RSVC Parent Information Guide

Practical information for parents and guardians

Welcome to RSVC

Welcome to Rocky Spikes Youth Volleyball Club (RSVC). We are a community-based youth volleyball organization serving Coquitlam and the Tri-Cities region of British Columbia.

Our programs are designed to provide a safe, structured, beginner-friendly, and development-focused environment where athletes can build skills, confidence, teamwork, and a positive connection to volleyball.

We appreciate the trust families place in our club and look forward to supporting each athlete throughout their volleyball journey.

Before the First Session

Please review the program schedule, location, arrival instructions, and any registration or consent requirements before the first session.

Families should ensure RSVC has current emergency-contact information and any relevant medical, allergy, accessibility, or participation information that may affect the athlete's safe involvement.

What to Bring

Athletes should arrive with clean non-marking indoor court shoes, comfortable athletic clothing, and a water bottle.

Knee pads are recommended for many athletes but may not be required for every beginner session.

Long hair should be secured for training, and jewellery or personal items that may create a safety concern should be removed or adjusted when directed by a coach or facility rule.

Please avoid bringing unnecessary valuables into the gym.

Arrival & Pick-Up

Families are encouraged to arrive about 10 minutes before the scheduled start time unless different instructions are provided.

Parents and guardians are responsible for safe and timely transportation, drop-off, and pick-up. Before leaving a minor athlete, please confirm that appropriate RSVC personnel are present and the program area is open for participants.

Athletes should remain in the designated program or pickup area until collected by a parent, guardian, or other approved adult.

If an athlete will arrive late or leave early, please let RSVC know in advance whenever possible.

Gym & Facility Etiquette

Athletes and families are expected to respect the school, gym, community facility, equipment, and shared spaces used for RSVC programs.

Please follow coach and facility directions regarding court access, spectator areas, hallways, washrooms, food and drinks, equipment use, and restricted spaces.

Parents and spectators should avoid entering the playing area during active training unless invited by RSVC personnel.

Everyone is asked to help leave the facility clean and ready for the next user group.

Attendance & Scheduling

Consistent attendance supports athlete development, teamwork, and overall program continuity.

Families are encouraged to notify RSVC in advance whenever an athlete will be absent, late, or leaving early.

Schedules, locations, and session details may occasionally change because of facility access, seasonal programming, safety considerations, or operational requirements. RSVC will communicate significant changes through official club channels whenever reasonably possible.

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Health, Safety & Supervision

Athlete safety is a shared responsibility. Families should promptly inform RSVC of injuries, illness, allergies, medications, accessibility needs, suspected concussion symptoms, or other health and safety concerns that may affect participation.

RSVC personnel may modify or stop an athlete's participation where continued activity appears unsafe based on the information available at the time.

RSVC supervision applies during scheduled program times and within designated activity areas after the athlete has been accepted into the care of authorized RSVC personnel. Families remain responsible for supervision outside those circumstances unless another arrangement has been confirmed.

RSVC personnel do not provide medical diagnosis or medical clearance. Parents and guardians remain responsible for obtaining appropriate professional medical advice when needed.

Parent & Guardian Communication

RSVC aims to maintain clear, respectful, and organized communication with families throughout the season.

Important updates may be shared through email, TeamSnap where applicable, WhatsApp, registration platforms, or other official RSVC communication channels.

Questions about scheduling, participation, safety, or other program matters should be sent through an appropriate RSVC channel whenever possible rather than raised during active coaching.

Clothing & Club Apparel

Athletes should wear comfortable indoor athletic clothing appropriate for volleyball training.

Optional RSVC shirts or club apparel may be offered from time to time. Participation in a program does not require the purchase of optional club clothing unless a specific program or event clearly states otherwise.

Photos & Video

RSVC may take photos or video during programs for club communications, website content, social media, or community promotion only where appropriate consent has been provided.

Families may ask questions about media use or update their preferences through the appropriate RSVC communication channel, subject to any applicable legal or operational requirements.

Contact Information

Rocky Spikes Youth Volleyball Club (RSVC)
Coquitlam, British Columbia, Canada
Website: rockyspikes.com
General Enquiries: info@rockyspikes.com
WhatsApp: +1 (778) 683-8031
Instagram: @rockyspikesvolleyball

For detailed behaviour, safety, privacy, refund, and participation requirements, families should also refer to the applicable RSVC policies and program-specific information.

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