

# Coaches Certification

Contained in this document are rules, procedures, and guidelines that you as a coach should know in order to effectively execute the duties of your position.

## Number of Events a Swimmer May Enter

- Swimmers may enter no more than three (3) individual events.
- Swimmers may move up age groups, providing they adhere to the above limitation, and remain in the upper age group throughout the entire meet.
- Swimmers may not swim more than 1 freestyle relay and 1 medley relay.
- A swimmer who participates in more than three (3) individual events, more than one (1) freestyle and/or medley relay, or that participates in an event in more than one age group during a meet shall be disqualified in all events, including relays, in which the swimmer was entered.

## Relay Entries - Dual Meets

- A club may enter up to three (3) teams in each relay event. Only one (1) Relay Team entered is eligible to score points.
- Relay teams shall have at least four names listed and an official time (see III.5.a for establishing official time)
- All swimmers listed on the official entry list are automatically alternates for both relays in their respective age groups. Alternates may be substituted for the relay members listed on the official entry list.
- If a team enters more than one relay in an event, the members of each relay team are considered alternates to the other relay teams in that event.
- The swimmers actually swimming the relay shall be recorded on the entry card at the ready bench.

## Relay Entries - Divisional Meets

- A club may only enter one (1) team in each relay event.
- Relay teams shall have at least four names listed and an official time (see Rule III.5.a for establishing official time)
- All swimmers listed on the official entry list are automatically alternates for both relays in their respective age groups. Alternates may be substituted for the relay members listed on the official entry list.
- The swimmers actually swimming the relay shall be recorded on the entry card at the ready bench.

## The Entry List is the Official Entry

- The entry list indicates the events, individual and / or relay, in which every team-eligible swimmer may participate for that particular week's meet.
- The Team Manager data (\*.cl2 files) and Team Manager export entry list shall be exchanged by Thursday at 6:00 P.M. Exchanges (hard copy, e-mail, FTP and or other means of file transfer) shall be done simultaneously. Hard copy exchanges shall be accompanied by an electronic file transfer using data diskette or other medium. Failure to exchange at the agreed time may be classified as unsportsmanlike conduct, and be subject to sanction by the League Officers.
- If, as a matter of convenience, both team officials agree to an exchange of data at a time other than the 6:00 P.M. deadline, then the lists become official at the time of exchange and no modifications shall be allowed except as normally provided for during the scratch meeting.

### Types of Times

- All entry lists and seeding cards shall have the fastest Official Times listed on them.
- An Official Time is one that was swum without disqualification at a meet that was sanctioned by the NWAL in the current season.
- Non-official times may be used for an event (or a stroke on a relay) only when the swimmer has not established an Official Time in the current season.
- If a non-official time shall be used, it shall be established at a time trial.
- Split times are NOT official times.
- Official Times shall be used for all divisional meet entries, including relay entries.
- Entries submitted with no times (NT) shall not be allowed.
- Entry times for invitational meets shall be Official Times obtained during an NWAL meet or sanctioned invitational. The seed time for relays shall be established by adding the fastest official times of the individual swimmers for the stroke they are swimming in the relay.
- If a team seeds swimmers by other than their fastest Official Times it shall be declared unsportsmanlike conduct and the team shall be penalized by having each improperly-entered swimmer losing any points earned in that event.

### Exhibition Swimming

- Exhibition swimming shall not be permitted at any meet. All participants in an event shall have an equal opportunity to compete for places, awards and team points.

### Scratch Meeting

- The purpose of the Scratch Meeting is to make adjustments on RELAY teams in age groups that have been reduced to fewer than four swimmers due to the failure of swimmers to show up at the meet.
- At the Scratch Meeting, teams may move up from a lower age group any swimmer (of the same gender) officially entered in the meet to return relays to a maximum of four (4) swimmers, provided that after all adjustments are made, all swimmers are in compliance with rule III.B.2. "NUMBER OF EVENTS A SWIMMER MAY ENTER". This means that the swimmer shall be scratched from all individual events in which he/she was entered in the lower age group.
- Relay swimmers who were no shows at the Scratch Meeting and therefore scratched to make an adjustment may not swim either relay.
- Swimmers are not scratched from INDIVIDUAL events at the Scratch Meeting. A swimmer is not considered officially scratched from an individual event until he/she fails to report to the Ready bench.
- Swimmers may not be entered into individual events at the scratch meeting.
- No adjustments (moving a swimmer up from a lower age group for relays) shall be made after the start of the meet. The fact that a relay alternate swims is not an adjustment.

