Athlete and Parent Safety Handbook

2024-2025

VASHON SEALS SWIM TEAM

“WE UNDERSTAND THAT ‘WINNING’ IS MUCH MORE THAN A PLACE IN THE FINISH OF A RACE, AND ARE COMMITTED TO HELPING CHILDREN GROW IN CHARACTER, PHYSICAL DEVELOPMENT, AND SKILL”

-HEAD COACH RANDY TURNER

VASHON SEALS SWIM TEAM

SEALS SAFETY HANDBOOK TABLE OF CONTENTS

INTRODUCTION 3

SAFETY PLAN MANAGEMENT 4

FACILITY 4

MEDICAL RECORDS 4

MEDICATION 4

CANCELLATION OF PRACTICE 4

COACH NO-SHOW PROCEDURE 5

PICK-UP SCHEDULE 5

FACILITY EMERGENCY 6

WEATHER EMERGENCY 6

FIRE/CHEMICAL EMERGENCY 7

DROWNING EMERGENCY 7

SPINAL MANAGEMENT 8

CONCUSSION 8

TRAVEL MEETS 10

SAFETY PROTOCOL FOR LIMITED SUPERVISION INCIDENTS 10

SAFETY PROTOCOL FOR ENVIRONMENTAL HEALTH HAZARDS 11

SYMPTOMS OF DISTRESS 11

DIVING SAFETY 12

ELECTRONIC COMMUNICATION AND SOCIAL MEDIA 14

CELL PHONES 15

ARRIVAL TO PRACTICE 15-16



INTRODUCTION

The safety of our swimmers is of paramount importance to the club, and we take that responsibility very seriously. All our coaches are members of USA Swimming and the American Swim Coaches Association and are held to the highest standards of integrity and professionalism. They are trained in Adult/Child/Infant CPR & first aid, have completed the Red Cross Swim Coaches Safety program and have been through a rigorous background check.

Swimmer safety is paramount in the instance of life threatening emergencies. Coaches and others responsible for the safety and welfare of the team should maintain a preventative attitude at all times. Swimming pools have their own unique safety hazards including but not limited to drowning, head or spinal injuries, chlorine leaks, lightning strikes and earthquakes. It is not entirely out of the question that a fire could develop in locker rooms or offices adjoining the pool or that electrical malfunctions could imperil swimmers.

Many injuries can be prevented through vigilance on the coaches' part with respect to supervising the deck, locker rooms, pool and adjoining entry areas. However, other emergencies such as earthquakes, fires, lightning, gas leaks can come up suddenly and Coaches and swimmers should be prepared to react accordingly. It is due to all of these factors that the Vashon Seals Swim Team has prepared this Safety Action Plan.

SAFETY PLAN MANAGEMENT

Safety education is the responsibility of the Head Coach or a person who is a designee. On a bi-annual basis the Head Coach will hold a “safety meeting” wherein swimmers will review the safety procedures outlined in the Safety Action Plan. The safety chair is responsible for holding the Head Coach accountable for educating staff, swimmers and parents.

As a part of new swimmer and new parent orientation, each new member will receive a copy of the Safety Action Plan and direct one-on-one instructions from either the Head Coach or a qualified person designated by the Head Coach.

All families will be receiving a copy of the Safety Action Plan at regularly scheduled parent orientations. A copy of this handbook is emailed at registration and is available on-line on the team's website vashonseals.org.

FACILITY

Coaches should be familiar with the facility entrance, emergency exits, fire alarms, first aid kits, backboards, emergency phones and defibrillators. Swimmers are to be informed on emergency procedures on a quarterly basis and a record of those training sessions are kept on file.

MEDICAL RECORDS

All athletes are required to fill in a hard copy Medical Form, Concussion Form and USA Swimming form as part of their registration agreement. These become part of the team’s medical records. A copy is kept on deck and with each coach. Coaches take these records to meets and off-island events. The forms will be used in case of emergency, even if a parent is present. Please ensure that these forms are correctly and completely filled in. It is up to the family to notify the coach and fill in a new form if there are any changes to the medical information on file.

