



VANCOUVER
VIKINGS
SWIM CLUB

VANCOUVER VIKINGS PARENTS HANDBOOK

Summer Swim Club

Vancouvervikings.ca

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Welcome and about the Vancouver Vikings Swim Club

Welcome to the Vancouver Vikings Swim Club! We are thrilled that your swimmer has made the decision to join our club. The Vancouver Vikings Swim Club is a non-profit, parent-run, competitive summer swim club that has been in operation since 1981, originally operating as the Mount Pleasant Swim Club. We changed our name to the Vancouver Vikings in 1984 to reflect the club's larger demographic. We belong to the Vancouver & District Region of the BCSSA, one of eight regions in the province. This handbook contains information regarding competitive summer swimming, and it outlines club policies and guidelines. As a summer aquatic club, we pursue summer organized aquatic programs between May and mid-August. We are subject to and abide by all swimming rules and regulations of the BCSSA (British Columbia Summer Swimming Association).

A priority of the Vikings club is to foster a passion for swimming and to create an atmosphere of fun while learning how to be competitive. The emphasis is on fun! The competitive skills learned at Vikings have proven to be essential life skills that will benefit swimmers not only in the pool, but also in other areas of their lives. These skills include:

- **Character Development** through commitment, hard work and perseverance.

- **Striving for Excellence** through the achievement of best times, ribbons, medals, and trophies.
- **Sportsmanship** from teamwork and encouragement as well as lessons learned on how to handle winning and losing gracefully.
- **Building of Community** from learning to build strong and lasting friendships and from learning to create a sense of "family" within the club.
- **Active Lifestyle** through the promotion of health and fitness as part of everyday life.

Aside from swimming, Vikings also organizes several social events through the season for all members of the Vikings family - parents as well as swimmers. These events help to foster team unity as well as provide opportunities for just having fun! Vikings has a warm family atmosphere that not only encourages but also draws parents to become actively involved in the club alongside their children.

Mission Statement

The club's goals are to:

- introduce young athletes to the environment of competitive swimming,
- teach them the skills required for racing, and
- encourage each athlete to attain his or her own personal best achievement in a fun and friendly environment.

Message from our President

On behalf of the Vikings Board of Directors, I am delighted to welcome you to the summer 2025 season! We are thrilled to see so many returning families and excited to welcome new families who will help shape the future of our club. For many, summer swimming is a cherished tradition passed down through generations, while others are just beginning their journey with us. Summer swimming is special because it combines inclusivity with a competitive spirit, fostering lifelong friendships among swimmers and parents alike.

As a Board, our role is to support our swimmers, coaches, and parents to ensure everyone has the most fun, positive, and competitive experience possible. However, we can't do it alone. The success of our club relies on the contributions of all our members. Our swimmers bring their enthusiasm and love for swimming, our coaches offer their expertise and care, and our parents provide their time and resources to support both swimmers and coaches. As a volunteer parent-run club, it truly takes a collective effort to keep things running smoothly. We encourage all parents to find a way to contribute, as many hands make light work.

Our ultimate goals are to foster a sense of community, promote physical and mental health, and ensure that every swimmer has fun while developing resilience and strength for life.

If you have any questions or concerns during the season, please feel free to approach any member of the Board, and we will be happy to assist you.

We are looking forward to an amazing season. I am personally excited to cheer on our Vikings swimmers and witness their growth and achievements. Let's make this season unforgettable!

GO VIKS GO!

Adele Khavari

President, Vancouver Vikings Swim Club

Message from our Head Coach

Hello Viking Families, my name is Zoey Johnson, and I'm thrilled to introduce myself as the Head Coach for the 2025 season. I'm incredibly excited to get things rolling and to meet all the new faces joining our team this year! I've been involved with BCSSA for nearly 16 years. I started swimming at age six with the Salt Spring Stingrays and gradually transitioned into coaching. This will be my second season coaching with the Vikings, and I'm beyond grateful for the opportunity to return. My coaching journey began on Salt Spring, where I worked my way up from Junior Coach to Head Coach. Eventually, I moved full-time to Vancouver for school, and my passion for coaching led me to this incredible team.

