



**Regina Diving Club Handbook
2022/2023**

Revised October 2022

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WELCOME to the Regina Diving Club (RDC)! We hope your involvement with our Club will prove to be as enjoyable and satisfying as it has been for many others before you.

The Regina Diving Club is a non-profit organization, working to adhere to the philosophy and ideals of the organization as written in the Mission Statement. These ideals are: to foster the growth of the individual's spirit, mind and body, and to develop a sense of responsibility to each other and to the community.

Our Club is parent-run, directed, and managed, and your involvement is imperative. A big part of your involvement is fees, which may be offset by fund-raising opportunities. For all levels above Learn to Dive, your participation is expected. You may contribute in many ways, such as helping to plan and run competitions, officiating, chairing a committee, providing professional consultation, or becoming a member of the Board of Directors. Whatever your area of interest or expertise, we can use your help. For further information, please contact rdc.diving@hotmail.com

This handbook is designed to provide you and your diver with general guidelines and expectations. If you have any questions about your diver's program, please feel free to contact your coach during non-training times. Further information can be obtained from our homepage at www.reginadiving.ca.

GOALS

- To develop and maintain technical programs that will allow all athletes to fully realize their potential.
- To develop, support and maintain qualified coaches sufficient to provide a full range of Club programs.
- To develop, support and maintain a recruitment system to ensure a consistent succession of competitive athletes and coaches.
- To generate revenue that will enable the Club to maintain and upgrade equipment, and support the club financially as needed.

Head Coach's Note:

With a new diving season fast approaching, I would like to take this opportunity to provide some information about improvements made to our club programming and structure. To better serve our divers, the Regina Diving Club has improved our program structure to reflect the competitive and recreational goals of the organization.

Diving Plongeon Canada's Long-Term Athlete Development (LTAD) model has served as a road map for program changes. "A LTAD is simply a description of what conditions children need, at each stage of their growth, to meet their full athletic potential." For more information about LTAD models, please visit Sport Canada's website [HYPERLINK "http://www.canadiansportforlife.ca/"](http://www.canadiansportforlife.ca/) at [HYPERLINK "http://www.canadiansportforlife.ca/"](http://www.canadiansportforlife.ca/) www.canadiansportforlife.ca. These conditions as well as the established competitive age group system are the building blocks for a newly adapted program structure.

The competitive stream of our program has been divided along age groups, ability and commitment levels to reflect the demands of competitive National and Novice requirements. The age groups and program schedules have been set to provide divers with the best opportunity to achieve success at their level of competition. Some may see these changes as restrictive, however your coaching staff see them as a necessity to manage group sizes, pool space, and achieve individual and program goals. Your diver's access to equipment will be improved. Each training group will be afforded an appropriate coach/diver ratio and more time on the boards, meaning a greater opportunity to be successful.

If you are new to our organization, I would like to thank you for your interest and welcome you to the club. If you are a returning member, it will be nice to see you back on deck for what I know will be a fun and successful season.

Thank you,

Laura Desautels
Head Coach
Regina Diving Club



DIVING LONG TERM ATHLETE DEVELOPMENT MODEL FAQ'S

Diving Canada LTAD Model Copyright © 2006 Diving Canada

Q. Is this athlete development for good health? Is this for every kid?

A. While the goal of the LTADM is to help create the best divers possible, one of the side benefits is good health. The prescribed exercises make children stronger, which makes them less prone to injury. It also makes them more likely to pursue a more active lifestyle. In that respect, yes, it is for every kid, whether they want to be an Olympic champion, or they just want to give diving a try.

Q. Do you need to know how to swim already? I've heard kids can't coordinate the strokes at younger ages. Are we pushing them too early?

A. Many diving clubs offer gym and swim programs where kids learn the basics before starting diving. For diving itself, children don't need good quality strokes; they just need to get from under the diving board to the side of the pool.

Q. Can I be involved?

A. Most clubs have some form of parent involvement, including officiating, event management, fund raising, etc. However, the coach / participant relationship depends on children being focused, much like school or music lessons. Most coaches allow parents to watch practices but be sure to do this out of earshot and the view of your kids, so they can concentrate.

Q. I can't see it. What are we trying to do to these kids at this age? I want a normal kid. Why start earlier?

A. Long term athlete development means offering children instruction in fundamental movement skills during the development window when they can best learn them, whether they are to be competitive athletes or simply enjoy physical activity. An appropriately structured program is intrinsically appealing to children. If they don't like it, look elsewhere for a program that is fun and teaches skills.

Q. How do we know this model is right?

A. The model was created by a group of experienced Canadian diving coaches, including age group specialists and coaches of Olympic medalists. This model is a summary of their experience applying these principles. Also, the model has been reviewed and approved by the experts leading the Canadian long term athlete development model project, "Sport for Life".

Q. This model seems to demand much more activity than our kids are doing now. Are you sure this is safe?

A. Children can handle more training than many believe. When permitted to play at their own pace, outdoors, they will play hard for hours longer than they are typically allowed in a modern

urban society. There are also safety benefits to starting earlier. Smaller, lighter bodies are less susceptible to injury. Chinese divers start much younger on tower and have fewer injuries learning it. Also, some of the best Canadian divers have done this level of training and have not had any greater rate of injuries or loss of interest. Coaches can tell when an athlete is not ready for this level of training and will gradually increase it when the diver is ready. No good coach will force a child to do more than they are ready for.

Q. “Athlete development model” sounds like it’s for elite athletes. How does it apply to children with lower aspirations?

A. All children acquire skills in the same order; some are just faster than others. The model recommends skill progressions that apply to any diver learning skills. Even more importantly, kids learn physical skills most efficiently before the growth spurt (11-13 for girls, 12-15 for boys). Children benefit from learning a variety of skills during this window, even for the simple enjoyment of physical activity. Divers especially need to learn dance and gymnastic movements early for diving performance, but these activities are also among the best general fitness and coordination activities for kids this age.