MEDICATIONS

If your child has a medical condition such as diabetes, severe allergies or asthma, the coach on deck must be made aware of any medication that your athlete may need to take during practice. Medication should be kept on deck. Coaches are not authorized to administer ANY medication to swimmers including inhalers, epi-pens or acetaminophen. If there is a life-threatening emergency, coaches will call 911.

CANCELLATION OF PRACTICE

We follow the Vashon School District attendance policy. If it is deemed too dangerous to go to school, practice will be cancelled, otherwise please assume that practice will go-ahead. Information regarding any cancellation will be sent out via email as early as possible.

Sometimes, there are weather related issues such as lightning, unforeseen problems at the facility (temperature issues or poop in the pool!) and practice may be cancelled at shift notice. Every effort will be made to contact parents for early pick-up.

Coaches have a list on deck of other families with whom it is safe to send an athlete home should it not be possible to get a hold of a swimmer’s parents. Please ensure that you have provided this information.

COACH NO-SHOW PROCEDURE

On occasion a coach will miss or be late to a practice. Swimmer safety is a first priority. If the coach is not present when drylands or swim practice is scheduled to begin, swimmers should do the following.

1. Remain calm

2. Remain in the lobby of the building

3. Do not use the absence of the coach as an excuse for horseplay or for leaving early.

4. Do not leave the building

5. Allow twenty minutes to pass before calling for help.

6. If the team captain is present the team captain will use a cell phone or facility phone to call one of five numbers in sequence until contact has been made with an adult.

7. The list will be posted on the team bulletin board and behind the front desk at the Vashon Pool.

8. If the team captain is not present, the most senior swimmer is assigned to make the phone call.

9. If the coach is on the way, wait until the coach arrives.

10. If the coach is not on the way and can not be located, a board member or alternative coach will come to the pool as soon as possible.

11. Assuming the coach arrives within or under 20 min, swimmers are required to stay at the pool.

12. If the delay of the arrival of the coach or another adult exceeds, swimmers may choose to call home.

13. Pick-ups of swimmers will follow the pick-up policy, which requires families to specify who may pick up their child or to sign a waiver indicating that it is permissible for their children to be taken home by any other available swim team parents.

CELL PHONE USE

- The use of cell phones is prohibited in the locker rooms either at practice or at meets.

ARRIVAL TO PRACTICE

- Swimmers must be supervised by an adult (18 years and older) if they arrive earlier than 15 minutes before the start of practice.

LOCKER ROOM MONITORING:

Vashon Seals Swim Team practices at the Vashon Island Parks Department Pool. The locker rooms are monitored frequently by lifeguards but not on a continuous basis. The pool is open to the public. Minor athletes are not allowed at the pool, in the locker rooms, or the surrounding area unless they are monitored by an adult.

Swimmers are permitted 15 minutes in the locker room before and after practice. It is important that swimmers go directly to the locker room to change, shower, etc., and exit immediately. Misconduct and/or problematic behavior in the locker rooms will be investigated and dealt with by the Coach and Board Members, including the Safe Sport Coordinator.

PICK-UP SCHEDULE

1. Please arrive for pick-up no later than 10 minutes after the end of practice. If you will be late, please call the Vashon Pool to make arrangements for safe collection of your swimmer.

2. Transitions are always a challenging time for our younger athletes especially after a vigorous practice. Please ensure that your swimmers are acting appropriately and respectfully in the locker rooms.

3. Swimmers MUST remain on-deck or in the reception area under the supervision of the coaches if a parent is late for pick-up. Parents should notify the coach when taking a child from the deck or reception, so that we can be sure they have been collected, and not wandered off.

4. Swimmers may not wait out in the parking lot unless there is either a parent or coach present.

FACILITY EMERGENCY

Definition: Any event, including but not limited to: fire, earthquake, electrical failure or storm damage that may endanger swimmers, coaches or spectators.

1. The Head Coach or Assistant Coach will clear the pool immediately—swimmers will be asked to sit at the edge of the pool and await instructions.

2. The Head Coach or Assistant Coach or designee will call 911 if appropriate.

3. If required, the Head Coach will direct an orderly evacuation at the nearest exit point.

4. The Head Coach will collect and organize all swimmers a distance that is deemed safe from the facility.

5. Swimmers will remain with the Coach(s) until released directly into the care of their parents.

6. Following an emergency, the Head Coach will post information regarding the practice schedule on the team website.

7. Should any swimmer be injured in the event itself, or in the evacuation, an accident report will be filed in the swim team records.

