



## Nage compétitive Competitive Swimming

# Safety at Training Sessions for Competitive Swimming

**Regulation** | REG-CS-STS-240422-X

The Regulation on Safety at Training Sessions for Competitive Swimming establishes the mandatory standard in safety at all training sessions organized by the swim team of a member pool.

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**DRAFT**

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This document is a draft.

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## 1. Introduction

The Northshore Aquatic Association is committed to guaranteeing the safety of all swimmers participating in its summer Programme. All parties—coaches, swimmers and parents—must collaborate to ensure compliance with the procedures in this document.

## 2. Application

The present Regulation applies to all coaches, swimmers and parents who are members of the NAA.

The present Regulation applies to all swim team training sessions organized by a member pool and sanctioned by the NAA.

## 3. Definition

**Coach:** An individual employed by a member pool and officially assigned as the coach of a swimming group participating in NAA Competitive Swimming activities.

## 4. Regulation

### 4.1. QUALIFICATION OF COACHES

A coach formally designated by a member pool to be responsible for a swim team group must hold a valid Bronze Cross certification from the *Société de sauvetage*, or a certification deemed equivalent or superior by the Association (e.g., National Lifeguard-Pool Option).

### 4.2. CRIMINAL RECORD AND BACKGROUND CHECKS

A coach formally designated by a member pool to be responsible for a swim team group must undergo a background check. The NAA reserves the right to request a copy of the background checks of coaches.

No individual with a criminal record may coach a swim team group affiliated with the NAA, nor be in contact with any minor member during NAA activities.

### 4.3. CONDUCT OF COACHES

Coaches must respect the current Regulation, Code of Conduct, the Policy on Violence, Harassment and Misconduct, and all other policies, regulations or codes of the Association. A coach must never abuse of his/her position of authority and of trust.

Additionally, the coach must never consume, provide, promote or condone the use of, alcohol or illicit drugs.

### 4.4. SUBMISSION OF A LIST OF COACHES

Member pools must submit a list of officially-assigned coaches for each group, along with their lifesaving certification and the status of the criminal record, according to the current procedures.

### 4.5. INDIVIDUALS UNDER THE INFLUENCE

No individual participating in a training session may be under the influence of alcohol or illicit drugs. The member pool must automatically suspend, expel, and bar any person who in violation of this rule from participating or attending a future training session, or NAA event, of the current season.



#### **4.6. HEALTH AND SAFETY OF SWIMMERS**

The Coach must ensure the physical, social, emotional and psychological wellbeing of the swimmers under his/her care. The Coach must act in respect of the age, experience, ability and fitness level of the swimmers, while refraining from using physical or psychological methods which are likely to harm the swimmer.

#### **4.7. INTERFERENCE WITH TRAINING SESSIONS**

No person may interfere with the training sessions of a member pool. Member pools have the authority to expel any person reasonably in violation with this article.

#### **4.8. TWO-WAY SWIMMING**

Swimmers must keep right when in a lane where swimming is observed in both directions, unless otherwise safely instructed by coaches.

#### **4.9. EQUIPMENT AND SWIMWEAR**

The coach and the member pool are responsible for guaranteeing that equipment used during swim team training sessions are safe and suitable for the age, skill and physical abilities of the concerned swimmers.

All swimmers must wear a decent bathing suit adapted for swimming.

#### **4.10. LIFEGUARD SUPERVISION**

No swimmer can be in the water without the presence of at least one (1) lifeguard on a control station, as defined by chapter B-1.1, r. 11 of the Québec Building Act.

The lifeguard must be vigilant.

The number of lifeguards actively supervising the pool, as well as their qualifications, must be in conformity with chapter B-1.1, r. 11 of the Québec Building Act.

#### **4.11. PRESENCE OF COACHES**

Individuals may not participate in a training without the presence of an assigned coach on deck. Swimmers who cannot swim 25m without assistance, or without a flotation device, must be adequately accompanied by a responsible adult. For the purposes of this document, a responsible adult is defined as any person above the age of 14.

Responsible adults must be able to see all swimmers under their care, and be sufficiently in reach of swimmers to intervene when necessary. Coaches are responsible of determining the necessary number of responsible adults in the water to ensure the safety of swimmers.

#### **4.12. PARA SWIMMERS**

It is the responsibility of each Para Swimmer's coach to provide the necessary assistance and/or equipment to each of their athletes.

#### **4.13. BACKSTROKE**

Coaches must attempt to give priority to athletes swimming backstroke.