Q. Isn’t this hard on their bodies?

A. In fact, it is better for their bodies: it helps prevent injury. Proper preparation will protect them from injury, whether in diving, other sports, or in the unpredictable bumps and knocks of childhood. A program which leads to injuries is probably at fault, not the age at which the athletes begin. That said, some people are prone to injuries, and coaches will adjust a program to address these concerns.

Q. How do you handle a child who is scared?

A. All divers are scared at some point, whether learning a front dive from the side or a reverse dive from 10m. The model, and all good coaches, teaches diving in small incremental steps called progressions, so children gain confidence as they master a dive before moving on. These are some of the advantages of diving: that participants learn to face fears and deal with them appropriately.

Q. Do they also need to do gymnastics? Dance?

A. The LTADM has both gymnastic and dance elements built into it. It would be beneficial for divers to do additional gymnastics or dance, but in a diving context. Certain dance movements and positions are different from diving positions, and, particularly at an advanced level, many gymnastic movements are contrary to diving movements.

Q. Shouldn’t kids just be allowed to play on their own? Aren’t we over-structuring their time?

A. They gain further abilities that enhance play. They will get more out of play, they will be more likely to be physically active in their free time, and they will be less likely to injure themselves. The LTADM is necessary to learn structure and discipline; there is plenty of extra time for free play.

Q. What should coaches do during the Adolescent Maintenance stage?

A. Coaches (and parents) must be aware that self-image and self-esteem are fragile. Divers may need to compete less. Coaches should work on improving weight training skills, dance skills, and keeping diver fit. They may want to involve the diver in coaching younger athletes once or twice a week. The coaches, diver, and parents may have to lower competitive expectations.

Q. Why isn't my child going to Nationals even though he qualified?

A. His goal for the year was to qualify for Nationals, which he managed to do. He's not ready to be competitive at that level and finishing near the bottom of the pack will do more damage than good. He should wait until next year when he can be more competitive.

Q. Why should my child go to Provincials when there is no one good to compete against?

A. To win. Successful divers have been motivated by success at all levels throughout their career.

Q. Why do you need so much dry land space and equipment?

A. It is the standard around the world. All the top diving countries, as well as a lot of the lesser countries, have dedicated dry land space and equipment. It also allows us to get more kids involved.

Q. Why does it cost so much?

A. It doesn't. It usually costs less than daycare, while being far more valuable. It usually costs less per hour than public swim and other sports, while being a far more beneficial program.

Q. What about time for homework and chores?

A. With the structure and discipline learned through this program, athletes get better at structuring their time when they begin training. School often improves.

Q. Quite often, my child does not want to go to diving, but then they like it when they are there and afterwards.

A. This is very common. Parents need to make decisions for children. If you believe in the program, make sure your child attends all scheduled lessons.

Q. Why is my child not spending more time in the pool?

A. Time is limited and better used on technical aspects of diving, which are learned more efficiently on land before being transferred to the water.

Q. Why is my child not doing weight training?

A. Time is limited and better spent on technical aspects of diving. When the technical aspects are mastered, weight training will be added if strength is still a limiting factor.

Q. What mental training are you doing?

A1. We are doing mental training: diving training is inherently mental training.

A2. Many seemingly mental issues are actually technical deficiencies that may appear to be psychological in nature. The LTADM helps alleviate the weaknesses in technical development.

Q. Can my child do other sports?

A. Yes, but fewer days are available for other sports because diving requires more commitment than other, late-specialization sports.

Q. When is too late for elite success in diving?

A1. Beginning after puberty is usually too late to fully realize one's potential unless the child has developed the skill and flexibility requirements from other acrobatic sports or activities.

A2. It is not an exact science before puberty. There will be the most success when there has been enough time to achieve the requisite skills and flexibility before puberty's onset.

Q. How do you know when the Adolescent Maintenance stage begins?

A. Rapid growth occurs, as do the appearance of secondary sex characteristics. Coordination and speed often suffer. The difficulty of the diver's dives may be affected, as well as the aesthetics.

OTHER FREQUENTLY ASKED QUESTIONS

- **How can my diver change programs?**

In order to change programs divers must pass the required skills to move into the next level and be invited by the head coach. Group selection is based off many factors, including but not limited to: Age, Physical, Mental, Emotional, Skills, Attitude and Commitment. In order for an athlete to change groups they must show that they are ready for the demands of the new group as well as be invited by the Head Coach. If you change programs, please complete a Program Change form, revise your Payment Schedule and submit the forms to RDC.diving@hotmail.com. Please refer to the Program Change Policy.

- **What happens if we have an address change or change phone numbers?**

Please provide the Competitive Administrator at RDC.diving@hotmail.com with written notification of your new address or phone number. The Administrator will distribute the information as necessary.

- **What is required before my child will compete in a competition?**

Every age group has a required dive list – required dives, directions and difficulties – and all divers are working towards perfecting these dives based on their age group. Talk to your child's coach for details on your child's progress. There is not a requirement to compete - that is a coach, athlete, and parent decision. Even when the athlete has gained his required dives it may not be necessary to attend every competition.

FUNDRAISING OPPORTUNITIES

From time to time, the Club will participate in various fundraising initiatives. Any family that participates will have some of the dollars raised, rewarded to their "account" to help offset meet fees or travel expenses. These amounts can change from time to time and are set by Board policy each year.

BINGO – Please see the website for current bingo coordinator contact information.