8. Swimmers and families will be instructed to refrain from speaking with the media (news papers, radio,TV) —any and all contacts with the media will be managed either by the Head Coach or the Board President.

WEATHER EMERGENCY

Weather emergencies are identified as snow, wind and lightning that can cause practice to be canceled at the Vashon Pool.

1. Lightning or the threat of lightning will be cause for immediate evacuation of the pool. There will be a wait of 30mins following the last clap of thunder before the swimmers can get back in the water.

2. Coaches will facilitate a systematic retreat from the pool and provide an organized and orderly march to the locker room.

3. Swimmers will remain in the locker room until the threat of lightning has passed.

4. No swimmer will return to the pool or the pool deck unless permission is given either by the Coaches, the pool manager or chief lifeguard.

5. If practice needs to be canceled, the “Cancellation of Practice” policy will be followed.

FIRE & CHEMICAL EMERGENCY

While it is unlikely that the pool area will be subject to fire, smoke from other parts of the facility could pose a major threat to swimmers and coaches. Water purification systems often involve dangerous chemicals producing gasses that could damage lungs and become potentially fatal. Rapid evacuation in these scenarios is critical. In the event of a fire or chemical emergency the Coach will direct the swimmers to evacuate the pool.

6. Swimmers will line up in an orderly fashion under the direction of the Coach and move to the nearest exit then begin evacuation.

7. Coaches will call or designate a person to call 911 if necessary.

8. In the case of fire the Coach will be responsible for pulling the fire alarm.

9. Coaches will remain in control of the swimmers until there is a determination of a false alarm or until swimmers are released directly into the care of their parents.

10. All injuries related to the event will be recorded and filed in the swim team record.

11. All media interactions will be managed either by the Head Coach or the Board President.

DROWNING EMERGENCY

Drowning or near-drowning incidents require rapid response by those trained in CPR already on deck and first responder efforts should be backed up immediately by calling 911.

1. Upon discovery the victim will be rescued by trained personnel.

2. While the rescue is underway the Head Coach, Assistant Coach or Life Guard will clear the pool.

3. Swimmers will be instructed to sit against the pool walls until released by authorities. Call 911- or designate a caller and back up caller

4. Send a designee to notify the front desk

5. Send a designee to greet emergency response unit

6. The Head Coach will, after the victim has been evacuated, resume activities after briefing swimmers on media guidelines and manage adverse emotional reactions of team members.

7. An accident report will be filled out and filed.

8. All media interactions will be managed either by the Head Coach or the Board President.

SPINAL MANAGEMENT

Spinal injuries can be made worse through mishandling the victim. Only those who have completed Coaches Safety Training are qualified to manage suspected spinal injuries. If a spinal injury is suspected the following procedures should be followed.

1. Head Coach, LifeGuard or Assistant Coach will clear the pool.

2. Swimmers will be instructed to sit against the wall until otherwise directed.

3. Rescue coordinator will enter the pool and begin executing the rescue.

4. A designee and a backup will be instructed to call 911.

5. A designee will be sent to notify the front desk.

6. A designee will be sent to meet the emergency response unit.

7. The Head Coach will determine when or if practice should resume.

8. An accident report will be filled out and filed.

9. All media interactions will be managed either by the Head Coach or the Board President.

Concussion & The Lystedt Law

All athletes on the Vashon Seals Swim team MUST sign a hard copy of the Lystedt Law which informs families about the risks of concussion. This form will be kept with the swimmer's medical information.

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works.

Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.