The coaches I had growing up truly shaped who I am today and continue to inspire my own coaching journey. The support, guidance, and life lessons they

shared stuck with me. Coaching gives me the chance to make a positive impact, and I'm so lucky to be able to do what I love.

Looking ahead to this season, my goal is for all of our swimmers to develop both a strong appreciation for the sport and the work ethic to reach their personal and team goals. Of course, making unforgettable memories and lifelong friendships along the way is just as important. The Vikings are all about fun, community, and support. We work together not only to hit team goals, but to uplift one another in our individual journeys. Whether that means swimming a 50 butterfly without a DQ, competing in your first meet, or qualifying for Provincials. We're here to help every swimmer set and achieve their goals.

While we coaches play a key role, we deeply recognize the incredible contribution of our parents. This club wouldn't function without you; your time, energy, and dedication make the season possible. From driving to early practices, to standing in the sun cheering on your swimmer, to offering endless support we're so grateful. Building strong relationships between coaches and parents is crucial to a smooth and successful season. While there may be a few bumps along the way, open, respectful communication ensures we move forward together, because at the end of the day, we're all on the same team. Please don't hesitate to reach out with any questions or concerns. I'm always happy to help however I can. I can't wait to kick off this amazing season, meet all of you, and get started on what's sure to be a

summer full of growth, goals, and—most importantly—fun. Get excited for one of the best summers yet!

GO VIKS GO!

Zoey Johnson

Overview of a Competitive Season

As a summer swim club is a club our competitive season occurs between May 1st and August 18 this year. Our BC SAA swim program commences at the beginning of June and finishes 8 weeks later in mid-August. After one month of training in May, this season includes meets hosted by other swim clubs, both in our own Region (which includes Vancouver, North Vancouver and Squamish) and outside of our Region in locations such as Burnaby and the Tri-cities areas, culminating in a regional meet which will qualify swimmers for the BC Provincials that takes place in August. The other clubs in our region are the North Shore Winter Club Marlins, the North Vancouver Cruisers, the Squamish Pirates, and the Vancouver Super Sharks.

Competitive swimming is both an individual and a team sport. Individually, each swimmer competes in events against other swimmers in his or her chosen events. The goal is not to win every single race, but to continually refine technique, as well as to develop the good mental preparation skills required for competition. While it is nice to win and to qualify for finals, the goal is more about achieving **personal best times**. Participating in relays and

cheering on teammates in their events helps to foster the sense of team. Swimmers will make friends that will last a lifetime.

Volunteer Requirements

It takes a village to run a successful swim club or at least a large group of engaged, enthusiastic, and committed parent volunteers! Luckily for Vikings parents, volunteering for our summer swim club is also an extremely fun way to connect with other swim families and enjoy the hours we spend poolside together.

To ensure that our volunteer responsibilities are shared equally and fairly, we ask every Vikings family to complete a certain number of volunteer hours over the summer.

At the time of registration for the summer season, we will require each family to provide a volunteer fee deposit. To receive a refund of all or part of this deposit at the end of the summer season, each Vikings family must complete volunteer hours for the Club. To receive a full refund of your volunteer deposit, your family must complete 17 volunteer hours. These 17 hours are in addition to the 8 volunteer hours required at the Vikings Meet, Regionals and Provincials set out below.

In addition to the 17 hours detailed above:

- Each family must volunteer for 8 hours at the Vikings Invitational Swim meet that takes place on 12 and 13th July at Watermania in Richmond.

- Each family will be scheduled for 4 hours of volunteer time per day for a total of 8 hours. All swimmers who are attending either or both Regionals or Provincial meets will require additional volunteer hours that are mandatory as part of the commitment to the Vancouver Vikings.

If you complete fewer than 17 volunteer hours, you will receive a partial / pro rata refund of your deposit. For example, if you complete 10 out of 17 volunteer hours, you will receive a refund of \$200 (i.e., each volunteer hour is equal to \$20).