**Centennial Bingo – 2311 2nd Avenue
Regina, SK**

Bingos are a fundraiser for the club. Without the bingo revenue, we would have an increase in everyone's fees. When you register your diver(s) in their program(s) you are also informed of the required bingo commitments for that group. At the time of registration, you are given the option of working these bingos or paying out your commitment to this fundraiser. Please remember that if you choose the option of working these bingos, we will be counting on you to fulfill your commitment.

In order to achieve the full bingo discount, all bingo commitments must be completed. All partial commitments will be credited at \$65/bingo with the remainder being paid out (at \$65/bingo) before the end of the season. Extra bingos worked (beyond the required commitment) will be credited at \$65/bingo toward the diver's extra fees. Unused credits at the end of the season can be applied to the following season but will not be paid out if the athlete is not returning.

Rules of the Bingo Hall

Mon-Thurs Evening Bingos:

- There must be 16-18 workers
- Counting starts at 4:30 (come if you can!)
- All workers to be at the hall by 5:15. Selling starts at 5:30
- Park in the back
- We are usually finished by 9:45 or 10:00

Fri and Sat Evening Bingos:

- There must be 20-22 workers
- Counting starts at 4:00 (come if you can!)

- All workers to be at the hall by 4:45; Selling starts at 5:00.
- Park in the back
- We are usually finished by 9:45 or 10:00

Sun Evening Bingos:

- There must be 16-18 workers
- Counting starts at 4:30 (come if you can!)
- All workers to be at the hall by 4:45. Selling starts at 5:00
- Park in the back
- We are usually finished by 9:45 or 10:00

Late Night Bingos:

- There must be 10-11 workers
- Counting starts at 8:30 (come if you can!)
- All workers to be at the hall by 9:15; Selling starts at 9:30.
- Park in the back. Remember to be QUIET until the evening program finishes.
- We are usually finished by 12:30 or 1:00am

Sat and Sunday Matinee Bingos:

- There must be 12-14 workers
- Counting starts at 10:45 (come if you can!)
- All workers to be at the hall by 11:15; Selling starts at 11:30.
- Park in the back
- We are usually finished by 3:30 or 3:45

General Rules:

- Bingo dates and times will be emailed by the bingo coordinator. Bingo dates are assigned by the bingo hall in 3-month blocks of time (Sept-Nov, Dec-Feb, Mar-May, and June-Aug). The bingo season runs Sept 1-Aug 31.
- Phone or email the bingo coordinator (available from the club administrator) to have your name added or removed from the bingo worker list/group.
- If you sign up to work a bingo and are unable to make it to that session, you must notify the bingo coordinator at least 48 hours in advance so that a replacement can be found.
- Workers must be at least 12-14 years of age (this is at the discretion of the bingo coordinator) and children must have a parent working at the same session (this will also be at the discretion of the bingo coordinator). Please note, workers for the late night program should be 16 years of age or older.
- The bingo hall will notify the club if we need to bring more than the usual number of workers.
- There must be 4 adults (16 and older) selling the Breakout games (green aprons).
- Floor workers should be circulating constantly throughout the hall so that all areas of the hall are covered. They should be attentive and should always have a sufficient supply of paper with them. When a "Bingo" is called, the closest floor worker to that player must get to that player as soon as possible, take their bingo sheet to the nearest bingo telephone and read the sheet number (or the bingo minder number). Once the bingo has been verified, the worker will return to stand next to the winner with their hand in the air. A runner will bring the winnings and the worker will count it out to ensure the correct amounts are given. Workers under 16 will not count out winnings over \$300.
- Please keep your voices down when the players are playing.
- Do not gather in groups in any part of the hall. Avoid being disruptive.
- When stopping to visit the washroom, please remove your apron and leave it at the cash counter.
- Food and drink must be consumed in the snack room, with no more than 2 workers in there at a time. Please do not take breaks during the 5 and 10 minute intermissions. Players will want to purchase more paper during these times.

- Any questions asked by the players regarding bingo issues should be directed to the Bingo Hall Manager. The Bingo Hall Manager is the authority for any concerns/disputes during the evening.
- Avoid cell phone use while working the bingo.
- Please remember this is an entry level job. It is important to model a positive attitude and appropriate workplace behaviour for our young workers. This is often their first workplace experience. Be the type of worker that you would want to work with!
- Be as friendly and congenial as you can. The bingo players have come for an evening of entertainment and are supporting our club!

VOLUNTEERS AND COMMITTEES

The Regina Diving Club is a Non-Profit organization. In order for the club to be successful there are many ways that each family can help. Some tasks are just a few hours a year, some tasks are monthly, and some tasks require a multiple year commitment. Each position is important to the continued success of the RDC.

Some of the most necessary positions are listed below. Each position has specific responsibilities and requires a commitment of volunteer hours, but each position also comes with training, advice, support and likely already has a person working in it - so that they can help train the next interested volunteer.

Many of the positions listed below are required only when we are hosting major competitions, like Western Canadian Diving Championships, which we host every second year. Let us know on your registration forms what tasks or positions you are interested in.

- **Regina Diving Club Board**

The board members are responsible for developing and implementing policy for the recreational and competitive programs. Members must attend monthly meetings of approximately two hours in duration. Additional meetings may be required. Additional responsibilities may be required.

- **Dive Sask Representative**

This is an elected position. It is a two-year commitment.

- **Treasurer**

The treasurer will be responsible for maintaining the Regina Diving Club financial records. The treasurer will report monthly to the board and file all required reporting to the appropriate government agency. The treasurer will be involved in strategic planning.

- **Equipment Set up and Take down**

This position will be responsible for equipment maintenance throughout the year. Planning will be done with the head coach. This position will also be responsible for communicating needs/issues to the head coach and will be responsible for coordinating equipment set-ups and take-downs as needed during the year.