In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

Headaches
"Pressure in head"
Nausea or vomiting
Neck pain
Balance problems or dizziness
Blurred, double, or fuzzy vision
Sensitivity to light or noise
Feeling sluggish or slowed down
Feeling foggy or groggy
Drowsiness
Change in sleep patterns
Amnesia
"Don't feel right"

Fatigue or low energy
Sadness
Nervousness or anxiety
Irritability
More emotional
Confusion
Concentration or memory problems (forgetting game plays)
Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

Appears dazed
Vacant facial expression
Confused about assignment
Forgets plays
Is unsure of game, score, or opponent Moves clumsily or displays incoordination Answers questions slowly
Slurred speech
Shows behavior or personality changes Can't recall events prior to hit

Can’t recall events after hit
Seizures or convulsions
Any change in typical behavior or personality Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion must be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury.There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one.This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often
under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and athletes is the key for athlete safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion must be removed from the meet or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours.The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well- established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time” and“...may not return to play until the athlete is evaluated by a licensed healthcare provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion. Remember its better to miss one meet or practice than miss the whole season. And when in doubt, the athlete sits out. For current and up-to-date information on concussions you can go to:
http://www.cdc.gov/ConcussionInYouthSports

TRAVEL MEETS

It will be the responsibility of the Head Coach or a designee to identify potential safety hazards and have in mind a Safety Action Plan for all travel meets. This is to include but not be limited to identifying emergency exits, fire alarms, defibrillators, and emergency phones.

Swimmers are to be briefed that in case of an emergency they are to report either directly to the Head Coach or the area of the building the team is using as “home-base” for that meet in the case of emergency. Unless, in the case of an emergency it would be more hazardous to return to “home-base” and in that instance look immediately for an emergency exit or instructions from those in authority but in closer proximity.

At a swim meet, we employ a buddy system to ensure the safety of all swimmers in an unfamiliar environment. Swimmers should not wander around a facility by themselves. ALWAYS go with a friend, whether to buy a snack or use the restroom.

SAFETY PROTOCOL FOR LIMITED SUPERVISION INCIDENTS

Instances may occur where only one adult is present and the situation demands quick action where underage swimmers might be left unsupervised. A scenario might also emerge where a coach or supervising adult is injured and unable to help himself or herself.

The situation may be as benign as a coach encountering a locked door where it is necessary to find a custodian or as serious as a critical injury to an athlete or coach where a 911 call is the best course of action. While no solution in these instances is perfect the following protocol should provide the best course for risk reduction.

Coaches must carry a cell phone or alternative communication device in all instances where a phone is not immediately available. For example, the weight room at the school or traveling to unfamiliar facilities.

If there are no injuries, immediate dangers or perceived risks the supervising adult may choose the two oldest swimmers to complete the assigned task. For example, go to the nearest phone and call a person in authority for assistance.

An alternative is to leave the two oldest swimmers in charge if no more than ten minutes is required to complete the task. A third alternative if the swimmers are perceived to be too young to manage either responsibility is for the coach to bring all of the swimmers along on the mission to solve the problem.

In case of an emergency requiring a 911 call where a phone is not immediately available and it is not the supervising adult that is injured the following may occur. While first aid is being rendered by the supervising adult two athletes will be assigned to go to the nearest phone or supervising adult (preferably a certified coach) where 911 will be called.

In the worst case scenario, a coach is down and unconscious and no additional coaches are in the immediate vicinity swimmers must be trained and have practiced emergency procedures including but not limited to making 911 calls and self-organizing a rescue effort, i.e., choosing two individuals to go for help while remaining together and calm and rendering whatever assistance possible to the victim.

SAFETY PROTOCOLS FOR ENVIRONMENTAL HEALTH HAZARDS

The object of this protocol is to identify ideal training conditions for Seals swimmers and to establish guidelines for the coaches to respond when conditions are less than ideal or in the judgment of the coaches present health hazards to the swimmers.

Health hazards include but are not limited to, damage to the lungs (trapped gases), hypothermia (cold injuries), heat exhaustion and or heat stroke, cuts, injuries occurring due to blocked egress in emergency situations.

IDEAL CONDITIONS

The following conditions should be considered the goal of pool management with respect to providing a safe training environment. Ideal workout conditions for the Vashon Seals in indoor pools should include but not be limited to:

- Water temperatures in a range of 78-82 degrees
- Ambient air temperatures in the indoor pool in a range of 80-85 degrees
- A fully functioning air circulation system

- A slip free deck surface free of sharp objects, the potential for sharp objects and or obstructions that may impede entrance or exit from the pool area.