Each family must log and record its completed volunteer hours, and have these hours verified by the Volunteer Coordinator, or a coach or executive member. To earn credit for the work you have done, please submit a completed [Volunteer Log Sheet \(click here\)](#) to the Volunteer Coordinator at volunteers@vancouvervikings.com before the end of September. We will send out a reminder by email when these are due.

[Volunteer Opportunities](#)

The Vikings offer many ways to participate and contribute as a volunteer – there is something for everyone!

- **Club Activities and Functions.** The Club organizes and presents a variety of social and other events throughout the season, beginning with our Blue & White in May. You can take on the task of organizing

these events or activities or agree to fulfill certain duties during the event itself (set up, take down, etc.). We will regularly put out a call by email for volunteers for each particular events and jobs that need to be done, so keep your eye out for these!

- **Vikings Volunteer Group Leaders.** We are always looking for engaged and enthusiastic parents to “lead” the various volunteer projects within our club (e.g., Fundraising, Social Events, etc.). If you are interested in taking on a leadership role in any of our volunteer areas, [please contact any member of the current Board](#).
- **Swim Meets.** Starting at the end of May, the Vikings compete in a different swim meet nearly every weekend of the summer, right up until Provincials in late August. (Each summer, you can find information about the meets we will attend on our Event Calendar.) These weekly meets offer the immensely enjoyable volunteer activity of timing swimmers on deck during their races – trust us, this is easy and fun! Each family can sign up for one timing shift when you arrive each morning at a swim meet and sign up for subsequent shifts one hour after the start of the meet. Additionally, you can work as a stroke and turn judge, place judge, or referee, all of which require specific training, which we will offer to those who are interested.
- **Look at the volunteer menu for other opportunities and descriptions of roles that are sent out to parents at the beginning of the season.**

Volunteer Board of Directors

Vikings Executive 2024 – 25

Board Role	Volunteer Name	Email
President	Adele Khavari	president@vancouvervikings.com
Vice President	Tina Hu	vp@vancouvervikings.com
Secretary	Erin Brun	secretary@vancouvervikings.com
Treasurer	Marion Lowe	treasurer@vancouvervikings.com
Registrar	Tara Snape	registrar@vancouvervikings.com
Communications Director	Diane Habans	

Project Leads 2024-25

Project Role	Volunteer Name
Active.com Coordinator	Fiona Beveridge
Awards	Cristina Bigg
Clothing Coordinator	Bonnie Kong
Director of Officials	Jim Ellithorpe
Fundraising Coordinator	Jasmine Sethi - Jocelyn Stacey
Meet Managers	Neils Velhuis
Pool Coordinator	Jessica Yee
Social Coordinators	Amanda Lee - Jennifer Cheung
Website lead	Tarik Ono
Volunteer Coordinator(s)	VACANT
Hospitality Lead(s)	Rose Lo
Concession Lead(s)	Jennifer Archibald

Fundraising

As a not-for-profit organization, fundraising benefits our overall program and all our swimmers. Fundraising together to help each other will strengthen our sense of community and strengthen our financial position - it's a win-win for the Club, and therefore our members.

Fundraising is a key component to the financial health of our club and programs. We rely on fundraising initiatives to meet our club's expenses, focusing on minimizing training fee increases. Vikings, as a non-profit organization, relies on and encourages our members to participate in all fundraising campaigns to keep the total cost of all groups in the club at a reasonable level. Pool costs and coaching represent over 75% of the total budget. The Fundraising Committee, under the direction of the Board of Directors, plans and implements fundraising projects, sponsoring various activities of the club, advertising at swim meets and other opportunities. Club Members are welcome to join the committee.

This summer, we are inviting you to support the Club and our swimmers through various Club-focused group fundraising activities. As always,

participation is optional, but we encourage you to participate to the extent you are able. Any funds raised through the below activities will go directly to the Club.

