



Code of Conduct

(created 8.2016)

I, _____, as an authorized representative of the PLANET SWIM AQUATICS, Florida Swimming LSC, and USA Swimming, will comply with the following guidelines.

Team Rules

- Swimmers shall respect and show courtesy to their teammates and coaches at all times.
- If a parent /swimmer have an issue with a coach, a child or a parent, it is their responsibility to communicate the issue with that coach. If the problem escalates or can't be resolved in this manner, the parent/ swimmer is to take the issue up with the head coach and/or our Director of Operations who will help resolve any issues.
- Be on time. Be ready to get in the water on time for practice and meet warm-ups. Be prepared to swim. Have your equipment ready. Bring extra caps and goggles
- Be respectful of your teammate's feelings and personal space. Swimmers who exhibit sexist, racist or inappropriate behavior towards another person will be excused from the practice or meet and will be subject to a disciplinary process as determined by the Head Coach depending on the severity of the infraction. Any coach at any time has authority to ask a swimmer to exit the pool for disciplinary reasons.

- No foul language, hanging on lane lines, splashing, spitting, hitting, trash talking, belittling or any other behavior deemed as horseplay is allowed in a practice venue or meet venue.
- Team Swimsuits are required for practice. No bikini's as a primary practice suit, no cut offs or under garments are allowed to be used as primary swim wear in the pool. Deck changing is forbidden (per USA Swimming Rules).
- Skateboards, scooters, glass, tobacco, alcohol, roller blades, pets, electrical appliances, and bicycles are not allowed on the pool deck.
- Swimmers are expected to exhibit good sportsmanship at practice and meets.
- Swimmers and Parents shall not ever confront an official or stroke and turn judge at a meet about a disqualification. This is the coach's responsibility. Swimmers and parents will be respectful and courteous to meet volunteers at all times. If you have a problem, please notify your coach.
- Destruction of amenities and theft of property will be prosecuted under the law. The swimmer and family of swimmer will be responsible for all damages and fees incurred upon collection or prosecution of damages.
- Swimmers who are ill with contagious viruses and open wounds must tell their coach before entering the water.
- A swimmer who is injured at practice or a meet must report this to their coach immediately following an injury so that the proper paper work is can be prepared.
- Swimmers are responsible for checking in, checking postings, heat and lane assignments, reporting to their coach and for being behind their block prior to their race.
- Swimmers must be at practice a minimum of two days per week. A coach has the right to scratch a swimmer from a meet if the swimmer has not been excused for their absences and fail to complete the minimum attendance requirement.
- I understand that USA Swimming and Florida Swimming is

an organization of trained volunteers and paid professional officials. Meets are operated by volunteers. I agree to treat volunteers and swim meet officials with respect.

Specific Team Parent Rules

- Practice teamwork with all parents, swimmers and coaches by supporting the values of discipline, loyalty, commitment and hard work.
- As parent, one must not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck.
- Demonstrate good sportsmanship by conducting him/herself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at the meets and practices.
- Parents shall refrain from disrupting the practice in any way. Parents are not allowed to talk to their swimmer or interrupt practice unless an emergency or immediate safety concern, as this disrupts the entire group and focus of the practice session. Parents are asked to wait on the observation deck of the pool and may view their swimmer from there.
- Parents are expected to keep non-swimming siblings from running around on the deck unsupervised during practice, as this is a distraction and of safety concern. Non-swimming children shall be supervised by a responsible adult while participating in any USA swimming sanctioned activity
- Parents are encouraged TO COMMUNICATE WITH THEIR CHILD'S COACH. The appropriate time is well before practice. Communicating with coaches during practice disrupts the workout for the entire group. We want to talk with you. You can email us and can request a return call or appointment or visit with us after practice.
- Parents are expected to time and volunteer for jobs as needed by our club at swim meets.
- Parents are encouraged to volunteer for activities, to

participate in our team fundraising (swim-a-thon), and to learn to be a USA Swimming Official.

- Know your role: Swimmers - Swim; Coaches - Coach; Officials - Officiate; Parents - Parent.

- I, as a parent, understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer or their family will not be permitted or tolerated.

- Enjoy involvement in Planet Swim Aquatics by supporting the swimmers, coaches and other parents with positive communication and actions.

- During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff. Parents address officials via the coaching staff only.

- Young children (swimmers) shall be supervised by their parent or guardian in the locker rooms.

- Let the coach know of any other activity that involves rigorous physical activity that your child may be involved in order to prevent injury, exhaustion or illness. It is especially important to notify the Head Coach and coaching staff of any other swimming related activity and or weight training program your child is involved in. Swimmers 13 and under, are not to be involved in a weight training program.

- Provide your child with a sensible nutrition before and immediately following practice. Swimmers have a special carbohydrate, protein and calorie intake need. Soda, sugar and foods high in fats are not the best choices for a swimmer.

- Share the burden among parents by volunteering to time at meets at which our children are swimmers; volunteer to help at swim meets our club hosts, whether our children participate or not.

- Support your swimmer in attending practices regularly, plus facilitating the attendance of at least one swim meet per month.

Your signature of the document constitutes unconditional agreement to comply with the PLANET SWIM AQUATICS Code of Conduct. Failure to comply with the Code of Conduct as set forth in this document may result in disciplinary action.

Such discipline may include, but not be limited to:

1. Disqualification from one or more events, or all events of competition;
2. Suspension of participation of PLANET SWIM AQUATICS SWIM TEAM
3. Dismissal from the team

The undersigned has read and understands the terms of this agreement.

Athlete Name (please print)

Athlete Signature

Parent Signature

Date