- **Merchandising Coordinator**

The merchandising coordinator will be responsible for coordinating, ordering, and collecting payment for all club team merchandise, including club photos, team jackets, etc. This position will take direction from the head coach on team clothing requirements. A final report including collected funds will be required to present to the treasurer.

- **Fundraising Coordinator**

The fundraising coordinator will be responsible for organizing and coordinating at least three fundraisers during the year. This position will communicate with the members of the club, communicate with the fundraising company, and upon completion of the fundraiser will draft a report to issue to the club treasurer with the funds raised.

- **Bingo Coordinator**

This position is the main contact between the bingo association and the club and is responsible for scheduling and organizing all volunteers for bingos. The bingo coordinator is required to arrive early and stay after each bingo. The bingo coordinator will be required to reconcile at the end of each bingo and forward a copy of the reconciliation to the club treasurer.

- **Travel Coordinator**

This position would assist the RDC competitive administrator in arranging logistics for team and individual travel for competitions. This would include communication between coaches and families for all arrangements and planning - well in advance of travel dates.

- **Website manager, Newsletter assistant, Team picture coordinator, End of year party coordinator, Banquet and Awards Coordinator:** There are so many ways you can help your club. Just talk to the Competitive Administrator at RDC.diving@hotmail.com or a Board Member.

Competition Volunteer Requirements

The following roles are required for each competition that RDC hosts. Ideally, the individuals will be committed to fulfill these roles multiple times, with cross-training of others as necessary.

- **Competition (Meet) Manager**

This position is responsible for organizing and supervising club competitions. This includes attending and chairing planning meetings. During competitions, full time attendance is required.

- **IS/Technical Coordinator**

The technical coordinator will be responsible for securing, planning, organizing, and maintaining all IS needs for competitions. The position will work closely with the results coordinator. During competitions, full time attendance is required.

- **Awards Coordinator**

The awards coordinator will be responsible for obtaining, preparing, organizing and coordinating the presentation of all awards. A significant number of planning meetings are required prior to competition. Supervising of volunteers is also required. During competitions, attendance at the end of every session is required.

- **Hospitality Coordinator**

This position is responsible for organizing, preparing, and delivering food to the judges, coaches, volunteers and athletes. A significant number of planning meetings are required

prior to the competition. Parents must be contacted for food donations. Supervising of volunteers is also required. During competitions, full time attendance is required.

- **Results Coordinator**

This position will be responsible for coordinating and supervising the collection, data entry, calculation and printing of all results. A significant number of planning meetings prior to the competition is required. Supervising of volunteers is also required. During competitions, full time attendance is required.

Please refer to your registration form for your volunteer commitment. The Regina Diving Club will assess an invoice at the beginning of each year, as a bond against hours of volunteer time required per family. When your family has completed your volunteer time, please provide the Recreational/ Financial coordinator with your Volunteer Hours Log, we will credit your account. If your Volunteer Log is not received, or if your volunteer hours are not met your bond will become due and payable on June 1st.

CODE OF CONDUCT

The Regina Diving Club Code of Conduct, which includes reference to athletes, parents, coaches and representatives of the club, can be found at www.reginadiving.ca under the 'Resources' tab. This is a complete document, vetted through Dive Sask and Sask Sport, and should be read by all families.

The remainder of this section outlines the expectations of Regina Diving Club as it relates to our athletes, parents, and coaches. It is not meant to be exhaustive, nor replace the approved policies and procedures of the club, but rather highlight some of the important aspects for each member.

Expectations of our Divers

- Divers represent RDC and are to conduct themselves at all times in a manner which will not reflect negatively on RDC or be disruptive to those around them.
- Divers shall demonstrate respect for coaches, officials, chaperone/managers and other athletes.
- Divers will be punctual at all times. Be prepared to start training on time. This means arriving at the pool 5 to 10 minutes early.
- All divers are to ask their coach if they may leave the pool deck during practice.
- Help with any set-up or take down of equipment when asked by the coaching staff.
- Divers are to make sure coaches and chaperone/managers know where they are at all times.
- Divers agree to abide by all reasonable and ethical decisions made by the coaches and/or chaperone/managers.
- On out-of-town trips, divers shall remain in their own hotel room after curfew.
- Divers Age Group D and up are required to stay at meets until the last RDC diver has finished. This includes meets hosted and held at our home pool. Divers may leave to visit with relatives and/or friends only when previously agreed upon by the Board and Coach and of the diver's parents. Written request must be sent in a minimum of one week prior to departure for review.

- Divers will wear the designated team uniform when representing RDC.
- **Diver's Behaviour:**
 - Older more experienced divers...you are role models, please lead by example.
 - Be supportive, courteous and respectful to all your team-mates.
 - Please respect your team-mates by avoiding inappropriate behaviour (e.g., yelling, screaming, shouting, snapping chamois.) This can be distracting to others.
 - Please avoid all gossip; it serves no positive purpose to your team.
 - Please wait until after training time to talk to your family or friends.
 - Divers shall use appropriate language -- abusive language and profanity is not permitted.
 - Divers shall not smoke.
 - Divers shall not consume alcohol (this includes divers of legal drinking age while they are representing RDC).
 - Divers shall not use, consume and/or possess illegal drugs. If using prescription drugs, the coach and chaperone/manager must be notified. (In competitions where drug testing is to take place, this includes caffeine, aspirin, asthma medicine, or any substance which may result in a positive drug test.) If in doubt, please call 1-800-672-7775 for the Canadian Centre for Ethics in Sports.
- **Diving Board Etiquette:**
 - Always know the depth of any pool before diving in headfirst.
 - Dive safely at all times. Make sure the area under your board is clear.
 - When it is your turn on the diving board, please be ready to go.
 - Once you have stepped on the board, please proceed with your dive. Remember that other divers are waiting for their turn on the board.
 - When a team-mate is about to use bubbles, please wait until their dive is complete before proceeding with your dive. Please stay out of the water during bubble use.
 - Balks should only occur if you are so far back from the tip of the board that dive completion may risk personal injury.
- Treat all pool facilities, staff and other pool users with the same respect you want to be afforded.
- When diving during public swim, divers are to follow public swim rules and lifeguards' directions.
- Divers shall strive to maintain or improve on their current academic marks.
- The Head Coach will determine if an alumni diver may train with the Club. Alumni divers who are permitted to train with the club will pay the applicable DPC registration fee, to be registered with DPC for insurance purposes and will also pay \$10 per practice time to RDC. Alumni are subject to the Club training rules while training.
- Any injuries incurred in practice or competition must be reported to the coach immediately. If the injury requires seeing medical personal a [Dive Canada Medical Form](#) must be filled out and submitted to Dive Sask.