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[KidSport Swimathon](#)

The Swimathon is a separate event that the Club participates in to give back to our larger BC community. The Swimathon is a one-time event that happens every year at Kits Beach. It combines all the best of summer swimming – including fitness and fun – and allows us to support a cause that we believe in – organized youth sport. The money raised through the Swimathon event goes to KidSport, a national not-for-profit organization that provides financial assistance for registration fees and equipment to kids aged 18 and under.)

Vikings Clothing and Swag

Vancouver Vikings Clothing and swag is available to order at the beginning of each Summer Season and there is an online purchase system that has been

implemented to help make this easy. Owning and wearing Vikings clothing can build your swimmers team identity, share your team pride and support identifying with your club! This being said, owning or ordering Vikings Clothing is not a requirement and entirely at the discretion of each swim family.

Some things to note:

- Our usual clothing options - sweatshirts, sweatpants, t-shirts, tank tops, parkas, backpacks, and bathing suits are available for purchase.
- The parkas, backpacks and sweatshirts will allow for customization with the swimmer's name.
- Please note that the sizing charts for the apparel are provided as images except for the swimsuits where you will need to click on the sizing chart.
- You can purchase your swag by visiting this link: <https://team-aquatic.com/collections/vancouver-vikings>;
- **The deadline for orders is April 27, 2025!**

Communication

Weekly newsletters are emailed to members with the most up to date information. It is critical you read the newsletters as it may contain last minute changes in schedules and meet information. Practice schedules will also be posted on our website at www.vancouvervikings.ca.

Your child's coach will also send a weekly email so that you know what to expect for the upcoming week. The season moves fast so it is important that you pay attention to these emails.

We also communicate regularly through our primary social media platform – Instagram. You can follow us at Vanvikingswimming on Instagram for club announcements, real time posts at meets that highlight events, relays and meet details and photos and videos of our season's events!

Calendar

Vikings uses an online Calendar available at www.vancouvervikings.ca to make it easier to publish, distribute and update practice schedules, event information and meet times. There will also be a PDF document of the practice schedule for the Club. There are individual calendars for each practice group, as well as a club event calendar.

Social Events

The Club organizes and presents a variety of social and other events throughout the season, beginning with our Blue & White in May. Some of the events are just for the swimmers and they will participate before/after practice times, and others are for the whole family to attend!

- **Blue and White** – a fun in house swim meet to allow parents and kids to mingle and have fun. It is also an opportunity to learn about volunteer opportunities and learn how to time at swim meets.
- **Water Fight!** – a family potluck event in July where the swimmers have the chance to exact revenge on their coaches for all the hard practices in a fun water fight!
- **End of Year Wrap Up/Coaches Pageant/Awards** – a family potluck in August, after Regionals, where we celebrate the end of the season, the swimmers dress up their coaches for a fun and competitive pageant, and year end awards are handed out.

Awards

In addition to awards that swimmers may earn at meets through the season; the Vancouver Vikings celebrate their swimmers at the End of Year Wrap up! The Coaches work with the swimmers all season and want to ensure that the amazing effort and handwork is celebrated amongst the team. Some of the awards given out at the end of season events are:

- The Spirit Award – given to one girl and boy from each practice group to celebrate incredible team spirit and sportsmanship

demonstrated over the summer season.

- The Aggregate Award - given to one girl and boy from each Division for the most overall points earned through the regular season up until the Regional Meet
- The Most Improved swimmer - given to a swimmer from each group who has demonstrated the most improvement in stroke technique and times through the season.

Our Coaches

The Coaches' Role

- Monitor and evaluate the progress of each athlete's skills
- Teach and promote sportsmanship and co-operation
- Conduct organized and supervised practices
- Maintain discipline at practices
- Motivate and encourage athletes
- Provide the technical expertise required for their swimmer's development in all the competitive strokes
- Assist with meet/tournament entries and prepare relays
- Decide on the make-up of the practice groups
- Determine who swims in the relay races

- Are always available to talk to parents about the progress of their swimmers at an appropriate time (such as before or after a practice) and never during a practice.