SYMPTOMS OF DISTRESS

Coaches should be on the alert for health related problems resulting from less than ideal training conditions.These symptoms may include but not be limited to: coughing, choking, eyes watering, vomiting, difficulty in breathing, complaints related to breathing, complaints related to cold and or overheating. All complaints and observations of these symptoms should be taken seriously and action taken by the coach to reduce the hazard to swimmers.
Remediation may include but not be limited to: removing an individual or the entire team from the pool area. In the instance of poor atmospheric conditions (trapped gasses) opening doors, windows or the roof vent. In the case of hypothermia, use of the hot tub or a hot shower to return the swimmer's body to normal temperatures (failure to monitor recovery is not acceptable). In the case of a heat related injury, remove the swimmer from the heat source (pool or pool deck) and administer first aid according to the correct procedures.
After taking care of the emergency, notify the pool manager, Board President, Safety Chair or assistance with follow up and prevention activities.

DIVING SAFETY

We make sure our swimmers have good training and supervision when learning or practicing racing start skills. Swimmers must be physically and psychologically ready to do a skill. Do not force a swimmer to do a skill if he or she is not ready. Swimmers who seem very fearful about doing a step will practice the preceding step until they gain confidence. To ensure that swimmers learn and practice starts safely, we follow these guidelines:

- Swimmers can demonstrate correct hand, arm and head position before performing a head-first entry.

- Review body position and stability on dryland. Practice tight streamlining with the arms overhead while standing or by lying on the back on the deck.

- Swimmers can jump feet first into deep water, swim to the surface, turn around, level off and swim 10 feet.

- Swimmers should be able to demonstrate body alignment skills, such as torpedoing, and streamlined push-offs, as well as deep-water skills including surface dives, bobbing and sculling.

- Swimmers must be able to hold their arms over their heads and in line with the body on a forceful push and glide underwater.

- Always require swimmers to hold their arms fully extended overhead when entering the water head first.

- Do not let swimmers do head-first entries or racing starts over stationary objects, such as starting blocks or lane lines, or other devices, such as poles, ropes or kick boards.*

- Caution swimmers that the pool deck is slippery. If swimmers slip during drills, check their foot positions for correct push-off.You can put a wet towel on the deck and hang it over the pool edge to give better traction, especially on tile decks.

- Be sure starting blocks are secured tightly to the deck and meet the regulations of the applicable governing body as to size and height from the water and required pool depth for instruction. Check the rules book of the governing body for these regulations.

- Be sure swimmers are familiar with water depth and the equipment they are using, especially starting blocks.The design of starting blocks may vary from one aquatic facility to another, but proper training techniques and safe practice can help competitive swimmers adjust to differences.

- Coaches with additional training might use advanced training techniques to improve racing starts of experienced swimmers.These advanced techniques, which may include practicing racing starts over a soft object, such as a foam noodle, should only be practiced by experienced swimmers in water at least 12-feet deep under the supervision of an experienced coach.

HEADFIRST ENTRY PROGRESSIONS

Improper headfirst entries can be dangerous for experienced as well as inexperienced swimmers. The American Red Cross outlines a progression for the teaching of a head-first entry in the water. Our Coaches instruct swimmers in this step-by-step progression before attempting to have them use the starting blocks. Swimmers must be able to enter the water with control at each step before moving on to the next. The steps are:

1. Sitting Position

2. Kneeling Position

3. Compact Position

4. Stride Position

5. Shallow-Angle Dive

RACING STARTS FROM STARTING BLOCKS

Water entries from starting blocks present an additional area of concern. Trained swimmers should only use starting blocks during controlled practice, supervised warm-up or meet conditions. Knowing how to properly enter the water is the key to knowing how to control how shallow or deep an entry is into the water.

Trained swimmers of all ages can adjust the depth of their entries when they are aware of the depth or when told of the water depth. It is important that coaches verbally provide the direction to dive shallower when swimmers are performing racing starts in shallower water. Swimmers must learn how to enter the water with control in order to manage depth safely.

Swimmers who are unable to control the depth of their entries should not be directed to perform racing starts from the pool deck as a "safer" alternative to using starting blocks. Studies indicate that swimmers who are unable to control the depth of their entries from regulation starting blocks also cannot control their entries from the pool deck.They go just as deep in the water from the pool deck as from starting blocks.This means that swimmers who are unable to control their entries at any step in the learning progression are not ready for racing starts.