Note: all accident claims must be submitted to the Insurer within 30 days so it is important that if a diver is injured and receives medical attention an Accident Claim form is submitted to Dive Sask well before the 30 days is up. Even if you do not think

an insurance claim will be initiated, it is wise to submit the accident claim form in case further medical attention is necessary later.

Expectations of our Parents

- Please pay your fees on a yearly or monthly basis and fulfill your bingo requirements according to your fee payment schedule and using one of two acceptable methods of payment: Pre-authorized Debit or Cheque. If any changes are required to this fee schedule, please contact the administrator prior to your next payment requirement.
- Complete the medical form at registration. If any changes occur throughout the year, please submit the revisions to RDC.diving@hotmail.com .
- Communications from Club and Coaches will mainly be conveyed via the Regina Diving Club website or by email or the Regina Diving Facebook Page.
- Parents are expected to be familiar with all aspects of the handbook, and the following policies of the club: Code of Conduct; Disciplinary Procedures; Appeal Procedures – all can be found at www.reginadiving.ca under 'Resources'
- Parents are encouraged to talk to the coaches, **but not during training**. Please contact coaches by email to set up a meeting with them. Meetings are not held on pool deck after practice – unless specifically arranged with your coach prior to that day.
- Parents may be asked to accommodate out-of-town divers, on request (when billeting, guidelines will be provided.)
- Parents are expected to help out at the Regina Diving Club hosted competitions.
- Parents are expected to seek clarification from the competitive administrator at RDC.diving@hotmail.com for any questions you have.
- Know your RDC Board Members. A list of current Members can be found on the website. Don't be afraid to bring to our attention any questions or concerns that you may have throughout the year.
- Parents are expected to be familiar with and adhere to all travel policies as set out by the club for meets held out of town.
- Parents are expected to cover their own expenses if they are attending meets as a spectator.
- Parents are to sit in the designated viewing area and are not to interrupt training. Parents are not allowed on pool deck, past the signs. You may see a board member on pool deck from time to time; this is acceptable when they are conducting RDC Board business.
- Be supportive, courteous and respectful to all divers, coaches and fellow parents. The use of foul language on the pool deck or at club sanctioned events is strictly prohibited.
- If you have a concern or a problem, please follow proper procedures listed below. RDC reserves the right to remove a parent from the pool deck if problems arise.

If you have a problem with a coach or a program, please take the following action:

- **Talk to your diver's coach – if not resolved then,**
- **Talk to the Head Coach – if not resolved then,**
- **Talk to a member of the Board of Directors.**

This procedure must be followed if the problem is to be resolved in a timely and fair manner. Additional details on the Regina Diving Club Website

Expectations of our Coaches

- Coaches and their team represent RDC, and they are to conduct themselves at all times in a manner which will not reflect negatively on RDC.
- Coaches shall at all times demonstrate respect for divers, other coaches, officials, chaperone/managers and parents.
- Coaches are responsible for informing the diver's parents and RDC Board of Directors of any misbehaviour or transgressions of the RDC Code of Conduct.
- Coaches are responsible for ensuring that the diver's competition requirements and lists are technically correct.
- Coaches are to be aware of the whereabouts of the divers for which they are responsible.
- Coaches are in charge of athletes during training and competition times.
- Coaches shall attend all meetings held by competitions committees, where their attendance is requested.
- Coaches shall give the divers the opportunity to discuss proposals for training and performance standards.
- Coaches shall provide divers with appropriate information necessary for them to be meaningfully involved in decisions that affect them.
- Coaches shall communicate and co-operate with family members, involving them in appropriate decisions pertaining to the diver's development.
- The coaches are role models and should lead by example.
- Coaches must inform the parents/guardians of any injury that the diver incurred that day during training or competition.
- The Coach reserves the right to request written consent from parents/guardians and/or a doctor to confirm that the diver is fit to return to training/competition.

TRAVEL PROCEDURES

Diving meets are meant to be fun for all divers involved. This is what they have been working towards. However, divers are expected to behave in a responsible manner. The following rules must be adhered to if we are to maintain our privileges and reputation as a Club.

There are generally two possible arrangements for travelling to a meet.

1. Team travel

In this situation, coaches and divers travel and stay together. The coaches help arrange the numbers, the requirements for vehicles, drivers, chaperones, as well as the schedule for all days of the meet.

Where Group E or younger divers are travelling, there may be an option for the athlete to travel to and from the meet destination with the team and then stay with their family for the duration of the meet.

Discuss individual cases with the traveling coach well in advance of departure, so appropriate understanding of responsibilities are outlined.