Coaches' Authority prevails during practice and at meets/tournaments. Any questionable acts by the coaches may be forwarded verbally or written to the Head Coach. If the Head Coach fails to resolve the issue, then please direct your concern to members of the Executive who then have the authority to discuss and/or investigate the act in question. The Head Coach is responsible for all coaching staff, program and meet participants.

Practices

Practices will occur within your swimmers designated practice group and will be attended by their coach and if applicable an assistant coach. It is important that swimmers attend as many practices as possible within their schedule and follow the protocols of each individual pool. All pool guidelines can be found on the website and will detail any specifics of each training pool and facility. It is the responsibility of the swimmers to listen attentively to their coach and always show their coach the respect that is deserved. It is the responsibility of the swimmer to always be on time and be prepared with their swim equipment as required by the coaches. Ensure that your swimmer is

always prepared with a water bottle as staying hydrated is a critical part of the success of any physical activity.

Dryland sessions are a supplement to the in-the-water work each group does. They are usually scheduled immediately before or after swim practices once a week starting in June and will last between 30-60 minutes. Dryland is meant to encourage physical literacy outside of the pool, with the objective of building athleticism that will help a swimmer's progress in the pool. If a swimmer will be at practice for the water session but cannot attend the dryland session, please have them notify the group coach so that the coach knows he or she is not responsible for the swimmer outside of the pool practice.

If you or your swimmer is interested in private coaching here is the Vikings' position on private swim lessons during the summer season:

1. The Vikings as a Club, including our Coaches, have endeavored to create a summer swimming program that meets every swimmer's training and development needs, ideally eliminating the need for VIK families to seek supplemental swim instruction for their athletes.
2. If a Vikings family wishes to hire a coach (whether a Vikings coach or a coach not working with the Club) to provide private lessons, the Vikings will not get involved in that family's decision. It is up to each individual parent/swimmer/family to make choices about their child's need for additional training. If a family is unsure about a swimmer's need for additional individual instruction, parents are

welcome to discuss this issue with their Group Coach to get his/her input.

3. The Vikings Coaches are available to provide private lessons to Vikings swimmers on request. They have agreed to set a standard price at \$50 per one-hour private lesson, or \$30 per hour per swimmer for a semi-private lesson (i.e., the total fee for a one-hour semi-private lesson with 2 swimmers is \$60), plus the cost of any pool rental. The Vikings do not provide additional pool time for private lessons. (We have used up all the pool time we can find on practices!)
4. If a Vikings family requests private lessons from a Vikings Coach other than the swimmer's Group Coach, the "private lesson" Coach will likely speak to the Group Coach prior to the private lesson about the planned focus of the lesson so that both Coaches are working together to support the swimmer.
5. We encourage all VIK parents and Coaches to deal with the issue of private lessons openly, transparently, respectfully, and collaboratively. For any family that does decide to seek private lessons, we would also strongly encourage you to schedule these at a time that does not interfere with your swimmer's ability to participate in his/her scheduled VIK group practices.

Meets

Most BCSSA swim clubs host a competitive swim meet at some time from the end of May to end of July. Clubs attending the meet are required to sign up their swimmers usually at least one week in advance and any cancellations after that date are usually not refundable. If a swimmer decides to not participate in a meet after the Vikings Swim Club has submitted their entries, it means that the entry fees are paid on behalf of the swimmer even though they have chosen to not attend the meet. Entry fees are non-refundable. In addition, if 4 swimmers are placed in one race and 3 of those swimmers do not attend, one swimmer is left to race without any competitors. For this reason, we ask that if your child signs up for a swim meet, that he/she attend the meet and be prepared to participate in a relay. If an athlete no-show for a Meet the family may be charged the cost of entry or a penalty in line with the No Show policy, which is a **fee of \$25 per day of the swim meet missed, charged against the credit card on file.**

For a swimmer to **qualify** to swim at the Regionals, he/she must have swum in each specific event at a BCSSA qualifying meet prior to the Regionals.

Signing up for attendance at a meet can be done through the Active App or website. Email communication with invitations and details may come from either your swimmers coach or from the Head Coach in advance of the sign up.

