



BC Winter Provincial Championships

Hosted by Island Swimming Club
March 2-5, 2023
Saanich Commonwealth Place, BC

Able Bodied Age Groups:

- Individual Events: 11-12, 13 -14, 15-16, 17 & 0
- Relay Events: 11-12, 13-14, 15-17, 18 & 0

Able Bodied Time Final Events:

- 800 - 1500 Free
- 200 Free Relay, 200 Medley Relay, 400 Free Relay
- 800 Free Relay (open age category only)

Prelims/Final Events:

- 50-100-200-400 Free
- 50-100-200 for each Back, Breast, Fly
- 200-400 IM

Para-Swimming Multi-Class Events:

- 50 Free, 100 Free, 200/400 Free, 50/100 Back, 50/100 Breast, 50/100 Fly and 150/200 IM

Qualification Requirements:

- Must qualify with at least one standard

WEDNESDAY, MARCH 1ST PRACTICE TIME
TO BE CONFIRMED

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Sanctioned by Swim BC: #38409

Swim BC and Island Swimming would like to begin by acknowledging that the land on which we gather lies within the traditional territories of the Lkwungen peoples known today as Songhees and SXIMEŁEŁ (Esquimalt) Nations and the WŚÁNEĆ peoples known today as WJÓŁEŁP (Tsartlip), BOKEĆEN (Pauquachin), SĀAUTW (Tsawout), WSIKEM (Tseycum) and MÁLEXEŁ (Malahat) Nations.

SAFE SPORT

Swim BC believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination.

Swim BC is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.

All participants in this event are reminded that they are bound by Swim BC's Policies and Procedures, including but not limited, to the Code of Conduct and Ethics policy, the Gender Equity policy and the Screening and CRC policy.

COMPETITION HOSTS

Swim BC and Island Swimming

VENUE

Saanich Commonwealth Place
4636 Elk Lake Dr. Victoria, BC

POOL

8-lane 50 metre competition pool
4-lane 25 metre warm-up pool

MEET MANAGER	Jeff Stevens (jeffreystevens@shaw.ca)
MEET REFEREE	Glenn Greig
OFFICIALS COORDINATOR	Karen Medler (officials@islandswimming.com)
PARA ADVISOR	Sheila Guenther
SWIM BC & ENTRIES CONTACT	Carrie Matheson (carrie.matheson@swimbc.ca)

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March 2-5, 2023

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WARM UP AND SESSION TIMES		
Thursday, March 2, 2023		
Prelims	Warm-up	7:00 - 8:20am
	Competition	8:30am - 1:30pm
Finals	Warm-up	4:00 - 4:50pm
	Competition	5:00 - 7:30pm
Friday, March 3, 2023		
Prelims	Warm-up	7:00 - 8:20am
	Competition	8:30am - 2:00pm
Finals	Warm-up	4:30 - 5:20pm
	Competition	5:30 - 8:30pm
Saturday, March 4, 2023		
Prelims	Warm-up	7:30 - 8:50am
	Competition	9:00am - 2:00pm
Finals	Warm-up	4:00 - 4:50pm
	Competition	5:00 - 7:30pm
Sunday, March 5, 2023		
Prelims	Warm-up	7:30 - 8:50 am
	Competition	9:00am - 2:00pm
Finals	Warm-up	4:00 - 4:50pm
	Competition	5:00 - 7:30pm

Note: All Session completion times are approximate

ELIGIBILITY

1. All swimmers must be registered with a Swim BC, SNC, or other FINA recognized club.
2. Qualifying period is from September 1, 2021, to the entry deadline.
3. During the Qualifying Period, athletes must have attained at least ONE qualifying time (in their age group), in an appropriately sanctioned competition as of the entry deadline.
4. Age groups for individual events will be 11-12, 13-14, 15-16 and 17 & Over
5. Swimmer age is as of the first day of competition.

NON-QUALIFIED SWIMS

Entries not meeting the qualifying standards will not be accepted.

ENTRIES

1. Entries will be validated against the SNC meet results database; invalid entry times, unofficial splits, or converted entry times will not be accepted.
 - a. **With the meet results database currently offline, clubs will need to use this link to submit both their entry file and proof of time report: [Entry Form](#)**
2. Swimmers will be limited to a maximum of NINE (9) entries.
3. All SCM entries will be converted to LCM by meet management and seeded accordingly.
4. NON-VALIDATED entries will not be accepted in individual events; swimmers must have a valid provable entry time in each event they enter.
5. See "RELAYS" section for specific rules about relay entries.