### Qualifying For Divisional Meets

- In order to qualify for a Divisional Meet, a swimmer shall participate in at least two (2) of the scheduled NWAL meets during the season. "Scheduled meets" shall not include practice meets or invitational meets.
- In the event of inclement weather, the official entry may count as participation in a scheduled dual meet, where the meet must be cancelled and cannot be rescheduled.

### Unsportsmanlike Conduct

- No team personnel, including coaches and /or spectators, shall act in an Unsportsmanlike manner. This includes any act the Referee deems poor sportsmanship, such as:
  - + Making insulting or derogatory remarks or acts to officials or opponents;
  - + Questioning, trying to influence, or showing disgust with an official's decisions;
  - + Entering the water during an event in which they are not a participant.
- Swimmers shall be disqualified from their event if Unsportsmanlike conduct occurs immediately before or after their event. If the conduct occurs between races, the swimmers shall be disqualified from their next scheduled event. If the conduct occurs after the swimmers' final event, they shall be disqualified from their last event. The referee may eject any team personnel from the meet for excessive unsportsmanlike conduct.

#### Protests and Disciplinary Actions

- Protests against judgment decisions of starters, stroke, turn, and relay takeoff judges shall only be considered by the meet Referee, who has the authority to disqualify swimmers for any violation of the rules that he personally observes.
- Any other protest arising from the competition itself shall be made to the Referee prior to the completion of the meet. If the protest is not resolved immediately, the protesting Team Representative may within 36 hours file a written protest accompanied by \$100 to their Division Representative or to a League Officer for Board adjudication at the earliest possible time, which shall then be binding on all parties. Any monies received with protests are non-refundable unless the protest is resolved in favor of the protester.
- Until final action is determined, results of any heat, event, or meet conducted under protest, or of any protested heat, event, or meet, shall not be announced, and awards for that contested situation shall not be awarded nor scoring of points allowed unless the protest is officially withdrawn.
- Disciplinary action taken by a referee against a coach or official shall be reported in writing to the First Vice-President before the next scheduled meet.
- The League Officers shall have the final authority to censure or discipline team personnel.
- The League Officers shall have the discretion to refer any protest to the Training and Certification Committee for input, clarification and recommendations prior to ruling on the protest.

#### Coaches' Deck Position

- Coaches, assistants and / or spectators shall not be allowed in the starting, turn, finish areas, ready bench area or within five (5) feet of swimming pools, or interfere with any meet official during the progress of any competition.
- Upon being apprised of a violation of this rule, it shall be the duty of the Referee to remove, or have such offender removed immediately.

#### Referee Authority

##### The Referee:

- Shall have full authority over all Officials and shall assign and instruct them.
- Shall enforce all the rules and shall decide all questions relating to the actual conduct of the meet, including eliminating any behavior by official, coach, competitor or spectator that interferes with the operation of the meet by means of, but not limited to, suspension of the meet or forfeiture.
- May overrule any meet official on a point of rule interpretation, or on a judgment decision pertaining to an action, which he has personally observed (except for relay takeoffs in meets using dual confirmation). He shall also disqualify swimmer(s) for any violations of the rules that he personally observes.
- May remove from the meet area immediately any person for Unsportsmanlike conduct.

- Shall give a decision on any point where the opinions of the Officials differ.
- Has the authority to intercede in the competition at any stage, to insure that the racing conditions are observed.
- May at his/her discretion prohibit the use of any noisemaker or light, whether natural or artificial, that he/she feels would interfere with other swimmers during a meet.
- Shall prohibit the use of tobacco products in the ready bench area, finish, or starting area of the swimming pool deck.
- Shall prohibit the use of alcoholic beverages in the vicinity of the meet.
- Shall, in those situations where an individual is unable to comply with the literal meaning of a rule by reason of a physical handicap, interpret the rule in such a way as to allow the individual to comply so long as no advantage or disadvantage is conferred upon other competitors or that individual.
- Shall prohibit the use of videotape review.

