in the cancellation of the class for the session.
- Athletes training at the H2O Adventure and Fitness Centre Front Desk must get an Access Card from the Front Desk. All athletes must scan their access card upon entry. Access cards may only be used to access the facility for the purpose of attending a scheduled class. There will be a \$5 replacement charge for lost or misplaced access cards.
- Access to the pool deck is through the change rooms located at the end of the main entry hall.
- Dive Club members will have access to the pool deck and showers at their designated time, not before.
- Due to COVID-19 restrictions, participants must come ready in their swimsuit in order to reduce time in the changerooms.
- Participants will be required to shower with soap before entering the pool, if you come on deck dry, you will be asked to return to the changeroom and shower.
- Where possible, shower at home after diving or limit your shower time to reduce traffic in the change rooms.
- There will be no dryland training on deck at this time.
- Due to COVID-19 restrictions, there will be no use of facility equipment.
- Water fountains will not be available at this time. A labelled personal water bottle can be kept with personal belongings.
- Please ensure you are respecting the 2m (6 feet) physical distancing requirement while at the facility. Ensure you are respectful of staff during questions and conversations.
- Due to COVID-19 restrictions, there will be no seating available for viewing in the facility. Spectators are not allowed at this time.
- Parents can communicate with coaches regarding any special requests before class, preferably by email.
- Parents will drop their child off at the entrance of the pool and accompany them to the front door if desired, pool staff or coach will help them to the pool deck.
- Participants are asked to leave the facility after their scheduled class, athletes are asked to minimize their time in the facility.
- Due to tight time constraints by the facility, athletes may be required to exit the water 5 minutes before the end of practice to allow aquatic staff to do facility cleaning.



ATHLETE CODE OF CONDUCT

- All members will respect & listen to coaches. This includes giving them their full attention when they are speaking and providing instruction without back talk or arguments.
- All athletes will arrive on time at practices and competitions early enough for designated stretch and warm up instructed by their coach.
- All athletes will treat each other with respect and display good sportsmanship. Foul language or name-calling is not permitted. Disrespectful, indiscreet or destructive behavior will not be tolerated. Any form of sexual harassment **WILL NOT BE TOLERATED**.
- Pushing, hitting, kicking, taunting, bullying, and other intentional unwanted touching or interfering is not permitted. Athletes and parents may be required to sign a separate Anti Bullying document at the start of every season.
- Athletes must abide by KSDC basic safety rules of:
 - *Look before you leap.*
 - *Only one person on the diving board or dryland equipment at a time.*
 - *No horseplay – includes running and fooling around in line.*
- Athletes must notify a coach on deck if their parent has not arrived to pick them up within 10 minutes of the end of a scheduled class.
- Athletes must immediately notify coach on deck of any injuries or illness that might hinder their practice.
- Athletes must respect COVID-19 protocols, violation of protocols will result in the athlete being removed from the program.
- Athletes will not fake or joke about having COVID-19 symptoms. Doing so, will result in a warning and the parent will be notified. The athlete will be removed from the program if it occurs a second time.
- Athletes must inform their coach before practice starts, if they need to leave early and ask their coach's permission to leave a practice early once it has started.
- KSDC is a drug free organization; using alcohol, non-prescription illegal drugs or tobacco is not permitted.
- No Cell Phones allowed during practice and dryland. Cell phone use is for emergency only and by Head Coach or other Coaches with permission from Head Coach.

PARENT CODE OF CONDUCT

- Parents are asked to make sure athletes arrive to class on time and ready to dive with proper footwear, shorts, t-shirt, bathing suit, towel and water bottle.
- Encourage your child without pressuring them.



- Always show interest and enthusiasm. Diving through the fear is a major part of this sport's psychological demand, so be patient if your child hesitates to try a new "scary" dive.
- Please use minimum rewards for new dives with your child and please make that interaction private as some parents cannot do the same for their child.
- Parents must sit in designated seating area at the pools, when spectators are allowed.
- In order to not disrupt class time, parents who wish to speak with coaches must arrange a meeting time with the coach by email.
- Please do not coach your child and allow the coaches to do their job. Divers will often perform better and more effectively when parents are not present or are seated in the designated seating area (when spectators are permitted).
- If a child misbehaves, the coach has some responsibility to discipline them, but the ultimate responsibility for discipline remains with you. Encourage your child to set a good example.
- Do not criticize coaches or other divers in front of your child.
- Let your child know that you will be there for them, even if a lesson does not go as well as hoped or anticipated.



Cancellation/ Refund Policy

Withdrawal before the program starts:

If a diver decides to withdraw from the program prior to the beginning of the class, the diver will be refunded the full amount less an administration fee of \$35.

Withdrawal in the middle of the session because of loss of interest:

After the second class, you are committing for the entire term.

Refunds will only be given up to 72 hours prior to the beginning of the third class in a session. A \$35 administration fee will be applied and the first two classes will be charged. There will be no refund for the insurance fee of \$18.

Withdrawal in the middle of the session because of injury:

Program withdrawals are permitted for medical reasons with a note from the doctor and will be applied from the time the note is presented to, and approved by, the Registrar.

The refund will be based on the number of classes remaining in the session and will include a \$35 administration fee; up to a maximum of 50% of the registration fee. There will be no refund for the insurance fee of \$18.

Withdrawal in the middle of the session because of family emergency:

Program withdrawals due to a family emergency will be evaluated on a case by case basis. Requests along with an explanation for withdrawal shall be made directly to the Club Executive for review and consideration. You will be notified of the Club Executive's decision and whether or not a refund will be provided and the terms of the refund.