



REGISTRATION PACKAGE

ORILLIA LIFESAVING TEAM

2024 – 2025 – POOL SEASON

WHAT IS LIFESAVING SPORT?

The Lifesaving Sport program is an internationally recognized sport that combines swimming and lifesaving skills in a fun and energetic team environment. The Orillia Lifesaving Team (OLT) aims to engage everyone eight years of age and up and encourages lifesavers to develop, maintain and improve the essential physical and mental skills needed to save lives in the aquatic environment through high-performance sport and competition. Lifesaving Sport is recognized by the International Olympic Committee and the Commonwealth Games Federation, and competitions are held in Ontario, Canada and internationally, depending on the level.

What is the Orillia Lifesaving Team?

The first of its kind in Orillia, the Orillia Lifesaving Team (OLT) is Orillia's very own Lifesaving Sport program. Support from Hydro One provided brand new equipment for the program, including manikins, throw rope, rescue tubes and fins, and cover additional start-up costs for the program.

What is the Mission?

Lifesaving Sport is the only sport where skills are first learned for humanitarian purposes. Through Lifesaving Sport, the Lifesaving Society seeks to engage and inspire youth in a drowning prevention mission. The Lifesaving Sport objectives are:

- To support the drowning prevention work of the Lifesaving Society and its humanitarian mission.
- To provide athletes, coaches, and officials opportunities for participation in lifesaving sport at all levels from developmental to high performance.
- To position the Lifesaving Society internationally as a leader in lifesaving sport.

True Sport Principals:

- Go For It • Play Fair • Respect Others • Keep it Fun • Stay Healthy •
- Include Everyone • Give Back •

WHAT SKILLS DO YOU LEARN?

FUNdamentals Program:

The Orillia Lifesaving Team FUNdamentals program provide training for those athletes interested in participating in Lifesaving Sport aren't ready to be a part of our competitive program.

FUNdamentals (7-11 years old)

This is a great introduction to Lifesaving Sport, which involves learning lifesaving skills in a competitive setting. Athletes in this group develop fitness and swimming skills, including stroke correction, endurance and speed. Lifesaving Sport is a great way to bridge the gap between swimming lessons and leadership courses while also developing stronger swimming abilities, staying fit and having fun. Athletes in this group participate in one hour of practice per week with a Lifesaving Coach responsible in assisting the athlete in meeting their fitness goals.

- Practices once per week for 45 minutes
- September 2024 – June 2025
- \$250 (R) (payment plans available)
- **Practice Time – Saturdays 10:00-10:45**

Competitive Team (7+ years old):

The Orillia Lifesaving Team – Competitive team is for athletes looking to compete at competitions in the sport. Competitions vary in level and difficulty from intra-club meets to Provincial and National Championships. This way is a great for you to join the world of competitive lifesaving. The levels that are included are as follows: Junior Team: Bronze, Silver, and Gold, and the Senior Team.

Competitions:

All members of the Competitive Team (Bronze, Silver, Gold and the High Performance Development Group) are eligible to compete in Regional, Provincial and National competitions. The Orillia Lifesaving Team will host 3 competitions for our athletes during the 2024-2025 Season.

Fall Telegames – Saturday December 21, 2024

Regional Competition – Saturday April 5, 2025

Spring Telegames – Friday June 13, 2025

Junior (7–14-year-old) vs Senior (14+ Years Old) Athletes

Junior Level athletes are new to the sport and looking to develop skills to make their way up to the senior level or lifeguarding certifications. The highest junior athletes compete will be at the provincial championship levels. These athletes must be able to achieve a minimum standard of tread water 1 minute and swim 50m to compete and be on a junior level team! Senior Level athletes are experienced in lifesaving, having earned at minimum their Bronze Medallion Certification. These athletes usually are experienced in lifesaving sport. The highest Senior athletes compete will be at the National championship levels. Those Senior athletes looking to compete at the International Level will have opportunities to try out for the national teams at Canadas National Championships. These athletes must have a minimum of a Current Bronze Medallion Certifications and become a registered athlete with Lifesaving Society Canada.

Bronze:

This is a great introduction to Lifesaving Sport, which involves learning lifesaving skills in a competitive setting. Athletes in this group develop fitness and swimming skills, including stroke correction, endurance and speed. Lifesaving Sport is a great way to bridge the gap between swimming lessons and leadership courses while also developing stronger swimming abilities, staying fit and having fun. Athletes in this group participate in one hour of practice per week with a Lifesaving Coach responsible in assisting the athlete in meeting their fitness goals.