2. Individual travel

This travel situation is where families make individual arrangements on transportation and accommodations for the meet. These individual arrangements sometimes include staying with family or friends instead of at a hotel, carpooling and various

other ideas to help each family enjoy the meet and to help with the cost burden. This is a privilege granted by the club to help ease young athletes and their families into competitive sport travel. Parents are required to have their diver at all scheduled events and at the pool for all practice times, on time. The divers remain at the pool with the team all day; the parents are not required to stay at the pool.

Early Departure

In all travel situations it is the expectation that athletes will remain until the end of the competition. If early departure is required, a written request must be received 1 week in advance and given to the Board.

Coaches will not be responsible for determining if an athlete can depart early and in no circumstances will a coach be approached during a meet to request leaving early. In the case of an emergency, a Board member that is present will deal with the request on an individual basis.

EXCEPTION: In cases where safety while travelling is determined to be an issue, the board members in attendance (using a majority vote) have the authority to waive the requirement to stay until the last RDC diver is finished. At all times, the safety of the coaches, divers and families will be the first priority. The board members in attendance will also have the authority to make alternate travel arrangements (i.e. additional night of hotel) to ensure the safety of the coaches and athletes.

Chaperone Requirements

Parents are encouraged to put their names forward for the chaperone/manager of out-of-town diving meets as needed. Chaperones are only required for team travel meets and are expected to fulfill all the duties that are listed in the "Chaperone Duties and Guidelines" and have a Criminal Record check. The RDC recognizes the responsibility required to chaperone our athletes and as such will cover 50% of the expenses incurred from taking on the role. The remaining 50% of the expenses incurred will be divided equally among the divers attending that meet. Please refer to the travel expense forms for guidance on cost reimbursement. In most cases Chaperons will be assigned at a ratio of 6 athletes to 1 chaperone.

Chaperone Selection

Once it is deemed necessary for a chaperone, a request by the coach will be made for volunteers and the selection will be made by the Head Coach in conjunction with the Board if so required.

Team Travel Guidelines

Pre-Departure:

- Coaches will email meet information as it becomes available.
- If your diver is going to the meet, all forms must be completed and returned by the indicated date. If your diver is not going to a meet, please notify your child's coach.
- Team travel arrangements and lodgings for the entire team will be arranged at least 45 days before the meet whenever possible.
- Team travel is required for Nationals and any meets requiring flights. Winnipeg Tier I/II (June) is a Dive Sask sponsored team travel event. During team travel, all athletes

Group D and up are required to travel and stay with the team. All other meets will be considered individual travel unless otherwise identified in advance by the coach.

Billeting:

- Billets, if being used, will be arranged by the coach.
- Parents of divers attending a meet must be informed of the details of who and where the billets are located a minimum of 72 hours prior to departure to the meet.

Departure:

- Report to the chaperone/coach so they know you have arrived.
- Stay with the chaperone/coach until otherwise told.
- Advise chaperone/coach of any medical problems, allergies or medication that you have or will be taking with you (not already noted on medical form).
- On a parent's request, divers may give their money or medications to the chaperone.
- Be on time!

Please make sure your diver understands that they are a representative of RDC and their behavior reflects not only on them, but on the Club and their family.

Trip:

- Please listen and obey all instructions given to you by drivers, coaches and chaperones.
- The driver shall drive responsibly at all time when transporting divers.
- Seatbelts will be worn at all times.
- Coaches may require that divers wear the appropriate team uniform while representing the Club on an airplane, upon leaving the hotel and on the pool deck.
- Divers' travel bags should be with them at all times and packed with training gear, team uniform and other items the divers wish to carry on board with them.
- When trips are over 3 hours, please provide "good" snacks for divers (no soda or junk food).
- No shelled snacks and no glass containers.
- No junk food during the trip and at diving meets (coaches, drivers and chaperone/managers must abide by same "good" eating habits as divers).
- Divers are to be considerate of all others in van, car, train or plane.
- It is the responsibility of the divers to keep the floor free of garbage and litter.
- In the case of being billeted, the divers will be given one contact number to reach coaches and/or the chaperone/manager.

Upon Arrival:

- Ensure that the van/car is unloaded and properly cleaned.
- In case of being billeted, advise the coach when you are leaving.
- No changes are to be made between divers in billets or hotel room accommodations. The chaperone/coach must know where you are at all times.

Dive Meet:

- Coaches may request that divers be in designated team uniform when travelling to the pool, while on pool deck and when going back to hotel.
- Divers are to be aware of their training and competition schedule.
- Check with the chaperone/manager for any special instructions.

- Stay together as a team and remember to cheer for your team-mates. The use of electronic devices while your teammates are competing is prohibited.
- Never leave the pool without permission of the chaperone/coach.
- Parents should not expect any privileges for extra-curricular activities without the permission of both the coaches and chaperone.
- As at our own pool, so too at competitions, parents are not allowed on pool deck except for awards or in the case of an emergency.
- Coaches are responsible for all athletes on the pool deck.
- All athletes Age Group D and up are required to stay at the meet until the last RDC diver is finished. This includes meets hosted by RDC.

Hotel:

- The coaches and chaperone will set the rules and curfew, which are to be followed by all divers.
- There will be no running or shouting in the hallways, no loud TV or music, disturbing hotel guests, etc.
- Divers are not allowed to leave the hotel without the permission of the chaperone/manager.
- After curfew, divers are to remain in their rooms with no visitors.
- Divers are not permitted to go to the lobby without permission of the chaperone/coach and must take a buddy.
- Any breach of the RDC code of conduct will result in disciplinary actions.

Completion of Meet:

- Divers are to make sure they have all of their belongings.
- Clean up area where the team was stationed.
- Be at assigned meeting areas on time.

Arrival Home:

- Divers are to make sure they have all their belongings.
- Clean up the van/car of all garbage and litter.
- Collect all monies and valuables from chaperone/coach.
- Advise chaperone/coach when you are leaving with your parent/guardian. No diver is to be left alone.

