

Proposal 2016-2

Proposed change to RCSL Rules of Competition (ROC)

Proposed by the RCSL Executive Board 4-25-2016

The Rocket City Swim League (RCSL) is now required by law, and indemnity provider guidance, to ensure coaches and lifeguards are trained to recognize potential athlete concussions and to ensure these individuals are evaluated by trained professionals. Your executive board recommends approving the following proposal (red text) for inclusion in the existing RCSL Rules of Competition (ROC).

Article IV. MISCELLANEOUS

(New) Section 8. Coaches, Assistants, Other

Each team is responsible for attaining their coaching staff to meet team and pool swimming and/or diving requirements. Each individual participating as a part of the coaching team must successfully complete the "Centers for Disease Control and Prevention (CDC) Concussion Training" (a link is available on the RCSL homepage). Each team will maintain a current list of their coaching staff and a copy of the training completion certificate. Coaching Staff is defined as anyone named to assist the team's identified head coach in showing swimmers or divers (in a team setting, not private lessons) how to properly execute the start, stroke, turn, or finish of a competitive stroke or dive execution during the current RCSL season. The RCSL Board may request this list at any time during the season.

Article V. GENERAL LEAGUE RULES FOR SWIMMING COMPETITION

Section 1. Lifeguards: The home pool must provide a certified lifeguard, on duty guarding the competition pool, from the time of warm ups to completion of the meet. Beyond possession of current and accepted lifesaving credentials, RCSL lifeguards must provide a certificate for successful completion of the "CDC Concussion Training" (a link is available on the RCSL homepage). The RCSL Board may request a copy of the certificate at any time during the current season.