- Practice once a week for one hour
- September 2024 – June 2025
- \$320 (R) (payment plans available)
- **Practice Times - 7–16-year-olds:** Fridays 5:30pm – 6:30pm OR Fridays 6:30pm-7:30pm

Silver:

This group consists of athletes ready to take a more serious approach to Lifesaving Sport after being in our bronze level. Athletes in this group have demonstrated the required swimming abilities as well as the drive to compete at a higher level. Practices at this level are much more challenging and demand a higher commitment level to better meet the athlete's goals.

- Practice three times a week
- September 2024 – June 2025
- 7-11 years & 12-16 years: \$575 (payment plans available)
- **Practice Times - 7–11-year-olds:** Monday and Wednesday 5:30pm – 6:30pm
- **Practice Times - 12–16-year-olds:** Monday and Wednesday 6:30pm-7:30pm

Gold:

This group consists of athletes looking to perform at the highest level of Lifesaving Competitions. Practices at this level are extremely demanding, focusing on perfecting swim techniques, as well as racing skills.

- Practice three times a week
- September 2024 – June 2025
- 7-11 years & 12-16 years: \$700 (payment plans available)
- **Practice Times - 7–11-year-olds:** Monday, Wednesday 5:30pm – 6:30pm, and Saturday 8:00am – 9:00am
- **Practice Times - 12–16-year-olds:** Monday Wednesday 6:30pm-7:30pm, Saturday 9:00am – 10:00am

High Performance Development Group (Age 12-18)

High Performance athletes are experienced lifesavers who have been selected by the coaching team to be a part of the HPDG. Athletes at this level work towards personal goals, understand training methods, and learn new events. These athletes are working towards competing at the National Level. These athletes can be selected for the National Lifesaving Team and can be eligible to compete at the international level. These athletes are working towards higher level of competition.

- Practice four times a week in the pool and one dry land practice
- September 2024 – June 2025
- \$900 (R) + tax for athletes over 16 (payment plans available)
- **Practice Times 12–18-year-olds:** Monday 6:30pm-7:30pm, Tuesday 5:00pm-6:00pm (dryland practice) Wednesday 6:30pm-7:30pm, Friday 6:00pm – 7:30pm and Saturday 8:00am – 9:00am

HOW TO SIGN UP FOR LIFESAVING SPORT?

Register online at orillia.ca/OLT or in person at the Orillia Recreation Centre.

Interested in joining the Orillia Lifesaving Team (OLT)?

All new swimmers must go through a try-out to assess their swimming skills prior to registering for OLT. The try-out is used to determine if the swimmer is ready for the program and what level is best suited for their swimming ability and skill.

To participate in the try-out, swimmers must meet the requirements in the section below.

Lifesaving Sport Registration Requirements:

	7 - 11 years old	12 - 16-year-old	
Bronze	60 sec treading water, 50m swim, front crawl and back crawl swimmer 3 standards	60 sec treading water, 50m swim, front crawl and back crawl swimmer 3 standards	
Silver	90 sec treading water, 75m swim, front crawl, back crawl, breaststroke swimmer 5 standard	90 sec treading water, 75m swim, front crawl, back crawl, breaststroke swimmer 5 standard	
Gold	All criteria listed above as well as:		
	Stroke/Event	Age 7-11 times	Age 12-16 times
	50m Free	1:30	0:50
	50m Back Crawl	1:40	0:50
	50m Breaststroke	2:00	1:10
	50m Swim w Fins	1:00	0:45
	50m Manikin Carry	1:00	0:45
	100m L.M.	2:00	1:40
High Performance Development Group	All criteria listed above and enrollment in Regional and Provincial competitions.		

Tryout Registration for the 2024-2025 OLT NOW OPEN

The tryouts will take place on the following days and times:

- Saturday, September 13, 2024, from 5:30 PM to 7:00 PM at the Orillia Recreation Centre *or*
- Wednesday, September 18, 2024, from 9:30 AM to 11:00 AM at the Orillia Recreation Centre

Tryouts will be conducted in 30-minute time slots, please register for your spot online at Orillia.ca/OLT or scan here:



What does the OLT Membership include?

When you register for the OLT Pool Program, you will be registered for the team from September 2024 – June 2025. All OLT members will receive a swim cap. All other team merchandise will be available for purchase annually.

