

Okanagan Masters Swim Club Registration Form



Please read ALL pages of this document. Signatures are required on page 1.

Name:	
Street Address:	
City:	
Province:	
Postal Code:	
Email:	
Phone:	
Gender:	
Date of Birth:	

I accept that membership of the Okanagan Masters Swim Club "OMSC" includes authorization for OMSC to include my name and/or image in its communications with members, the media and others on its website, bulletin boards, email and other forms of communication or media it may use from time to time. OMSC will take due care not to publish unsuitable or inappropriate material.

I acknowledge that I have read the attached OMSC Code of Conduct and Ethics Policy and that I will uphold the code of conduct and ethics expected of OMSC members.

I acknowledge that I will take all reasonable steps to protect myself and others against the risk of infection or harm from transmissible diseases arising from activities associated with my participation in the OMSC program.

I acknowledge that membership in Swim BC, the Club's Provincial Sports Organization, is a requirement of membership in OMSC, the cost of which is included in the OMSC annual registration fee. I understand that I will be required to read, accept and sign the Swim BC Acknowledgement and Assumption of Risk Form when registering online with Swim BC.

Signature		Date:	
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Parent / Guardian Release (for 18-year-olds)

I am the parent or legal guardian of the minor, and I am signing this Registration Form on behalf of said minor.

NAME OF PARENT / LEGAL GUARDIAN

SIGNATURE

Okanagan Masters Swim Club

You are receiving this document following your expression of interest to register as a member of Okanagan Masters Swim Club. We include relevant information and instructions to help get you oriented and registered.

Registration Process/Package

This Registration Package contains a set of documents for your acknowledgement and acceptance. Please complete the required information and signature/s on page 1. Any questions, contact us at registrar@okmasters.com.

The documents are necessary to satisfy legal requirements and insurance coverage associated with membership in OMSC and our governing Provincial Sports Organization 'Swim BC'. There is no need to print out any of the documentation.

Please read through the full package in your own time. When you're ready, complete the required information fields on page 1 and sign the first page.

1. **Submit application:** Fill in the information requested, save the document and email it as an attachment to registrar@okmasters.com.
2. **Acknowledgement:** our Registrar will notify you by email as soon as your application is accepted.
3. **Registration Fees:** Present your email confirmation of accepted application at the H2O Adventure & Fitness Centre front desk. Payment is required of the OMSC annual registration fee and setting up a monthly payment schedule for the monthly fees. Fees are payable in three components as below:
 - The annual registration fee is \$90.00. A once a year Swim BC membership fee and OMSC admin is collected upon registration. The annual Swim BC fee is valid from September 1 to August 31. All our members must have this membership and we register all members with Swim BC as part of our service. This fee in part, insures our Masters Swimmers.
 - The monthly YMCA-H2O fee is currently \$55.00 (Adults 25-64) or \$45.00 (19-24 and 65+) plus GST. Current rates as posted on the H2O website.
 - The monthly OMSC fee is \$33.00
4. **Send proof of payment** to registrar@okmasters.com.
5. **Swim BC:** the registrar will then register you with Swim BC. You will then receive an email from Swimming Canada that directs you to complete the online Acknowledgment of Assumption of Risk form and verify your profile. Our Registrar will receive confirmation as soon as you have completed this step.
6. **Start Swimming!** It is important to note that all fees must be paid, and the Swim BC Acknowledgement and Assumption of Risk form must be completed before you swim. There will be no exceptions.

Thank you for considering Okanagan Masters Swim Club as your new swimming home! This is where we form new friendships, community bonds, and have fun keeping fit and healthy.

General information:

- **Okanagan Masters Swim Club (OMSC)** is an independent non-profit society that operates its program in partnership with the YMCA at the H2O Adventure & Fitness Centre. If you have any questions or concerns regarding membership, please contact our President or Registrar. You should receive our regular emailed communications upon joining. Please check your weekly club email for announcements regarding activities, events, changes to the swim schedule etc. Check your spam folder or contact communication@okmasters.com if you are not receiving them.
- **Swim BC registration** – Membership in Swim BC is mandatory for membership in OMSC. The 2023-2024 Swim BC membership fee is included in our annual registration fee.
- **Annual Registration Fee** – the annual OMSC registration fee for the 2023-2024 season is payable irrespective of the date of joining during the season. Part of this fee is paid directly to Swim BC to cover the costs of your membership in Swim BC including insurance. Part is used to cover the costs of administration, materials, social activities & member events.
- The **OMSC Code of Conduct and Ethics** is part of this package. Our Member Policies and Member Handbook are also available on our website under the About Us section.
- **Volunteer Commitment** – the OMSC is a not-for-profit society that operates on a volunteer basis. One of the Club's key strengths is its volunteers. Please see examples of volunteer activities in the About Us section, and plan to help out.
- **Swim times** for the 2023 - 2024 fall season are listed on our website. The schedule may be adjusted from time to time in response to new guidelines or directives from health authorities and others. Member cooperation and compliance is essential to the success of the program.
- **Session Selection:** Members are invited to indicate at time of registration, which sessions they are likely to attend on a regular basis, without implying a commitment either way. This allows us to predict whether to expect congestion at any session. We monitor actual session usage and attendance during the season to optimize usage for the benefit of as many members as possible. We reserve the right to adjust sessions, access to sessions, and coaching as required to achieve balance in the resources available to the Club.
- **Stroke Improvement Clinics** – we plan to have a limited number of Stroke Improvement Clinics during the season, usually on Friday nights. Please watch your weekly club email for details. Clinics will also be posted on the website.
- **Swim Meets and Open Water Events** – Some of our members enjoy participating in swim meets and open water events in the Okanagan and around the province – please watch your club emailed communicate for details or go to the MSABC website for the complete list;
- **OMSC swim caps** – Each member gets a complementary new OMSC-branded latex OMSC swim cap at registration. The cost of replacements is \$5.00. Contact a member of the board to ask whether we have any silicon caps in stock. If available, they will cost you an additional \$3.00 each, in other words \$8.00 a piece. Look for swim gear on our website.
- For more information on Masters, competitive swimming, lane etiquette, please see our New Swimmer Handbook.