Financial Reconciliation:

The following process is executed to reconcile trip expenses:

- All receipts must be submitted with expense claims to the Administrator/Treasurer within 10 days of return.
- After the Administrator/Treasurer calculates the final cost per diver, they will issue an invoice to the diver's family indicating the amount owing.
- All invoices are due on August 31.

CHAPERONE POLICIES AND PROCEDURES

Pre-Competition:

- The chaperone/coach is one of the official representatives of RDC and has the authority to enforce rules of conduct on behalf of the Club. The chaperone will abide by the same code of conduct as the divers or coaches.
- The chaperone/manager is responsible for the divers' behaviour at all times, except when the divers are being coached. Please maintain the discipline of the team. If a diver's behaviour is unacceptable, discuss it with them privately.
- Talk with the coaches before team meetings to ensure everyone is on the same page.
- Chaperone must possess a valid driver's license and have a police record check on file with the Club. This record check could take as long as six weeks to complete, so get the paperwork done at the start of the season if you think you may be interested in putting your name forward as a chaperone.
- Must account for every diver.
- Attend all team meetings and verify travel arrangements, hotel arrangements (including rooming lists) and method of payment to be used.
- Ensure the divers are eating and drinking properly. This may require the purchase of healthy snacks. Ensure that you maintain receipts for reimbursement.
- If meals are to be prepared by the chaperone at the hotel, prepare a meal plan that will accommodate any food restrictions as indicated on the athlete's travel form.

Competition:

- Be understanding and maintain a positive atmosphere at all times.
- Purchase groceries when necessary and prepare any meals as determined.
- Be aware of any health issues, medications, etc, that affect each athlete and administer medication according to parents' instructions.
- Organize sleeping arrangements and distribute keys – keeping the duplicate.
- Ensure all paid channels are blocked from the hotel rooms of athletes.
- Verify and ensure all athletes are aware of curfew times.
- Ensure all the divers have all their belongings and the team area in the hotel and at the pool is clean.
- Take any injured or sick diver to the doctor/hospital. While absent, ensure that another responsible adult is in charge. Contact the parents/guardians of the diver in a timely manner.
- The chaperone must travel to and from the event with the divers and remain with the divers throughout the day – when they are not being supervised on pool deck.
- The chaperone must accompany the youngest divers to any stores/restaurants if there is more than one option.

Upon Departure:

- Ensure all divers are accounted for.
- Make last check of all rooms before leaving.
- Check out of the hotel.

Arrival Home:

- The chaperone completes a trip summary for the Head Coach.
- Hand in all receipts with an expense claim form to the administrator/treasurer.
- Give feedback on the arrangements to the head coach and the Board.

DISCIPLINARY POLICIES AND PROCEDURES

For all minor disciplinary situations involving the athlete, the Head Coach will be responsible for issuing the consequence. The disciplinary situation must be documented, along with the disciplinary action and kept in the athlete's file. If the situation continues, a meeting between the coach, diver, parents of the diver, and a third party if requested by any of the parties involved, will be held to discuss the situation and work out a positive solution. When a suspension is warranted, whether temporary or permanent, the Coach will consult with the parents and the RDC Board of Directors. The Board may then conduct an inquiry into the matter, if warranted.

Disruptive behavior by divers or parents will not be tolerated. Depending on the severity and the nature of the "poor" behavior, all or some of the following consequences may apply:

- Constructive criticism and explanation of why/how such behaviour is inappropriate.
- Restriction of privileges.
- Time out.
- Removal from remaining practice session.
- Reduction in training schedule.
- Temporary suspension.
- Permanent suspension.

When a diver is removed from the balance of practice, they are to get dressed and sit in the deep end bleachers for the rest of the practice. They are not allowed in the training area until the end of training, when they will meet with their coach. Parents must be informed of this in a recurring situation.

The complete RDC Code of Conduct, Disciplinary and Appeal Procedures can be found at www.reginadiving.ca under 'Resources'.

PROGRAM CHANGE POLICY

In order to change programs, divers must meet the required criteria as well as pass the required skills to move into the next level. Registration into the competitive programs is by invitation of the Head Coach, and as space allows.

Upon invitation, the Head Coach will provide the parent with a package of information, including forms to be completed and forwarded to the Competitive Administrator.

Written notifications of all program changes must be given to the Competitive Administrator.

Parents should complete the Program Change form, along with a revised Payment Schedule (see forms in Appendix D) and submit the forms to the Financial Administrator at info@reginadiving.ca within 2 weeks of changing a program.

For athletes making program changes, the official date for calculation of fees and bingo responsibility shall be as follows:

- A change prior to the 15th of the month will have the fee retroactive to the beginning of the month.
- A change after the 15th of the month will have the fee adjusted at the beginning of the next month.

Program changes must be noted on the appropriate form, signed, dated with the start date, and submitted to the coach as soon as the change is made.

REFUND POLICY

The Parent is responsible for notifying the Head Coach with written notice of a program withdrawal. The official termination date for calculation of fees and bingo responsibility shall be as follows:

- Fees are in effect until written notification of termination is given. Parents are responsible for providing this written termination to the Head Coach.
- Fees must be paid in full for the month in which the termination takes place

Notes:

- Annual registration fee is non-refundable. Please refer to the Registration Form.
- Bingo commitments will be pro-rated, but will not be pro-rated to less than 1 bingo.
- Any outstanding bingo commitments must be resolved, prior to refunds being issued.
- After May 15th, no refunds will be given.