Practice Days/Times:

- All Practice are at the Orillia recreation centre

OLT Practice at a Glance						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday -
NO Practice for any groups	7 – 11 yr. Silver/Gold 5:30pm-6:30pm		7 – 11 yr. Silver/Gold 5:30pm-6:30pm	NO Practice for any groups	Bronze 5:30pm-6:30pm	7 – 11 yr. Gold 8:00am-9:00am
	12 - 16 yr. Silver/Gold 6:30pm-7:30pm		12 - 16 yr. Silver/Gold 6:30pm-7:30pm		Bronze 6:30pm-7:30pm	12 - 16 yr. Gold 9:00am – 10:00am
	High Performance Development Group 6:30pm-7:30pm	High Performance Development Group Dry Land 5:00pm-6:00pm	High Performance Development Group 6:30pm-7:30pm		High Performance Development Group 6:00-7:30pm	High Performance Development Group 8:00-9:00am

PROGRESS & COMPETITIONS

How will progress be tracked?

Swimmers will participate in the TeleGames seasonally, and the results will be tracked for athletes to see personal progress and compete against their best times.

TeleGames are inter-club-level competitions held at aquatic facilities throughout the year. TeleGames provide competitors with an opportunity to experience Lifesaving Sport events in a fun and encouraging competitive environment. All results are submitted to the Lifesaving Society and are ranked with other club competitors throughout Ontario.

What is involved with a Lifesaving Sport Competition?

The OLT may have opportunities to compete in local, regional, or provincial competitions held at the Orillia Recreation Centre or around Ontario. When competitions are confirmed, you will receive an information package. Competitions are not mandatory, and the OLT membership price will not include competitions. All competitions and championships rely on the support of volunteers. Please let a Coach know if you are interested.

What to bring to practice?

- Bathing suit
- Towel
- Goggles
- OLT Swim Cap

POOL EVENTS AND DESCRIPTIONS:

Junior Events					
Individual Events	Age Groups				
	7 – 9 yr.	10 & 11 yr.	12 & 13 yr.	14 & 15 yr.	16 yr.
Lifesaving Medley	100 m	100 m	100 m	100 m	100 m
Line Throw Release	NA	NA	7 m	7 m	10 m
Manikin Carry	50 m Empty Manikin	50 m Empty Manikin	50 m Half-full Manikin	50 m Half-full Manikin	50 m Half-full Manikin
Manikin Tow with Fins	50 m Empty Manikin	50 m Empty Manikin	100 m Half-full Manikin	100 m Half-full Manikin	100 m Half-full Manikin
Object Carry	50 m 5 lb. weight	50 m 5 lb. weight	50 m 5 lb. weight	50 m 5 lb. weight	50 m 5 lb. weight
Obstacle Swim	50 m	50 m	100 m	100 m	100 m
Swim and don Fins	NA	NA	100 m	100 m	100 m

Swim with Fins	50 m	50 m	50 m	50 m	50 m
Throwing Accuracy	4 m	4 m	7 m	7 m	10 m
Team Events					
	44 years or Less		64 Years or Less		
Junior Medley Relay	100 m		200 m		
Lifesaving Medley Relay	100 m		200 m		
Manikin Relay	100 m		100 m		
Obstacle Relay	100 m		200 m		
Swim with Fins Relay	100 m		200 m		

Senior Events				
Individual Events	Age Groups			
	14 & 15 yr.	16 - 19 yr.	Open	Masters (30+)
Manikin Carry	50 m	50 m	50 m	50 m
Manikin Carry with Fins	50 m	100 m	100 m	100 m
Manikin Tow with Fins	100 m	100 m	100 m	100 m
Obstacle Swim	100 m	100 m	200 m	200 m
Super Lifesaver	100 m	100 m	200 m	200 m
Team Events (2 - Member)	14 & 15 yr.	16 - 19 yr.	Open	Masters (30+)
Line Throw	10 m	12.5 m	12.5 m	12.5 m
Team Events (4 - Member)	14 & 15 yr.	16 - 19 yr.	Open	Masters (30+)
Manikin Relay	100m(4x25)	100m(4x25)	100m(4x25)	100m(4x25)
Medley Relay	200m(4x50)	200m(4x50)	200m(4x50)	200m(4x50)
Obstacle Relay	200m(4x50)	200m(4x50)	200m(4x50)	200m(4x50)
Swim with Fins Relay	200m(4x50)	200m(4x50)	200m(4x50)	200m(4x50)

Junior Event Descriptions and Examples

LIFESAVING MEDLEY

With a dive or in-water start on an acoustic signal, the competitor swims 25 m each of: front crawl, breaststroke, legs-only lifesaving kick, and back crawl to touch the finish wall of the pool.