Okanagan Masters Swim Club
Fall Shutdown/Facility Maintenance Sessions Schedule
Sept 1-11, 2023
H2O Adventure & Fitness Centre

#	Day of Week	Time of Day	Lanes SC/LC	Session Duration	Lane #
1	Mon	11h30 – 12h30	4 SC	60 minutes	1 – 4 Md
2	Mon	19h15 – 20h15	3 SC	60 minutes	6 – 8 Sh
2	Mon	19h15 – 20h15	3 SC	60 minutes	6 – 8 Dp
3	Tue	06h00 – 07h00	8 SC	60 minutes	1 – 8 Dp
4	Tue	07h00 – 08h00	4 SC	60 minutes	1 – 4 Dp
5	Wed	11h30 – 12h30	4 SC	60 minutes	1 – 4 Md
6	Wed	19h15 – 20h15	6 SC	60 minutes	1 – 6 Sh
7	Thu	06h00 – 07h00	8 SC	60 minutes	1 – 8 Dp
8	Thu	07h00 – 08h00	4 SC	60 minutes	1 – 4 Dp
9	Fri	06h00 – 07h00	6 SC	60 minutes	1 – 6 Sh
10	Fri	11h30 – 12h30	4 SC	60 minutes	1 – 4 Md
11	Fri	19h15 – 20h15	6 SC	60 minutes	1 – 6 Sh
12	Sun	08h00 – 09h30	8 SC	90 minutes	1 – 8 Sh

Short-term changes from regular schedule

Legend:

- SC Short course (25m tank)
- LC Long course (50m tank)
- Sh Shallow tank (25m within 25m + 25m configuration)
- Md Middle tank (25m within 12m + 25m + 12m configuration)
- Dp Deep tank (25m within 25m + 25m configuration)

Okanagan Masters Swim Club
Fall Session Schedule
Sept 11, 2023 to Dec 22, 2023
H2O Adventure & Fitness Centre

#	Day of Week	Time of Day	Lanes SC/LC	Session Duration	Lane #
1	Mon	11h30 – 12h30	4 SC	60 minutes	1 – 4 Md
2	Mon	19h15 – 20h15	3 SC	60 minutes	6 – 8 Sh
2	Mon	19h15 – 20h15	3 SC	60 minutes	6 – 8 Dp
3	Tue	06h00 – 07h00	8 SC	60 minutes	1 – 8 Dp
4	Tue	07h00 – 08h00	4 SC	60 minutes	5 – 8 Dp
5	Wed	11h30 – 12h30	4 SC	60 minutes	1 – 4 Md
6	Wed	19h15 – 20h15	6 SC	60 minutes	1 – 6 Sh
7	Thu	06h00 – 07h00	8 SC	60 minutes	1 – 8 Dp
8	Thu	07h00 – 08h00	4 SC	60 minutes	5 – 8 Dp
9	Fri	06h00 – 07h00	3 LC	60 minutes	4 – 6 Lg
10	Fri	11h30 – 12h30	4 SC	60 minutes	1 – 4 Md
11	Fri	19h15 – 20h15	6 SC	60 minutes	1 – 6 Sh
12	Sun	08h00 – 09h30	5 LC	90 minutes	1 – 5 Lg

Legend:

SC	Short course (25m tank)
LC	Long course (50m tank)
Sh	Shallow tank (25m within 25m + 25m configuration)
Md	Middle tank (25m within 12m + 25m + 12m configuration)
Dp	Deep tank (25m within 25m + 25m configuration)

Okanagan Masters Swim Club

Code Of Conduct



It is a privilege to be part of the Okanagan Masters Swim Club and all members should portray a positive image of the club. It is expected that all OMSC members will

- Treat the pool staff with respect and follow all pool rules;
- Treat the coaches and other OMSC members with respect including arriving on time and following lane etiquette as laid out in the OMSC manual; and
- Preserve and protect the dignity, decorum and privacy of all club members when distributing, disseminating, or otherwise sharing information about club activities through written, electronic, or social media communications.

If an OMSC member does not uphold the Code of Conduct, the following disciplinary action will ensue:

1. An official verbal warning from an appointed executive board member will be given to the member in question.
2. A written warning will be issued and the member will be placed on probation.
3. The member will be dismissed or suspended from OMSC.

Concerns may be brought forward in writing or verbally to any of the executive to be discussed at the next board meeting.

If conflict results in a dispute, a conflict officer will be called in for mediation from MSABC.