6. For reference purposes, please email a .pdf copy of entries to the Entries Contact: Carrie Matheson (carrie.matheson@swimbc.ca)
7. Individual Fees (including Swim BC Competition Surcharge and Facility Fees) are \$95.00 per swimmer.
8. Relay Fees are \$15.00 per relay.
9. Cheques payable to: **Island Swimming Club**. Fees may also be paid by credit card payment or by eTransfer to **adminoffice@islandswimming.com**
10. All fees MUST be paid to the Clerk of Course Desk prior to the start of the meet.
11. Entries must be uploaded to SNC meet listings website prior to the entry deadline.
 - a. Please include the correct contact name, phone number, and email address when uploading entries.
12. Late entries (entries received or uploaded after Monday, February 23rd, 2023) will be accepted at the discretion of Meet Management. If accepted, the Meet Fees will be doubled.

ENTRY DEADLINE:

MONDAY, FEBRUARY 20, 2023 AT 9:00 PM (PST)

SCRATCH DEADLINE:

MONDAY, FEBRUARY 27, 2023 AT 12:00 NOON.

GENERAL MEET RULES

1. This meet will observe rules as outlined in the current SNC Rulebook.
2. POOL DEPTH Shallow End 2 m, Deep End 2 m.
 - a. Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1
3. There will be no deck entries, exhibition swims, or time trials.
4. Swim BC Competition Warm-up Safety Procedures will apply.
5. Preliminary heats will be swum double-ended, divided by meet management such that both ends finish at approximately the same time.
6. Fastest three heats of all prelims/final events will be circle-seeded. Except for 400 Free and 400 IM – those two events will have the fastest 2 heats circle-seeded.
7. There will be an "A" final only.
8. Backstroke Ledges will be available for Heats and Finals as well as for warm up sessions having Events requiring backstroke starts.
9. Time Final events (including relays) with 11 or 12 entrants, will be seeded such that the fastest heat will have all lanes filled.
10. All swim-offs are to be run at a time mutually agreed upon by coaches and officials. Every effort will be made to run the swim-off by the end of the session in which the tie occurred.
11. Coaches are asked to check in with the Meet Manager / Clerk of Course desk immediately upon arrival to pay entry fees, pick up Meet Package and receive any information regarding changes.
12. A coaches' meeting will be held 10 minutes prior to the start of the meet and as necessary throughout the meet.
13. Violations of the Swim BC Code of Conduct and Ethics policy may result in immediate disqualification from the meet.

BC Winter Provincial Championships

March 2-5, 2023

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14. **ALL** photographers must have applied for and received permission from meet management prior to the start of meet to be on deck. Photographers must be representing a participating club and have the support of the club to be on deck, taking photos for their club's use only.
 - a. **All approved photographers must be identified by wearing a self-provided safety vest.**
15. All participants are to respect the facility rules including: no deck changing and no outside shoes on deck.
16. Coaches and volunteers: please bring your own refillable water bottle (no glass containers). Water filling stations are available throughout the facility.

800 & 1500 FREESTYLE

1. These events are time finals.
2. There will be a positive check-in for the 800m and 1500m Freestyles.
 - a. Deadline will be 30 mins after the start of the session in which the event will be swum. (9:30am)
3. The Top FOUR (4) in each group will swim in a single heat at the beginning of the Final Session of that day.
4. For the 1500, all other swimmers will be seeded FOUR (4) in each age group per heat, swum fastest-to-slowest alternating genders; two per lane, if necessary, to meet session timelines.
5. Distance Lap Counters will not be available.