Competitors must swim the 4 legs of the individual medley in the order of strokes specified.

Competitors must swim front crawl, breaststroke, and back crawl as defined in the Canadian Lifesaving Manual.

Lifesaving kick is legs only and competitors must use whip kick, eggbeater, or scissor or inverted scissor kick as described in the Canadian Lifesaving Manual. Any other kicks are not an acceptable lifesaving kick. The body position is on back or side. Arms may not be used for propulsion but may be held in the position of the competitor's choice and may be used to turn at the pool wall.

Video Link: [Click Here](#)

LINE THROW RELEASE

In this timed event, the thrower throws an unweighted line to a victim located in the water on the near side of a rigid crossbar two times within a 2-minute time limit.

MANIKIN CARRY

With a dive or in-water start on an acoustic signal, the competitor swims 25 m freestyle. After touching the turn wall and within the 5 m pick-up zone, the competitor recovers a floating manikin at the surface and then carries the manikin to touch the finish wall of the pool.

The competitor must remain on their back or side while carrying the manikin.

Video Link: [Click here](#)

MANIKIN TOW W/ FIN

With a dive or in-water start on an acoustic signal, the competitor swims 25 m freestyle with fins and rescue tube. After touching the turn wall, and within the 10 m pick-up zone, the competitor fixes the rescue tube correctly to a manikin and tows it to the finish. The event is complete when the competitor touches the finish wall of the pool

Video Link: [Click Here](#)

OBJECT CARRY

With a dive or in-water start on an acoustic signal, the competitor swims 25 m freestyle and then dives to recover an object to the surface within 5 m of the turn wall. The competitor then carries the object to touch the finish wall of the pool. Competitors may retrieve objects dropped during the carry.

Video Link: [Click Here](#)

OBSTACLE SWIM

With a dive or in-water start on an acoustic signal, the competitor swims the 50 m course passing two times under the immersed obstacles to touch the finish wall of the pool.

Video Link: [Click Here](#)

SWIM AND DON FINS

With a dive or in-water start on an acoustic signal, the competitor swims 50 m freestyle to touch the turn wall. In the water, the competitor dons' fins and swims 50 m freestyle wearing fins to touch the finish wall of the pool. Competitors must surface after donning fins and before the turn, and after the turn before the finish.

Video Link: [Click Here](#)

SWIM WITH FINS

With a dive or in-water start on an acoustic signal, the competitor swims 50 m freestyle wearing fins to touch the finish wall of the pool. Competitors must surface after the start and before the turn, and after the turn before the finish.

Video Link: [Click Here](#)

THROWING ACCURACY

In this timed event, the competitor throws an unweighted line to hit a target within their allocated lane 3 times within a 2-minute time limit.

Video Link: [Click Here](#)

Junior Team Events (4 person-Teams)

JUNIOR MEDLEY RELAY

With a dive or in-water start on an acoustic signal, the first competitor swims 25 m freestyle without fins. With a dive or in-water start after the first competitor touches the wall, the second competitor swims 25 m freestyle with fins. With a dive or in-water start after the second competitor touches the wall, the third competitor swims 25 m freestyle towing a rescue tube. The third competitor touches the turn wall. The fourth competitor, in the water wearing fins with at least one hand on the turn wall, dons the harness and swims 25 m freestyle towing a rescue tube to the finish. Competitors starting in the shallow end or into shallow water must use an in-water start.

Video Link: [Click Here](#)

LIFESAVING MEDLEY RELAY

With a dive or in-water start on an acoustic signal, the first competitor swims the 25 m front crawl portion of the relay. After the first competitor touches the turn wall, the second competitor swims the 25 m breaststroke portion of the relay. After the second competitor touches the turn wall, the third competitor swims the 25 m legs-only lifesaving kick portion of the relay. After the third competitor touches the turn wall, the fourth competitor swims the 25 m back crawl portion of the relay. The fourth competitor swims to touch the finish wall. Competitors starting in the shallow end or into shallow water must use an in-water start.

Video Link: [Click Here](#)

MANIKIN CARRY RELAY

With an in-water start carrying a manikin, swim 25m then touch the wall, after the first competitor touches the wall the second competitor takes the manikin and swims it 25m, this repeats till the fourth athlete touches.

