

Hydra Aquatics of Northern Virginia Communication and Social Media Guidelines

Purpose and Acknowledgment:

These guidelines are designed to promote safe, respectful, and appropriate communication among athletes, coaches, parents, and staff within Hydra Aquatics of Northern Virginia LLC dba Hydra Aquatics of Northern Virginia ("HYAQ"). They reflect USA Swimming's Safe Sport standards and address relevant concerns under Virginia laws related to privacy, bullying, and electronic communications with minors.

Athlete Electronic Communication Expectations

Respectful Communication

Athletes must use respectful and appropriate language in all electronic messages and online interactions. The use of:

- Profanity
- Sexist, racist, homophobic, or otherwise discriminatory language
- Harassing or threatening content

is strictly prohibited and may result in disciplinary action.

Social Media Conduct

Athletes may not use social media to:

- Harass or demean others
- Disclose private or sensitive information
- Share images or videos that are harmful, offensive, or exploitative

All online behavior should reflect HYAQ's values and the standards of USA Swimming.

Coach-Athlete Communication Standards

- Direct communication (text, call, or email) between athletes and coaches must include a parent or guardian and follow all USA Swimming Safe Sport MAAPP guidelines.
- Routine questions should be asked in person during team practices or events.
- Coaches are not expected to respond to communications outside of normal team hours.
- Communication must maintain professional boundaries at all times.

Digital Safety Reminders for Athletes and Parents

- **Think Before Sending:** Electronic messages, including texts and images, can be saved or shared indefinitely.

- **Privacy Awareness:** Do not share contact details, addresses, or personal information that could be used inappropriately.
- **Reputation Management:** College recruiters, employers, and others may view online content. Share only what reflects positively on your character.

Formal HYAQ Communication Channels

HYAQ maintains official communication channels, including email and a designated team platform SportsEngine. Members are encouraged to use these platforms for routine updates.

Parental/Guardian Responsibility

As a parent/guardian, I agree to:

- Monitor my child(ren)'s use of electronic communication and social media.
- Educate them about safe and respectful digital behavior.
- Support enforcement of the above standards.
- Communicate promptly and respectfully with HYAQ if any digital misconduct is observed or suspected.

Compliance with Virginia Law

HYAQ acknowledges the scope of Virginia Code § 18.2-152.7:1 et seq., which addresses cyber harassment and stalking, among other issues, and may involve civil or criminal penalties. These guidelines are intended to help all participants avoid such conduct and foster a safe community.

Acknowledgment & Agreement

By signing below, I confirm that I have read and agree to follow HYAQ's Communication and Social Media Guidelines. I understand the risks and responsibilities involved in digital communication and that violations may result in disciplinary action or legal consequences. I understand that HYAQ is not responsible for consequences resulting from a failure to follow these best practices.

Swimmer's Name(s) and Age(s): _____

Parent/Guardian Name (Print): _____

Signature: _____

Date: _____