PARA-SWIMMING

1. Para-swimmer's complete classifications *(S, SB, SM) must be included with athlete surname in their entries.
2. Para-swimmers must have a Level 2, 3 or international sport classification by the entry deadline.
3. No sport classification will be provided at the event, swimmers requiring sport class evaluation must submit a request a minimum of 60 days in advance of the entry deadline on the Swimming Canada website.
4. The most current WPS rules will be observed for all Para-swimming events.
5. By the entry deadline para-swimmers **MUST** attain at least ONE (1) Junior Provincial Para swimming qualifying standards.
6. All Entries must meet their qualifying standard. There are NO non-qualified swims.
7. Athletes with sport class NE SB9 NE are eligible to enter up to a maximum of 2 events in the S/SM10 sport class events provided they meet the S/SM10 Junior Provincial Para swimming qualifying standard in each event. These swims will be exhibition only and will be swum in the preliminary session.
8. Para-swimming events will be single-gender and multi-class, although the genders may be combined in the lower subscribed events.
9. There will be SEVEN (7) "para-specific events": 50 Free, 100 Free, 200/400 Free, 50/100 Back, 50/100 Breast, 50/100 Fly and 150/200IM, with distances for each class corresponding to the distances outlined in the time standards.
 - a. 200/400 Free event will be a time final.

10. Para-swimmers may enter Able-bodied events provided they meet the Provincial Standard in their age group and that event.
 - a. Para-swimmers cannot enter the same event in both the Para and Able-bodied categories.
11. Strokes/events where distances are split by class (e.g., 50/100 Back) will be scored against each other using the Canadian Para-swimming Points Calculator to determine one set of finalists from each of those pairs of events.
12. For Para-swimming events with FIVE (5) or more entries after the entry deadline, Para-swimmers will have prelims and finals. Prelims will be swum with the able-bodied events where possible. Para-swimmers will be seeded in prelims according to entry times.
13. For Para-swimming events with fewer than FIVE (5) entries after the entry deadline, the event(s) will be Para-swimmer-only time finals during the Finals sessions.
14. Placings will be determined by using the current male and female Canadian Para-Swimming Points Calculator.

RELAYS

1. Age groups for relays will be:
 - a. 200 FR, 200 MR, 400 MR: 11-12, 13-14, 15-17 and 18 & Over
 - b. 800 FR: Open category only
2. There are no qualifying times for relays.
3. Only the fastest EIGHT (8) validated relay entries in each event will swim as timed finals at the conclusion of finals sessions. All other relay heats will swim as a time final at the end of the prelims session, after the distance events.
 - a. Validated relay entry times will be considered those which are no more than 1.50 seconds faster than the cumulative best times of the four swimmers entered.
 - b. Relay entries that have an entry time **MUST** include names. If a relay is entered with less than FOUR (4) names, it will be seeded as "NT".
4. Validated entry times are requested, although NT entries will be accepted.
5. For relays, no more than TWO (2) swimmers may be from a younger age group. In such cases, the swimmer(s) may swim in both their own age-group relay as well as in one or more older age group relays.
6. Only swimmers whose names appear on the meet entries shall compete in relay events.
7. Relay Only swimmers must be listed on their club's Hy-tek entry file as "Relay Only"; such swimmers will be subject to the Relay-Only surcharge (\$15.00).
 - a. Relay Only swimmers must be at least 11 years old as of the first day of the meet.
 - b. Each club will be allowed one relay only swimmer per age group and gender in the competition.
 - c. **An email must also be sent to the Entries Contact notifying them of the relay-only swimmers and their SNC ID number and date of birth.**
8. Deadline for relay name/order changes will be:
 - a. For relays swum in the Prelim Sessions: 9:30am

BC Winter Provincial Championships

March 2-5, 2023

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- b. For relays swum in the Final Sessions: ½ hour before the session starts

SCORING

1. Individual scoring: 20-17-16-15-14-13-12-11
Relay scoring: 40-34-32-30-28-26-24-22

AWARDS

1. Medals will be awarded for 1st, 2nd, and 3rd places in all individual and relay events.
2. Ribbons will be awarded for 4th, 5th, 6th, 7th, 8th, 9th, and 10th places in individual events only.
3. Individual Aggregates:
 - a. Will be scored using the individual scoring system listed above.
 - b. Age Categories: 11-12, 13-14, 15-16 and 17 & Over
 - c. Awards will be presented at the end of Sunday Finals.
4. Swim BC will award a Team Banner to the Top Scoring Club. This will be presented at the end of Sunday Finals.

BC Winter Provincial Championships

March 2-5, 2023

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SCRATCHES

Scratches received prior to February 27, 2023 at noon will not incur Meet Fees.