#### Block Height and Water Depth Restrictions

- The front edge of the starting platform shall not exceed 30 inches in height above the surface of the water if the depth of the pool at that end is 4 feet or more.
- The front edge of the starting platform shall not exceed 18 inches in height above the surface of the water if the depth of the pool at that end is less than 4 feet.
- In pools with water depth less than 3 feet 6 inches at the starting end, the swimmers shall start from the deck.
- With the referee's permission, a swimmer may start in the water. The swimmer shall be motionless and have at least one hand in contact with the starting platform or end wall. A backstroke start is not permitted except on backstroke events.

#### Guidelines for Officiating Swimmers With Disabilities

- Definition – A disability is defined as a permanent physical or mental impairment. Temporary conditions (like a broken arm) are not recognized as disabilities.
- Responsibilities – The swimmer (or swimmer's coach or other representative) is responsible for notifying the referee prior to the competition of any disability. The swimmer or coach is responsible for providing any assistant or equipment if required. The Referee is responsible for inquiring (at the official's meeting or before the meeting) about any disabled swimmers with special needs. The referee is further responsible for determining what modifications will be required and for instructing the Starter and Stroke & Turn officials as to the accommodations to be made for any disabled swimmer.
- Allowable Modifications – Some of the modifications which the Referee may make to accommodate a disabled swimmer are:
  - + A change in starting position.
  - + Reassignment of lanes within a heat (e.g., exchanging lanes 1 and 6 in a six-lane pool).
  - + Allowing the swimmer to have an assistant on the deck to assist with the start.
  - + Flotation devices are not permitted at any time. However, prosthetic devices may be used to replace a missing body part as long as the device does not provide a competitive advantage to the swimmer (e.g., a device that is similar in size and shape to a human foot may be used, but a swimming /diving fin would be unacceptable.)
  - + A swimmer with a cardio-pulmonary defect who must stop part way through the course to stand and rest before finishing the swim shall be relieved of the "no standing" rule on breaststroke and butterfly.
  - + Other allowable modifications are described in the following sections under type of disability.

### Blind and Visually Impaired Swimmers

- Start – With an audible starting system, no modification is required. However, the swimmer may need assistance and extra time getting onto the starting block or up to the edge of the deck. If requested, a kneeling, sitting or in-water start is acceptable.
- Turns and Finishes – It is permitted to have a “tapper”, which is a pole with a soft-tipped end. The swimmer is tapped with the tapper as he/she approaches the end wall as notification of the impending touch or turn. Sound devices shall not be used.
- Relay Take Offs – A physical touch may be required to signal the relay swimmer when his/her teammate has touched the wall. The touch may not aid the swimmer’s take off.

### Deaf and Hard-of-Hearing Swimmers

- Start – A visual starting signal may be required. This may include a remote strobe light or a Starter’s arm signals. If a remote strobe light is used, it shall be placed in a position where the swimmer can clearly see it without having to turn his/her head in an awkward position. If a Starter’s arm signal is used, the specific signal shall be made aware to the swimmer prior to the competition. The Referee may reassign lanes within the swimmer’s heat so that the strobe light on the start module or the Starter’s arm signal can be more readily seen. Any necessary lane reassignments shall be symmetrical (e.g., switching lanes 1 and 6 in a six-lane pool). It is also acceptable for an assistant to stand directly behind the deaf swimmer in order to tap the swimmer on the back when the audible starting horn is heard. If the assistant causes the deaf swimmer to leave his mark early, the swimmer shall be charged with a false start.
- Turns, Finishes, and Relay Take Offs – No modifications are required.

