



# Swimmers' Code of Conduct

*Parents, please read this to your swimmers. The purpose is to create a practice environment where swimmers feel safe and respected.*

## Expectation of Athlete

- I. At practices:
  - a. Respect other athletes and coaches. Disrespectful behavior such as offensive language, obscene gestures, bullying and fighting will not be tolerated.
  - b. Respect the property of others. Vandalism, intentional damage, or theft of property will not be tolerated.
  - c. Respect the pool space. Clean up after yourself and leave the change rooms tidy.
  - d. Notify the coaches in advance if you are planning to leave practice early.
- II. At swim meets and WP tournaments:
  - a. Represent the North Delta Sunfish through good sportsmanship and respect towards other athletes, coaches and officials.
  - b. Attend team cheers at swim meets and WP Tournaments.
  - c. Wear your club suit and cap at swim meets.

## Commitment

1. Swim for the fun of it, not just to please your parents or coach.
2. Be punctual for all practices. Arriving late and failing to start on time disrupts the group.
3. Be committed to putting forth your best effort every day. An honest effort does not include cutting laps, pulling on lane ropes or skipping sets.

## Consequences

- I. **"3 Strike Rule:"** If a swimmer is misbehaving in practices, they will receive two verbal "warning" strikes before having to sit out for a few minutes on the third strike.
- II. If the misbehavior continues, the coach will phone the swimmer's parents.
- III. Policy and procedure for scheduled practices and pool/shower behavior. The coach will follow the protocol as set out below. This is for misbehavior and disrespect and is applicable to all age groups:
  - a. Verbal warning.
  - b. Sit out the practice — this becomes an incident and will be written up. The club president and VP of Coaching are informed and the parent is notified. Should this behavior persist the coach has the authority to move to c.
  - c. Week suspension, repeated behavior will not be tolerated. This is then referred to the conduct committee for consideration, and then brought to the executive.
- IV. We intend to be fair and reasonable. Any parent questioning the fairness of a disciplinary decision may request review by the executive.

Swimmer: \_\_\_\_\_

Date: \_\_\_\_\_

Coach: \_\_\_\_\_

Date: \_\_\_\_\_