Video Link: [Click Here](#)

OBSTACLE RELAY

With a dive or in-water start on an acoustic signal, the first competitor swims 25 m passing under one obstacle. After the first competitor touches the turn wall, the second, third and fourth competitors repeat the procedure in turn. Competitors starting in the shallow end or into shallow water must use an in-water start.

Video Link: [Click Here](#)

SWIM WITH FINS RELAY

With a dive or in-water start on an acoustic signal, the first competitor swims 25 m freestyle wearing fins. Competitors must surface after the start and before the turn. After the first competitor touches the wall, the second, third and fourth competitors repeat the procedure in turn. Competitors starting in the shallow end or into shallow water must use an in-water start.

Video Link: [Click Here](#)

Senior Event Description and Examples (14+ Years Old)

MANIKIN CARRY

With a dive start on an acoustic signal, the competitor swims 25m freestyle and then dives to recover a submerged manikin. Competitors must break the surface of the water after the dive entry and before recovering the manikin. The competitor surfaces the manikin within the 5m pick-up zone and carries it to the finish wall/edge of the pool.

Video Link: [Click Here](#)

MANIKIN CARRY WITH FINS

With a dive start on an acoustic signal, the competitor swims 50m freestyle wearing fins and then recovers a submerged manikin to the surface within 10m of the turning wall. The competitor carries the manikin to touch the finish wall/edge of the pool.

Video Link: [Click Here](#)

MANIKIN TOW WITH FINS

With a dive start on an acoustic signal, the competitor swims 50m freestyle with fins and rescue tube. After touching the turning wall/edge, and within the 10m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish. The event is complete when the competitor touches the finish wall/edge of the pool.

Video Link: [Click Here](#)

RESCUE MEDLEY

With a dive start on an acoustic signal, the competitor swims 50m freestyle to turn, dive, and swim underwater to a submerged manikin located at 17.5m from the turning wall. The competitor surfaces the manikin within the 5m pick-up line, and then carries it the remaining distance to touch the finish wall/edge.

Video Link: [Click Here](#)

OBSTACLE SWIM

Competitors cover a specific distance related to their age group that includes a swim leg, a board leg, a surf ski leg, and a beach sprint finish.

Video Link: [Click Here](#)

SUPER LIFESAVER

With a dive start on an acoustic signal, the competitor swims 75m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5m pick-up zone and carries it to the turning wall/edge. After touching the wall/edge, the competitor releases the manikin.

In the water, the competitor puts on fins and rescue tube and swims 50m freestyle. After touching the wall/edge, and within the 10m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish.

Video Link: [Click Here](#)

Senior Team Events (2-Person Team and 4-Person Teams):

LINE THROW

In this 45-second event, the competitor throws an unweighted line from a throw zone on the edge of the pool to a fellow team member located in the water on the near side of a crossbar located 12.5m distant. The competitor pulls this “victim” back to the finish wall/edge of the pool.

Video Link: [Click Here](#)

MANIKIN RELAY

Four competitors in turn carry a manikin approximately 25m each.

On the first long whistle, all competitors enter the water. On the second long whistle, all competitors, without undue delay, prepare for the start.

The first competitor is holding a manikin with one hand and the start wall/edge or starting block with the other hand and the second, third, and fourth competitors are in the water at the 25 m, 50m and 75m marks respectively.

Video Link: [Click Here](#)

MEDLEY RELAY

Four competitors in turn swim a distance of 50m undertaking different tasks.

The first competitor: With a dive start on an acoustic signal, the first competitor swims 50m freestyle without fins

The second competitor: With a dive start after the first competitor touches the turning wall/edge, the second competitor swims 50m freestyle with fins. The second competitor does not need to surface before touching the turning wall/edge.

The third competitor: With a dive start after the second competitor touches the turning wall/edge, the third competitor swims 50m freestyle without fins towing a rescue tube. The third competitor touches the turning wall/edge.

The fourth competitor: The fourth competitor (with fins) is in the water with at least one hand in contact with turning wall/edge or starting block, dons the harness. The fourth competitor may make touch or grasp the rescue tube, its harness or line with one hand, before the third competitor has touched the turning wall/edge but must have at least one hand on the turning wall/edge or starting block until the third competitor touches the edge. The fourth competitor may push off the wall/edge with hand, arm, or feet.

