CVAC Alumni Swimmer Guidelines

Purpose

These guidelines aim to maintain strong connections between alumni swimmers and our non-profit CVAC swim club. Alumni can inspire and support current swimmers while fostering a positive and inclusive environment. By following these guidelines, alumni swimmers can maintain strong connections with their swim club, serve as positive role models, and inspire current swimmers to achieve their best.

Engagement Opportunities

- **Training Sessions:** Alumni are encouraged to join training sessions during university/college breaks to serve as role models and motivate current swimmers.

- **Mentorship:** Alumni can offer to mentor current swimmers, sharing their experiences and providing guidance on balancing academics and athletics.

- **Experience Sharing:** Alumni should discuss the challenges they faced and how they overcame them, providing practical tips for current swimmers.

Practice Participation Guidelines

1. **Priority for Competition Training:**
   Alumni returning to train for an upcoming competition will have priority in joining CVAC practices.

2. **Space Availability:**
   Alumni not training for a competition may join practices if space is available, after consultation with the Head Coach.

3. **Head Coach Consultation:**
   The Head Coach will notify other coaches as needed regarding alumni participation.

4. **Insurance Requirement:**
   Alumni swimmers must have proof of current insurance through Swimming Canada (SNC). This can be arranged through the Registrar.

5. **Designated Practices:**
   The Head Coach will designate specific practices each week for both alumni training for competition and alumni not training for a competition and will notify coaches as applicable to their practice schedule.

6. **Code of Conduct:**
   Alumni are expected to follow the CVAC Swimmer Code of Conduct at all times when representing our club.

Review and Amendments

This policy will be reviewed annually by the CVAC Board of Directors and may be amended as necessary to ensure the safety and well-being of all members.