### Swimmers with Physical Disabilities

- Start – The swimmer may need assistance and extra time getting onto the starting block or up to the front edge of the deck at the start.
- Forward Start – The swimmer must face forward toward the course at the start, but the body may be in a standing, kneeling, or sitting position on the deck. If requested, an in-water start is acceptable. If an in-water starting position is used, the swimmer must face forward and hold on to the starting grip or end wall with one hand. If the swimmer cannot use a hand to hold on, then an assistant may be used, or the swimmer may use some other part of the body to maintain contact with the wall.
- Backstroke Start -- The swimmer may not be able to hold on to the backstroke grips, wall or gutter for a backstroke start; if so, the requirement that both hands be in contact with the grips or end wall shall be waived, and the swimmer may use an assistant or another body part to maintain contact with the wall at the start.
- Stroke and Kick – If a part of the body is absent or cannot be used, it shall not be judged during a swim. However, if a body part is used during a swim it shall be judged in accordance with NWAL rules.
- Turns and Finishes – Touches shall be judged in the same manner as strokes and kicks, i.e., on the basis of arm(s) and/or hand(s) that are present and that the swimmer can actually use. In breaststroke and butterfly, the swimmer must reach forward as if attempting a simultaneous two hand touch. When a swimmer has two arms of different lengths, only the longer arm must touch the wall, but both arms must stretch forward simultaneously. If both arms are missing, the swimmer may touch the wall with any part of the upper body.

- Relays – The starting position modifications described previously may also be used for relay swimmers. Relay swimmers who cannot exit the water immediately after their swim may be allowed to remain in the lane until all relays have finished so long as they do not interfere with the other swimmers or the timing equipment.

#### Mentally Impaired Swimmers

- Start – The swimmer may need assistance and extra time getting onto the starting block or up to the edge of the deck. If requested, a kneeling, sitting or in-water start is acceptable. Patience and clarity in communicating instructions is required of the Starter.
- Strokes, Kicks, Turns and Finishes – No modifications are required.
- Relay Take Offs – No modifications are required.

#### Parent / Coach Code of Conduct

Children's sports are supposed to be fun for the children. Unfortunately, many parents, fans and coaches don't realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. This Code of Conduct is for parents, coaches and spectators to abide by at every practice and meet.

#### Preamble

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will remember that children participate to have fun and that the sport is for youth not adults.
2. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
3. I will learn the rules of the sport and the policies of the league.
4. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all swimmers, coaches, officials and spectators at every meet, practice, or other sporting event.
5. I (and my guests) will not engage in any kind of unsportsmanlike conduct such as booing and taunting, refusing to shake hands, or using profane language or gestures.
6. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
7. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
8. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, gender or ability.
9. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a race or his/her performance.
10. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
11. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
12. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize meets and competition in the lower age groups.

13. I will promote the emotional and physical well being of the athletes ahead of any personal desire I may have for my child to win.
14. I will respect the officials and their authority during meets and will never question, discuss, or confront coaches or officials at the meets, and will take time to speak with them at an agreed upon time and place.
15. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
16. I will refrain from coaching my child or other players during meets and practices, unless I am one of the official coaches of the team.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official, head coach and/or head of league organization
- Written warning
- Parental meet suspension with written documentation of incident kept on file by the organizations involved.
- Meet forfeit through the official or coach
- Parental season suspension.

## Northwest Aquatic League Coach Certification

A coach is any person who is contracted by a NWAL-sanctioned team to instruct swimmers, usually through organized practices, for the purpose of training them for NWAL-sanctioned swim meets. All coaches (head and assistant) must be certified by Northwest Aquatic League. The purpose of this certification is to foster safety for the contract team members and assist coaches in understanding league rules that affect their duties before, during, and after meets. The certification materials are germane excerpts from the NWAL rulebook and from the league website. This NWAL certification is separate from any certification required by the contracting team, although there may be overlap in requirements between NWAL and the contracting team. In the case of overlapping requirements, one certification may satisfy the other.