INJURY / ILLNESS

In the case of an injury or illness lasting 3 weeks or more, annual membership fees shall be reduced if the following conditions are met:

- The injury or illness has caused the diver to miss all diving sessions for a minimum of 3 weeks;
- The coach has been informed from the onset as to the reason for absence and the expected date of return; and
- A written (email) request for a reduction in fees, which states the particulars of the case (the nature of the injury or illness, and the pertinent dates) is received by the Head Coach immediately and filed with the Administrator within 14 days after the member's return to the diving program.
- In these situations the membership fees will be reduced by an amount calculated as: annual fee x (complete weeks missed) 40 weeks less the registration fee

Bingo commitments will be pro-rated, but will not be pro-rated less than 1 bingo.

SUSPENSION

In the case of a suspension from a program by the Head Coach, lasting less than 4 weeks, no reduction will be made to either the annual membership fee or bingo commitments.

INCIDENTALS

The annual Registration fee will not be refunded in any circumstances. Extra bingo credits are not paid out but rather applied to future fees.

APPEALS

Appeals may be directed in writing to the Regina Diving Club Board of Directors. The Appeals Policy is available at www.reginadiving.ca under 'Resources'.

GLOSSARY

- Armstand** Group of dives performed only on platform where the diver performs a handstand with their back towards the water. The diver can rotate their feet towards the platform (cut-through) or towards the water (forward).
- Backward** Group of dives where the diver stands backwards on the end of the board and their head rotates away from the diving board.
- Balk** A balk (balk) occurs when a diver starts their approach or takeoff and then stops before they have left the board. Frustrating in practice and penalized in competition.
- Bubbles** Compressed air is triggered released from the deepest part of the pool bottom. The bubbles lessen the surface tension of the water, thus "softening" it. Used when divers are learning a new dive, or sometimes just for fun!
- Crowhop** When a diver, upon executing a standing dive, lifts his or her feet slightly of the board or platform prior to takeoff.
- DD** The Degree of Difficulty is a weighted index to reward/recognize harder dives from easier ones. Judges' scores reflect only the diver's ability to perform a skill, not how hard it is. The judges' score is multiplied by the D.D. to arrive at a point total for that particular dive.
- Dive list** In competitions, diver must compete a minimum number of divers initiated from different directions, depending on the diver's age and skill list.
- Dive Sask** *Dive Sask* is the Saskatchewan governing body of the sport and is located in Regina.

DPC	<i>Diving Plongeon Canada</i> is the national governing body of the sport and is based in Ottawa.
Failed (incomplete) dive	A dive that is obviously other than that which was announced, is more than 90 degrees off from the desired number of rotations and/or is over (or under) twisted by more than 90 degrees.
FINA	The <i>Federation Internationale de Nation Amateur</i> is the international governing body for all aquatic sports – synchro, swimming, water polo and diving.
Forward	The group of dives where the diver leaves the board facing forward and their head rotates away from the board.
Hurdle	The final step on a running dive on the springboard, must be done from one foot leading to a two-footed landing. Immediately proceeds the take-off.
Inward	The group of dives where the diver stands backwards on the end of the board and their head rotates towards the diving board.
National	A National diver is one who meets the DPC dive requirements for their age group and is eligible for national competition.
Novice	A Novice diver is one who meets a modified list of dives for their age group and can only dive in Novice or Provincial competition.
Platform	Rigid towers at 5, 7.5 and 10 meter levels.
Pike	A position where the body shall be compact, bent at the hips but the legs must be kept straight at the knees, the feet shall be together and the toes pointed.
Reverse	The group of dives where the diver leaves the board facing forward and their head rotates towards the diving board.
Rip	Occurs when a diver enters the water with no splash. This is a good thing, but not the only element important in a good dive.
Straight	A position where the body shall not be bent, either at the knees or at the hips, the feet shall be together and the toes pointed (also called “Layout”). The position of the arms is optional.
Springboard	A sixteen foot long piece of aluminium with a movable fulcrum. There are separate competitive events on the one and three meter levels.
Tuck	A position where the body shall be compact, bent at the knees and hips with the knees and feet together and the toes pointed. The position of the arms is optional.

Twister A rotation about the long axis of the body, performed simultaneously with a regular somersaulting action. Twisting dives are usually performed in the optional (free) position.

Web Sites:

Regina Diving Club: www.reginadiving.ca

Dive Sask (SDI): www.saskdiving.ca

Diving Plongeon Canada (DPC) www.diving.ca

Canadian Centre for Ethics in Sports: www.cces.ca

APPENDIX B: PAYMENT OPTIONS

All competitive programs have annual fees that may be paid in full by cheque or electronic fund transfer (EFT) or monthly by Pre-Authorized Debit (PAD) – **no other method of payment will be accepted. The PAD form will be emailed to you.**

Registration fee:

- Your registration fee, is non-refundable.

Fundraising:

- Families may reduce their fees by participating in optional bingos. One major meet is hosted each year at which every club family is expected to help at. Various fundraising opportunities will arise throughout the year and club members are encouraged to participate in at least one to keep fees reasonable.

Family discount:

- Any family with 2 divers in a competitive program will NOT be required to meet the FULL bingo commitments for the 2 divers. Instead they will be required to fulfill the stated bingos for the diver in the highest tier of diving and then be required to fulfill ONE HALF of the bingo requirements for the second diver (to a maximum of 10 discounted bingo credits).

NSF cheques:

- NSF payments are subject to a \$45 fee. Repayment must happen immediately accompanied by the \$45 NSF fee.

Delinquent accounts:

- Delinquent accounts (defined as greater than 2 months in arrears in fees and/or travel expenses) with no active re-payment plan on file, shall be notified that Regina Diving Club will be assessed 1% per month late fee. Divers with accounts greater than 3 months in arrears ARE NOT ALLOWED to train or compete. They will be notified by electronic mail of this suspension.