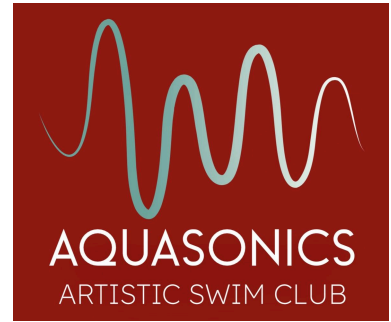


Aquasonics Artistic Swim Club Communication & Social Media Policy

(Approved 2021 - Revised June 2023 - Updated September 2024)



Aquasonics Artistic Swimming strives to ensure all parents and athletes have access to the information they need to be successful in the club.

Given the large number of athletes and teams at various stages, each with a different training schedule, the Club relies heavily on internal communication. All teams hold a welcome and season launch meeting in the Fall and all parents and athletes are expected to attend.

In order to achieve this goal, communications to all club members is distributed by the HeadCoach, Team Coaches and Club President.

Efforts will be made to target communications to the appropriate audience (e.g. recreational swimmers vs. competitive athletes).

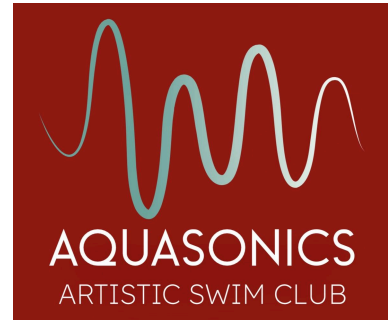
Aquasonics will communicate with members through the following ways:

1. Email - Aquasonics sends out emails with pertinent club and training information throughout the season.
2. Website - Aquasonics has a website with information about the club including a calendar of important dates, training schedule and regular program updates.
3. Social Media: Instagram & Facebook - for regular updates on activities of the Aquasonics Community and events
4. Board Meetings are held monthly and membership is invite to bring agenda items and/or get involved as volunteers to support the Club
5. Parent/Member Meetings are held a minimum of once per year. The purpose of these meetings is to share information among parents, athletes, coaches, and the Board of Directors. Bring your ideas and improvement opportunities!
6. Team parents may be asked to telephone emergency messages to parents, such as closures due to pool evacuations. The Board of Directors and coaches may also communicate via e-mail.
7. Team Meetings are held with the coach, parents, and athletes. These meetings are an opportunity to share team and club information and to make suggestions and ask questions.
8. Coaches will let athletes and families know their best times and preferred method (phone, e-mail) for communicating. Remember to talk with a coach at an arranged time before or after practice and not on the pool deck. It is essential not to interrupt valuable practice time.

Email

Club reminders, announcements, events/activities and other communications will be sent to you by email.

Whenever urgent information must be passed on to you (such as unforeseen pool closure, change in training, etc.), your team's parent representative will contact you by email and/or phone. Occasionally, the coach will send home information with the athletes.



Website

Please visit the Aquasonics website at “ <https://www.bcaquasonics.com/> ”. Here you will find news about club activities, contact information for the current Board and coaches, our Parent Handbook, Policies, program details and links to other useful Artistic Swimming Information..

The club training and event calendar is also available on our website at :
<https://www.bcaquasonics.com/training-schedule/>

This calendar will be updated throughout the season and can synchronize with your personal calendar directly.

Social Media

Swimmers and Parents representing the Aquasonics in social media are encouraged to consider responsible social media behaviour that promotes the club, sport and its members in a safe and engaging way. The Club has adopted the following guidelines from Canadian Artistic Swimming in order to assure social media is used with good judgement that proudly represents our club's policies and values.

Members wishing to communicate via social media about Aquasonics activities should assure their messages respect the club's values and expectations of members.

The Aquasonics values freedom of expression in social media as long as the issues respect:

- healthy lifestyles (NOT alcohol and drug use).
- fair play (NOT unveiling privileged information on routines other than your own).
- respect towards institutions and other members (NOT sharing personal information).
- security (NOT making direct or intended threats).
- Keep their posts positive and not engage in bullying or negative or critical conversations online.
- the Canadian Charter of Rights and Freedom (NOT making racist or sexual statements).
- sexual equality (promoting equal participation for men and women).
- intellectual property (NOT making logo or name alterations)