All NWAL coaches on an annual basis are required to:

1. Complete the Coach/Trainer Disclosure Statement and submit it to the NWAL Manager. Find the form at [http://www.nwal.org/Essentials.html/Coach Trainer Disclosure](http://www.nwal.org/Essentials.html/Coach%20Trainer%20Disclosure).
2. Abide by the NWAL SafeKids Program guidelines. Find the guidelines at [http://www.nwal.org/Essentials.html/Reference/NWAL Safekids Program](http://www.nwal.org/Essentials.html/Reference/NWAL%20Safekids%20Program).
3. Read the coach certification materials and take the coach certification test. The certification materials can be found on the NWAL.org website and as an appendix in the NWAL rule book. The certification test is an open-book, web-based exam in which the coach shall score 100% correct answers. Multiple attempts at passing the test is permitted.
4. Pass a NWAL-recognized first aid, CPR, and lifesaving course - Future Requirement for 2012



## Section on Computer Questions

- 1) What is the maximum number of individual and relays events a swimmer can be entered in for a Dual Meet?
  - a) 2 individual and 3 relay
  - b) 3 individual and 2 relay
  - c) 5 individual and 2 relay
  - d) 3 individual and 3 relay
  
- 2) If a swimmer is moved to a higher age group to fill out a relay, can they swim in their own age group for the individual events?

Yes or No

- 3) What is considered an "official time"?
  - a) Any event timed and swum, without disqualification, at the Teams' Time Trials.
  - b) Split times swum in a relay, without disqualification, at any official NWAL sanctioned event.
  - c) Any event timed and swum, without disqualification, at any official NWAL sanctioned event.
  - d) All of the above.
  
- 4) The computer people will exchange the Entry List and Team Manager data file at an agreed upon time during the week. In the event of a discrepancy, which is considered the official entry for the Team?
  - a) The Team Manager Entry List.
  - b) The Team Manager Data File

- 5) Swimmers may be entered in a Dual Meet with a "No Time (NT)"?

True or False

- 6) All swimmers of a given age group and gender are considered alternates for the relays if they are on the official entry list?

True or False

## Section on Exhibition Swimming, Scratch Meeting, and Qualifying For Divisional Meets

- 1) All participants in an event shall have an equal opportunity to compete for places, awards and team points. T F
- 2) Exhibition swimmers can score points for their team. T F (False)
- 3) The purpose of the scratch meeting is to fill relays that are short swimmers who have not shown for the meet. T F
- 4) A team can use a swimmer from a lower age group to fill a relay. T F
- 5) A swimmer from a lower age group used to fill a relay can still swim his individual events as shown on the entry sheet. T F

- 6) A swimmer who was scratched from a relay in the scratch meeting can be substituted back into relays. T F
- 7) A swimmer can be scratched from individual events at the scratch meeting. T F (False)
- 8) Moving a swimmer up from a lower age group to fill a relay can be done after the scratch meeting. T F
- 9) A swimmer needs to participate in 3 meets to qualify for divisionals. T F

### **Section on Unsportsmanlike Conduct**

- 1) Unsportsmanlike conduct rules apply to
  - a. Team representatives
  - b. Coaches
  - c. Spectators
  - d. Officials
  - e. All of the above
  
- 2) An example of unsportsmanlike conduct by a coach is
  - a. Challenging the stroke infraction call of an official
  - b. Substituting a swimmer in a relay at the ready bench
  - c. Yelling loudly for your swimmers while they are swimming an event
  - d. Slamming your clip board on the ground after your relay is out-touched by another team
  
- 3) A swimmer who shows excessive disgust after being informed of her stroke infraction DQ
  - a. Shall be disqualified from that event
  - b. Shall be disqualified from her next event
  - c. May be disqualified from the meet
  - d. All of the above
  
- 4) Protests shall be made to the Meet Referee
  - a. For judgment decisions of starters, stroke, turn, and relay take-off judges
  - b. By the team representative or head coach
  - c. Prior to the completion of the meet
  - d. All of the above
  
- 5) Coaches, assistants, and spectators shall not be allowed
  - a. In the starting, finish, or turns area
  - b. In the ready bench area
  - c. Within 5 feet of the edge of the swimming pool
  - d. All of the above

### **Referee Authority**

- 1) The starter is outside of the Meet Referee's authority since he is usually standing beside him/her. T F
- 2) The Referee has full authority over meet operations. T F
- 3) The Meet Referee may overturn any meet official on rule interpretation. T F
- 4) The Referee shall eliminate any behavior by official, coach, competitor or spectator that interferes with the operation of the meet. T F
- 5) The Referee may remove from the meet area immediately any person for Unsportsmanlike conduct. T F