A set of backstroke swimming flags must be placed, at the 5-metre mark from both ends of the pool, and must be visible to swimmers in all lanes.



#### **4.14. FIRST AID STATION AND MEANS OF COMMUNICATION**

A First Aid station must be clearly identifiable and open for the duration of the training.

Additionally, an adequate means of communication must be available in order to contact emergency services.

#### **4.15. DANGEROUS CONDUCT**

Any dangerous conduct must not be tolerated, and must promptly be corrected by the coaches and lifeguards on duty.

#### **4.16. ADDITIONAL REGULATIONS**

The member pool reserves the right to add additional rules to ensure safety, according to the specificities of their installations.

#### **4.17. AGGRESSIVE OR VIOLENT CONDUCT**

No violent or aggressive conduct is tolerated, either from coaches, swimmers, parents, spectators or officials. Member pools and the NAA reserve the right to expel any individual acting in an aggressive or violent manner.

In the case of a physical fight, all involved parties must be immediately expelled, regardless of who initiated the fight.

#### **4.18. APPLICABLE LAWS AND BY-LAWS**

Member pools are responsible for implementing all laws and by-laws applicable to their establishment.

In particular, the facilities must comply with chapter B-1.1, r. 11 of the Québec Building Act.

#### **4.19. POOL TEMPERATURE**

No swimmer may compete in pool, if the water temperature is below 22 degrees Celsius, or above 30 degrees Celsius. In such case, the training must be postponed.

#### **4.20. WATER QUALITY**

Pool water quality must respect chapter Q-2, r.39 of the Québec Building Act.

#### **4.21. HAZARDOUS EQUIPMENT**

Member pools must ensure that hazardous equipment, such as chemical products or chemical equipment, are properly secured and safeguarded.

#### **4.22. ENVIRONMENTAL CONDITIONS**

No individual may participate in a Competitive Swimming activity if the conditions reasonably endanger the health or safety of participants. It is the responsibility of the hosting pool to determine whether the conditions are safe.

In the event of thunder being heard (or lightning seen), a pool must be closed—and the trainings in the water suspended—until 30 minutes have elapsed since the last sighting of lightning or witnessing of thunder. During the closure, participants must not be left in an open field.



#### **4.23. LOCATION OF TRAINING SESSIONS**

Training sessions must be held on the premises of the member pool. Any derogation to the current article must be requested in writing and approved by the Vice-President of Competitive Swimming.

Training sessions which do not respect this policy are not affiliated with, nor sanctioned by, the Association.

### **5. Implementation**

Member pools are responsible for the following:

- Implementing the Regulation;
- Ensuring the overall safety of swimmers during training sessions.

### **5. Enforcement**

All coaches, swimmers, volunteers, officials, spectators and parents must comply with these regulations.

Upon observing a swimmer who does not comply with the current regulations, a coach or member pool must correct the swimmer. The coach is thereafter responsible for ensure future compliance with the regulations.

If a coach or member pool observes repeated incidents, serious hazards that endanger the lives/wellbeing of swimmers, or a refusal to comply, the coach or member pool must take appropriate actions to ensure compliance. The member pool retains the authority to expel a swimmer for serious breaches to the present Regulation, or cancel memberships.

#### **5.1. AUDIT AND INVESTIGATION**

The NAA reserves the right to observe, audit and investigate training sessions for any matter regarding a breach of its safety standards. Any summoned party must respond to a request for information and collaborate in good faith with the investigation.

#### **5.2. SANCTIONS**

Following an investigation into the matter, the NAA must act according the applicable procedures of the Constitution.

The NAA nonetheless reserves the right to immediately act or impose sanctions when required by the situation.

#### **5.3. PREROGATIVE OF THE NAA**

The NAA reserves the right to take action, including cancelling any sanctioned training session, when knowledgeable of a potential danger to participants.



## 6. Mandatory Reporting Procedure

**Any member, parent, spectator, volunteer or staff member who witnesses a violation to the current Policy must advise their member pool, or the Vice-President of Competitive Swimming, without delay.**

Member pools must submit a report to the Vice-President of Competitive Swimming in one of the following situations:

- An individual has been removed from a pool in relation to a NAA-sanctioned training session;
- There has been a dangerous, violent or aggressive situation observed during a training session;
- Emergency services were called to an incident in relation to a training session;
- The rights of a swimmer were breached;
- A coach abuse of his/her position of authority;
- The current Regulation has been breached;
- Injury or death during a training session;
- Any other issue reasonably deemed serious enough to be reported.