Video Link: [Click Here](#)

OBSTACLE RELAY

Four competitors in turn swim a distance of 50m under obstacles.

The first competitor: With a dive start on an acoustic signal, the first competitor swims 50m freestyle passing under two obstacles.

The second, third and fourth competitors: After the first competitor touches the turning wall/edge the second, third, and fourth competitors repeat the procedure in turn.

Video Link: [Click Here](#)

SWIMMER CODE OF CONDUCT

Behavioural Expectations

- Swimmers are to follow the rules set out by the facility in which competing, training, or attending as a member of the team.
- Swimmers who represent the Orillia Lifesaving Team should behave in a manner which reflects positively on themselves and on the team.
- The OLT follows the Respect Policy and has a zero tolerance for disrespectful behaviour.
 - Swimmers should respect the achievements of their fellow swimmers and are responsible for treating other swimmers with respect within the context of their activity, regardless of gender, place of origin, colour, sexual orientation, religion, political belief, economic status, or ability.
- Swimmers will not use phones, cameras, or any type of recording device within the bathrooms, changerooms, any communal area or on deck.
- Swimmers will use the appropriate changeroom/washroom and only one swimmer per designated changing stall or bathroom stall may enter at a time
- Swimmers may not for any reason collect or use anyone's personal information or post photographs on any social media without consent.

Practice Expectations

- Be punctual and arrive on time for all practices, meets and team events.
- Pay attention and follow all the coach's instructions completely and exactly. If clarifications are needed, ask questions politely.
- If the swimmer needs to leave early from practice, they must notify the coach prior to the start of practice.
- Be fully equipped and prepared for practice sessions. Each swimmer should have their own goggles and water bottles. Swimmers should also use the bathroom before each practice session.

Competition Expectations

- Be part of the team. Stay with the team on poolside and if you leave for any reason, you must tell the Coach where you are going.
- Always congratulate other swimmers after the competition regardless of your own result.
- Support your teammates. Everyone likes to be supported.

- Team uniform and club caps must be always worn when representing the team.
- If you need to leave a meet early, let your coaches know as early as you can and inform them when you are leaving.

Respect Plus

- If a swimmer or parent needs to report any behaviour that doesn't fall under the swimmer code of conduct, contact a coach as soon as possible.

PARENT/GUARDIAN CODE OF CONDUCT

Respectful Behavior

- Treat all swimmers, coaches, officials, and other parents with respect, regardless of their ability, background, or role within the team.
- Refrain from engaging in any form of bullying, harassment, or discriminatory behavior. This includes but is not limited to, comments or actions based on race, gender, religion, nationality, or physical appearance.
- Maintain composure during swim meets and practices, avoiding the use of offensive or abusive language or gestures.

Sportsmanship

- Encourage good sportsmanship by demonstrating fair play, honesty, and integrity always
- Support and applaud all swimmers, including those from other teams, for their efforts and achievements.
- Refrain from criticizing or belittling swimmers, coaches, or officials, either in person or on social media platforms.

Communication and Cooperation

- Communicate with coaches in a respectful and constructive manner, addressing any concerns or issues privately and at appropriate times. Do not interrupt or confront the coaching staff on the pool deck during practice or meets. Coaches are available before or after training, meets and competitions for feedback or to discuss issues.

- Foster a positive team environment by actively engaging in team activities, volunteering when possible, and collaborating with other parents for the betterment of the team.
- Avoid interfering with coaching decisions and refrain from instructing swimmers during practices or competitions unless specifically requested by the coaching staff.
- Respect the privacy of all team members and their families, refraining from sharing personal or sensitive information without explicit consent.
- Do not distribute press releases or any public communications on behalf of the team. The City of Orillia will publish the official results when they are made available on our website at orillia.ca/OLT.
- Compliance With Rules and Regulations.
- Familiarize yourself with and adhere to all rules and regulations set forth by the OLT within the spirit of fair play and in compliance with the rules of the sport.

Lead by Example

- Be a positive role model for your child and other swimmers, showcasing good sportsmanship, teamwork, and dedication
- Support your child's participation in swimming without placing undue pressure on them or others.
- Get involved....be an official, volunteer at meets, work on a committee, help plan a fundraiser, help plan a group social. Find something you enjoy!

Volunteerism

- In order to host competitions, the OLT coaching team and athletes require volunteers to assist during swim meets
- Volunteer for one of our three meets as a volunteer to help us run our Telegames and Regional competition