1. There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals.
2. The following rules apply for all finalists plus alternates as listed on the official posting of prelims results.
 - a. For all final events, no-shows, step downs and unexcused incomplete swims will be considered “late scratches” and subject to the late scratch penalty of \$20. Fines are to be paid immediately. The swimmer and/or relay swimmers in question shall not swim subsequent events until the fine is paid.
 - b. For finals, the scratch deadline will be 30 minutes following the completion of the preliminary events (excluding time final events).
 - c. For finals, email scratches will not be accepted.

COACH COMPLIANCE

Registration

Head Coaches must be, at minimum, registered in the Swimming Canada “A2” registration class. Assistant Coaches must be, at minimum, registered in the Swimming Canada “C” registration class. **All coaches must be fully registered and compliant with all Swim BC Registration Requirements.**

Failure to adhere to the Swim BC Registration Requirements presents substantial risks to Swim BC and its members.

It is incumbent upon each Coach to manage their registration and certification levels. Go to the CAC’s [The Locker](#) for more information.

BC Winter Provincial Championships

March 2-5, 2023

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Provincial Championships Schedule of Events

Thursday, March 2, 2023 PRELIMS			
Warm-Up:		7:00 - 8:20am	
Competition:		8:30am - 1:30pm	
FEMALE	MALE	AGE	EVENT
1	2	11-12/13-14	400 IM
101/201	102/202	Para	50/100 Back
3	4	Open	100 Back
5	6	Open	200 Free
7	8	Open	50 Fly
9	10	15-16/17&O	1500 Free
11	12	11-12	400 Free Relay
13	14	13-14	400 Free Relay
15	16	15-17	400 Free Relay
17	18	18&O	400 Free Relay

Thursday, March 2, 2023 FINALS			
Warm-Up:		4:00 - 4:50pm	
Competition:		5:00 - 8:00pm	
FEMALE	MALE	AGE	EVENT
9	10	15-16/17&O	Top 4 (each age group) of 1500 Free
1	2	11-12/13-14	400 IM
101/201	102/202	Para	50/100 Back
3	4	Open	100 Back
5	6	Open	200 Free
103/203	104/204	Para	200/400 Free (TF)
7	8	Open	50 Fly
11	12	11-12	Top 8 - 400 Free Relay
13	14	13-14	Top 8 - 400 Free Relay
15	16	15-17	Top 8 - 400 Free Relay
17	18	18&O	Top 8 - 400 Free Relay

Friday, March 3, 2023 PRELIMS			
Warm-Up:		7:00 - 8:20am	
Competition:		8:30am - 2:00pm	
FEMALE	MALE	AGE	EVENT
19	20	15-16/17&O	400 IM
105/205	106/206	Para	50/100 Breast
21	22	Open	100 Breast
23	24	Open	200 Back
107	108	Para	50 Free
25	26	Open	50 Free
27	28	11-12/13-14	1500 Free
29	30	11-12	200 Free Relay
31	32	13-14	200 Free Relay
33	34	15-17	200 Free Relay
35	36	18&O	200 Free Relay

Friday, March 3, 2023 FINALS			
Warm-Up:		4:30 - 5:20pm	
Competition:		5:30 - 8:30pm	
FEMALE	MALE	AGE	EVENT
27	28	11-12/13-14	Top 4 (each age group) of 1500 Free
19	20	15-16/17&O	400 IM
105/205	106/206	Para	50/100 Breast
21	22	Open	100 Breast
23	24	Open	200 Back
107	108	Para	50 Free
25	26	Open	50 Free
29	30	11-12	Top 8 - 200 Free Relay
31	32	13-14	Top 8 - 200 Free Relay
33	34	15-17	Top 8 - 200 Free Relay
35	36	18&O	Top 8 - 200 Free Relay

SATURDAY March 4, 2023 PRELIMS			
Warm-Up:		7:00 - 8:20am	
Competition:		8:30 - 2:00pm	
FEMALE	MALE	AGE	EVENT
109/209	110/210	Para	150/200 IM
37	38	Open	200 IM
39	40	Open	50 Breast
111/211	112/212	Para	50/100 Fly
41	42	Open	100 Fly
43	44	Open	50 Back
45	46	Open	400 Free
47	48	11-12	200 Medley Relay
49	50	13-14	200 Medley Relay
51	52	15-17	200 Medley Relay
53	54	18&O	200 Medley Relay