- 6) The Referee CANNOT intercede in the competition at any stage to insure that the racing conditions are observed. T F
- 7) The Referee can prohibit the use of any noisemaker or light, whether natural or artificial, that he/she feels would interfere with other swimmers during a meet. T F
- 8) The Referee doesn't care if alcoholic beverages or tobacco products are within the pool area. T F
- 9) A Referee can interpret the rules to allow a handicapped swimmer to comply with the rules just so there is no advantage or disadvantage to that swimmer or others. T F
- 10) A Referee can consider videotaped review to settle a dispute. T F
- 11) It is a good idea to have a coach at the ready bench area to make sure that all the swimmers are being placed where they need to be. T F

### **Section on Swimmers With Disabilities and Code of Conduct**

1. A disability is defined as a permanent physical or mental impairment. T F
  2. The team representative can notify the referee prior to the competition of any disabilities T F
  3. A disabled swimmer may not have an assistant on deck. T F
  4. With a blind or visually impaired swimmer, a physical touch may be required to signal the relay swimmer when his/her teammate has touched the wall. T F
  5. For deaf and hard-of-hearing swimmers, if a Starter's arm signal is used, the specific signal shall be made aware to the swimmer prior to the competition. T F
  6. If a swimmer with a physical disability cannot hold on to the backstroke grips, the requirement that both hands be in contact with the grips or end wall shall be waived. T F
  7. Mentally impaired swimmers are not permitted any more time getting onto the starting block than other swimmers. T F
  8. The front edge of the starting platform shall not exceed 18 inches in height above the surface of the water if the depth of the pool at that end is less than 4 feet. T F
  9. In pools with water depth less than 3 feet 6 inches at the starting end, the swimmers shall start from the deck. T F
  10. NWAL's Code of Conduct applies only to parents of swimmers. T F
  11. One of the responsibilities of the coach in the Code of Conduct is knowing the rules and policies of the league. T F
  12. The team chant can make fun of the opposing team. T F
- 
- 1) NWAL's Code of Conduct applies to
    - a. Swimmers
    - b. Parents
    - c. Coaches
    - d. Officials and team representatives
    - e. All of the above
  
  - 2) According to the Code of Conduct which are the core principles of character building and ethics in sports
    - a. Trustworthiness and respect
    - b. Responsibility and fairness
    - c. Caring and good citizenship
    - d. All of the above

- 3) Overnight the pool drain was left open and the water in the shallow end of the pool is now less than 3 feet. For today's practice,
  - a. 100 yard medley relay starts will continue as usual
  - b. any diving in the shallow end will be from the deck
  - c. any walking on the bottom during practice will be excused
  - d. only freestyle stroke will be done
  
- 4) A coach can challenge the call of an official on deck
  - a) by approaching the Meet Referee in a respectful manner before the end of the meet ready to clearly articulate the challenge
  - b) before the next event only
  - c) by yelling across the pool deck "Hey, stop the meet!"
  - d) by offering to show a video recording of the challenge event
  
- 5) A coach's emphasis in practice should be on
  - a) proper stroke education and skill development
  - b) showing backstrokers how to pull on the ropes to gain an advantage
  - c) ridiculing children for doing strokes improperly
  - d) arguing with parents over who swims in the relays
  
- 6) Failure to abide by NWAL rules can result in
  - a) A personal verbal warning by the meet referee, head coach, and / or head of the league
  - b) A personal written warning with documentation of incident kept on file
  - c) meet forfeiture
  - d) a season suspension
  - e) all of the above

### **Section on SafeKids guidelines**

1. The purpose of the NWAL SafeKids guidelines is to ensure the safety of the children who participate in this program. T F
2. NWAL will make every reasonable effort to exclude any coach or trainer with a legally documented history of child abuse / molestation.
3. NWAL does not permit physical, mental, and verbal abuses of any of the participants, coaches, managers, employees, volunteers involved in our sponsored activities. T F
4. NWAL forbids any inappropriate touching. T F
5. There will be at least two adults present for any NWAL-related activity T F
6. Coaches/trainers should socialize with team participants outside of the sponsored activities of the organization. T F
7. Coaches/trainers should not ride alone with a child or participant in a car. T F
8. Coaches / team officials should establish procedures in the event a participant is stranded at an activity. T F