



Accokeek Stroke Technique Swim Team Non-Athlete Member Code of Conduct

All ASTS swim team non-athlete members are expected to comply with the following Code of Conduct while taking part in any swim team activities. Similarly, it is expected that all members of ASTS including swimmers, coaches, volunteers, and parents adhere to a Swimmer-Centric philosophy.

'Create an environment that allows swimmers the opportunity to reach their individual goals.'

Team Philosophy:

1. Athletes are encouraged and allowed to achieve
2. Athletes are part of a safe environment
3. Athletes are part of a successful swimming team
4. There is a **team** philosophy where individual swimmers support each other
5. An athlete's behavior and conduct at practices and in competition contributes to their achievement
6. Athletes should show a commitment and strive for their own goals and for the good of the team

Non-Athlete Member Code of Conduct

USA Swimming defines a non-athlete member as any coach, official, Local Swimming Committee (LSC) board member, club board member/employee, club administrator, or volunteer.

USA Swimming has established a Code of Conduct. The most up-to-date version of the Code of Conduct (Article 304) can be found in the USA Swimming Rule Book (Current Year) and is posted on the Accokeek Stroke Technique Swim Team website.

In addition to the USA Swimming Code of Conduct, ASTS requires all non-athlete members to abide by the following Code of Conduct.

All non-athlete members will:

1. Respect the rights, dignity and worth of every individual athlete as a human being
2. Treat everyone equally regardless of gender, disability, ethnic origin or religion.

3. Respect the talent, developmental stage and goals of each athlete in order to help each athlete reach their full potential.
4. Maintain high standards of integrity.
5. Operate within the rules of USA Swimming and in the spirit of fair play, while encouraging all athletes to do the same.
6. Advocate a sporting environment free of drugs and other performance enhancing substances within the guidelines of USA Swimming.
7. Be a positive role model for your athletes and act in a way that projects a positive image of your position as a non-athlete member of ASTS and USA Swimming.
8. All athletes are deserving of equal attention and opportunities.
9. Ensure the athlete's time spent with you is a positive experience.
10. Be fair, considerate and honest with athletes.
11. Display high standards in your language, manner, punctuality, preparation and presentation.
12. Display control, courtesy, respect, honesty, dignity and professionalism to all involved within the sphere of sport - this includes opponents, coaches, officials, administrators, parents and spectators.
13. Encourage athletes to demonstrate the same qualities.
14. Be professional and accept responsibility for your actions.
15. Make a commitment to providing a quality service to all athletes
16. Provide athletes with planned and structured training appropriate to their needs and goals.
17. Provide a safe environment for training and competition
18. Ensure equipment, rules, training and the environment appropriate for the age, physical and emotional maturity, experience and ability of the athletes.
19. Show concern and caution toward sick and injured athletes.
20. Refrain from any form of verbal, physical and emotional abuse towards athletes

Consequences for Violation of the Code of Conduct:

This code shall be in force for all ASTS non-athlete members during practice, during swim meets, and at events sponsored by, or in which, the ASTS Swim Team is represented.

Disciplinary actions can range from, but are not limited to; reprimands,expulsion from the team, reporting of violation to USA Swimming and US Center for Safe Sport, or receiving any other disciplinary action that the Owner deems necessary if a member fails to adhere to the Code in part or in whole.

Safety and Behavior

The Accokeek Stroke Technique Swim Team Owner reserves the right to terminate the membership of any individual whose behavior places ASTS in an unfavorable light or jeopardizes our participation in any pool use or sporting event. All non-athlete members are expected to demonstrate good sportsmanship and act as appropriate ambassadors for the club. They should act as role models for athletes and other non-athlete members at all times.