SATURDAY, March 4, 2023 FINALS			
Warm-Up:		4:30 - 5:20pm	
Competition:		5:30 - 8:00pm	
FEMALE	MALE	AGE	EVENT
109/209	110/210	Para	150/200 IM
37	38	Open	200 IM
39	40	Open	50 Breast
111/211	112/212	Para	50/100 Fly
41	42	Open	100 Fly
43	44	Open	50 Back
45	46	Open	400 Free
47	48	11-12	Top 8 - 200 Medley Relay
49	50	13-14	Top 8 - 200 Medley Relay
51	52	15-17	Top 8 - 200 Medley Relay
53	54	18&O	Top 8 - 200 Medley Relay

BC Winter Provincial Championships March 2-5, 2023

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SUNDAY March 5, 2023 PRELIMS			
Warm-Up:		7:00 - 8:20am	
Competition:		8:30am - 1:30pm	
FEMALE	MALE	AGE	EVENT
55	56	Open	200 Fly
113	114	Para	100 Free
57	58	Open	100 Free
59	60	Open	200 Breast
61	62	Open	800 Free
63	64	Open	800 Relay

SUNDAY, March 5, 2023 FINALS			
Warm-Up:		4:00 - 4:50pm	
Competition:		5:00 - 7:30pm	
FEMALE	MALE	AGE	EVENT
55	56	Open	200 Fly
113	114	Para	100 Free
57	58	Open	100 Free
59	60	Open	200 Breast
61	62	Open	Top 4 (each age group) of 800 Free
63	64	Open	Top 8 - 800 Relay

BC Winter Provincial Championships

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COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Swim BC swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the pool **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout or announcement and visible through on deck signage.
- Swim BC recommends that**, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for national events or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for national events or senior competitions.

VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context are required. This section is specific to diving violations and not equipment.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Meet Referee, without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.

BC Winter Provincial Championships

March 2-5, 2023

Hosted by Island Swimming Club & Swim BC



SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest;
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled;
- Actively monitor all scheduled warm-up periods;
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the procedures or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

PARA SWIMMER NOTIFICATION:

Coaches are requested to notify Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

The following statement must appear in all Swim BC sanctioned meet information and posted notices:

“SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”

BC Winter Provincial Championships March 2-5, 2023

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Event Photography and Video Policy

ors **Date of Approval:** February 17, 2022
Next Review: February, 2024

Policy Statement

1. Swim BC believes that when used properly photography and videography are excellent tools to celebrate and promote a participant's involvement and achievements within our sport. We also understand that while the great majority of images are appropriate and are taken in good faith, certain images can be misused and/or misinterpreted to put a participant, most notably a minor participant, at risk.

Definitions:

2. The following term has this meaning in this Policy:
 - a) Photography and Videography - a blanket term referring to all forms of image capture, including but not limited to still photography, video recording, social media posts and/or video streaming.

Procedure:

3. In order to minimize risk, all photographs and video taken at Swim BC sanctioned competitions and approved events, whether taken by a professional photographer or videographer, spectator, team support staff or any participant, must observe generally accepted standards of decency - in particular:
 - a) Photography and videography are prohibited from behind swimming blocks at the start of a race or from the other end of the pool;
 - b) Photography and videography are prohibited in locker-rooms or bathrooms or any other dressing or prep area;
 - c) Action shots should be a celebration of the sporting activity and not a sexualized image in a sporting context;
 - d) Action shots should not be taken or retained where the photograph reveals a torn or displaced swimsuit; and
 - e) Avoid images, camera angles and poses that may be more prone to misinterpretation or misuse by others.
4. Failure to adhere to these procedures may be subject to a complaint submitted pursuant to Swim BC's *Discipline and Complaints Policy*. In addition, failure to adhere to these procedures may also result in accreditation being revoked or removal from the event.
5. All event participants and spectators should be made aware of these photography and videography standards with event announcements.
6. It is strongly recommended that event hosts add the following announcement be added to pre-session announcements at all competitions or be posted at the start-end of the pool:

"A reminder to all athletes, coaches, officials, volunteers and spectators: Under NO circumstances are cameras or other recording devices permitted in the area immediately behind the starting blocks during practice or competition starts, OR in locker rooms, bathrooms, or any other dressing area."