It is important to check the Meet Schedule at the start of the season and compare this with your family's calendar. Keep in mind that the Vikings Invitational meet which all Vikings Swimmers are expected to attend (and volunteer time is mandatory) happens approximately the third weekend in July at Watermania in Richmond. Check the Schedule at the Start of the Season

At all meets (excluding developmental meets), there will be a Vikings Swim Club tent, set up by a parent volunteer, and this tent will serve as a hub for information and activity over the duration of the meet. It is an important team building and social opportunity when the Vikings families are all able to "tent" together over the course of a meet.

It is important that all swimmers attend the warmup at the designated time. If swimmers are not in attendance for warm up, they may be scratched from the entire meet as per Club policy. The warm-up times will be provided within a couple of days of the meet.

Swimmers should also plan to stay the entire day as the relay races occur at the end of each day and the relay participant cards are submitted in the morning. If you are not planning or able to stay for the full day, it will be important to connect with your coach as early as possible in the day. If your swimmer is placed on a relay team and is unable to stay it may mean that the team itself may not be able to participate.

Occasionally BCSSA meets can be held out of the Vancouver areas. This may mean that booking a hotel may be recommended to ensure that your swimmer is available for warmups and participation throughout the day.

All Swimmers need to be supervised throughout the day. The coaches are not responsible for supervising children at the meet – that is up to the swimmer's trusted adults, whether that be parents or adult friends. A child should never be left at a swim meet without a responsible adult, who is not a coach, supervising the child.

[What happens at a Swim Meet](#)

- All swim meets start with **warm-ups** for approximately 30 minutes to an hour prior to the start of the meet. For meets with many swimmers, younger and older divisions will have separate warmup times to accommodate all the swimmers in the pool. Warm up times will be emailed to all participants prior to the start date of the meet by either the Head Coach or your swimmer's coach.
- When arriving at a meet, **arrive at least 15 minutes** prior to your child's scheduled warm-up time and find the Vikings tent. Your swimmer will be expected to meet their coach on the pool deck 15 minutes prior to their warmup time to do on deck activation. Warm-up lanes are preassigned so you can check on the lane assignment in the meet package.
- After your child has returned from the warm-ups, they can relax in the tent area until they begin to get organized for their first race.

- All individual races for each swimmer can be found in the Meet Package for each BCSSA meet or on the **MeetMobile** app.
- Approximately **45 min prior** to their estimated race time, your child should go to talk with their coaches. The coaches from all the teams are usually sitting at a table on the pool deck. The child should bring with them their swim cap, goggles, and towel. After talking with their coaches, they should proceed to the marshalling area.
- Each swimmer will check in at the **marshalling desk with the clerk of the course**, then will be directed to sit on a bench with the other competitors in the same heat that they will be in. The swimmers on each bench move forward from bench to bench, and then onto the pool deck and behind their lane. They should have their cap and goggles on before the end of the race immediately before their race. For younger competitors, you may want to put on their cap before they sit in marshalling while the more experienced competitors may prefer to put on their cap and goggles when they are behind the lane waiting for their event.
- Swimmers should not approach the blocks until the timers have finished timing the heat of swimmers ahead of them.
- After the race, swimmers do not leave the water until all swimmers in their heat have finished. Often, (but not in backstroke), the swimmer will be asked to stay in the water close to the wall until after the next heat of swimmers have started their race.

- After they race, the swimmer should go to their coaches to talk about their race and then into the tent for some relaxation, water, and nutrition!
- There isn't usually an opportunity for your child to eat at normal mealtimes during swim meets. Swimmers usually eat smaller meals throughout the day.

What should I bring to a Meet

- Comfortable seating such as a lawn chair
- Sleeping bag for your swimmer
- Healthy food and lots of liquids
- Protection from the weather (sun lotion, rain gear, warm blankets/jackets)
- Extra goggles and caps
- Extra swimsuits and towels (typically one towel per race, plus a towel for warm up)
- Warm clothes for your swimmer
- Activities for the swimmers (cards/games etc.)

A tent if you would like to set up alongside other families.