Once these skills are learned, they should be performed only with proper supervision and in water depths that conform with the rules of the concerned regulating body, such as USA Swimming.

Swimmers will be certified annually and records kept to show that each athlete is qualified to use the blocks and execute a controlled entry.

ELECTRONIC COMMUNICATION AND SOCIAL MEDIA

The Vashon Seals Swim Team (SEALS) recognizes the prevalence of electronic communication and social media. Many of our swimmers use these means as their primary method of communication. While SEALS acknowledges the value of these methods of communication, the Club also realizes that there are associated risks that must be considered when adults use these methods to communicate with minors.

All communications between a coach or other adult and an athlete must be professional in nature and for the purpose of communicating information about team activities. The content and intent of all electronic communications must adhere to the USA Swimming Code of Conduct regarding Athlete Protection. For example, as with any communication with an athlete, electronic communication should not contain or relate to any of the following:

- Drugs or alcohol use;
- Sexually oriented conversation; sexually explicit language; sexual activity;
- The adult's personal life , social activities, relationship or family issues, or personal problems;
- Inappropriate or sexually explicit pictures;

Any communication concerning an athlete's personal life, social activities, relationship or family issues or personal problems must be transparent, accessible and professional.

Whether one is an athlete, coach, board member or parent, the guiding principle to always use in communication is to ask: "Is this communication something that someone else would find appropriate or acceptable in a face-to-face meeting?" or "Is this something you would be comfortable saying out loud to the intended recipient of your communication in front of the intended recipient's parents, the coaching staff, the board, or other athletes?"

With respect to electronic communications, a simple test that can be used in most cases is whether the electronic communication with swimmers isTransparent, Accessible and Professional:

- *Transparent:* All electronic communication between coaches and athletes should be transparent.Your communication should not only be clear and direct, but also free of hidden meanings, innuendo and expectations.

- *Accessible:* All electronic communication between coaches and athletes should be considered a matter of record and part of the Club's records. Whenever possible, include another coach or parent in the communication so that there is no question regarding accessibility.

- *Professional:* All electronic communication between a coach and an athlete should be conducted professionally as a representative of the Club.This includes word choices, tone, grammar, and subject matter that model the standards and integrity of a staff member.

If your communication meets all three of theT.A.P. criteria, then it is likely your method of communication with athletes will be appropriate.

FACEBOOK, INSTAGRAM, TIK-TOK , TWITTER AND SIMILAR SITES

Coaches may have personal Facebook (or other social media site) pages, but they are not permitted to have any athlete member of the Club join their personal page as a "friend." A coach should not accept any "friend" request from an athlete. In addition, the coach should remind the athlete that this is not permitted. Coaches and athletes are not permitted to "private message" each other through Facebook. Coaches and athletes are not permitted to "instant message" each other through Facebook chat or other IM method. The SEALS has an official Facebook page that athletes and their parents can "friend" for information and updates on team-related matters. Coaches are encouraged to set their pages to "private" to prevent athletes from accessing the coach's personal information.

Twitter: The Club does not have an officialTwitter page. Coaches are not permitted to follow athletes on Twitter. Likewise, athletes are not permitted to follow coaches on Twitter. Coaches and athletes are not permitted to "direct message" each other through Twitter.

- Texting: Subject to the general guidelines mentioned previously, texting is allowed between coaches and athletes during the hours from 6am until 8pm.Texting only shall be used for the purpose of communicating information directly related to team activities.

- Email: Athletes and coaches may use email to communicate between the hours of 7am and 8pm. When communicating with an athlete through email, a parent, another coach, or a board member must also be copied.
  Request to discontinue all electronic communications:The parents or guardians of an athlete may request in writing that their child not be contacted by coaches through any form of electronic communication.

“SUCCESS COMES FROM KNOWING THAT YOU DID YOUR BEST TO BECOME THE BEST THAT YOU ARE CAPABLE OF BECOMING.”

-John Wooden October 14, 1910 – June 4, 2010

PO BOX 1824

VASHON,WA 98070

WWW.VASHONSEALS.ORG