Code of Conduct

Parents Code of Conduct

Swimmers enrolled in the Vancouver Vikings Swim Club (the Club) participate in the program for fun, friendship, exercise, and competition. Parents play a crucial role in their children's personal and athletic development, as they have the opportunity to display and model for all swimmers' key values such as commitment, discipline, teamwork, fairness, and respect.

This Parent Code of Conduct reflects the Vikings' commitment to these values, and to creating an environment of respect, cooperation, and positive communication for swimmers, parents, coaches, volunteers, and officials alike.

I hereby acknowledge and agree to comply with the following Vancouver Vikings Parent Code of Conduct:

1. I will remember that my children participate in Viking's activities for his/her enjoyment only.
2. I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
3. I will teach my child that doing one's best is as important as winning and offer praise for competing fairly and giving a good effort.
4. I will remember that children learn best by example and will applaud performances by all competitors.

5. I will treat all members of the BC Summer Swimming Association (BCSSA) community (including swimmers, parents, coaches, volunteers, and officials) with respect at all times. Respectful behaviour includes, but is not limited to the following:
6. Not yelling at, threatening, criticizing, insulting, ridiculing, or making negative comments to or about any coach, official, volunteer, parent, or swimmer;
 - b. Not questioning, interrupting, or confronting coaching staff on the pool deck during practice, swim meets, social events, or in any other public setting;
 - c. Not questioning or confronting officials during a swim meet;
 - d. Where I have any concerns regarding my child's training or development, expressing these concerns to my child's coach in private, at an agreed upon time, outside of practice. If I cannot resolve my concerns with the coach, I will speak with the Head Coach or the appropriate member of the Vikings Executive;
 - e. Where I have any other concerns regarding the Vikings program, directing them to a member of the Vikings Executive;
 - f. If my child has questions or concerns about his/her training or development, encouraging him/her to raise these with their coach personally, without my involvement (if possible and appropriate);
and
 - g. Not discussing with any Vikings coach the progress of swimmers other than my own child.

7. I will actively participate in the organizing and running of meets and other Club events.
8. I will comply with the BCSSA Harassment Policy, the current version of which can be found [here](#).

I, on behalf of myself and the other parent(s) and/or guardian(s) of my child(ren), confirm that I have read, understood, and agree to comply with the above Vancouver Vikings Swim Club Parent Code of Conduct.

I further confirm that I will comply with and be governed by the provisions of the Vancouver Vikings Swim Club Bylaws (found [here](#)) including the provisions of those Bylaws relating to discipline, expulsion and denial of membership.

[Swimmers Code of Conduct](#)

The Viking Club Executive would like the summer swim season to be a fun, safe and rewarding experience for all participants. The following guidelines should be kept in mind:

- Attend practices.
- Respect and co-operate with your coaches.
- Work to the best of your ability to improve your swimming.
- Display good sportsmanship.

- Show respect for officials and pool staff.
- When travelling, exhibit good behavior and a positive competitive spirit as you are representing your club to the community you are visiting.
- Look after club property and any pool equipment you use.
- Do not wear your outside shoes on the pool deck.
- Refrain from the use of tobacco and drugs, including all alcoholic beverages, while participating in Vikings or BCSSA activities.
- If you qualify in heats for a consolation or championship final, you are expected to stay and swim in it.
- If you are the 1st or 2nd alternate for an event, you are expected to be at the Clerk of the Course when the event is called.

Coaches shall have the authority to set rules for the season regarding situations such as when an individual comes late to practice, or an individual misbehaves at practice. Parents will be told if there is a problem. In extreme circumstances, an individual may be suspended for a period of time or may be asked to withdraw from the Club. Please direct any concerns to the President.

There is a lot to know about the competitive season and this handbook will serve as one resource for you; however, there is more information available on our website including our FAQ's page. If you are unable to find the information you are looking for or have additional questions, please feel free to connect with your coaches, the Head Coach or a member of the Board of Directors who will be able to support you with any additional information you are seeking.

www.vancouvervikings.ca

<https://vancouvervikings.ca/faq/>