



Cypress-Fairbanks Swim Club

Code of Conduct for Swimmers

This code of conduct ensures that every Cypress-Fairbanks Swim Club (CFSC) team member represents the team and themselves in a positive manner. It is in effect throughout the year and disciplinary action will apply to any team member violating it. As a Fleet swimmer, I agree with the following:

Fleet swimmers win gracefully, lose graciously, and always congratulate our opponents.

- I will demonstrate good sportsmanship by being courteous to others regardless of age, race, creed, color, orientation, gender, or abilities, and I can expect the same courtesy in return.
- I will be respectful of my teammates' feelings, personal space, and property.
- I will not engage in any unsportsmanlike behavior such as arguing, booing, taunting, refusing to shake hands, using profane language or hostile gestures, or committing acts of vandalism.
- I will communicate respectfully with coaches, other members of the team, officials, and staff.

Fleet swimmers follow the USA Swimming (USAS) Safe Sport policies.

- I will not make any audio or visual recording—including the use of a smartphone—in changing areas, restrooms, locker rooms, or behind the starting blocks.
- I will make responsible use of social media and will always conduct myself online, in group chats or message apps, in a manner consistent with being a good teammate and representative of Fleet.
- I understand that bullying of any kind—by anyone—is not tolerated and that it will be immediately reported as it is counterproductive to team spirit.

Fleet swimmers support a swimming environment that is free of drugs, tobacco/vaping, and alcohol.

- I will refrain from using or consuming these items, or any other USAS banned substance, at team events, meets, or practices, and I can expect adults to do the same.

Fleet swimmers swim.

- I understand that attendance is essential to experiencing success in the pool. I will attend every practice and meet that I can and will notify my coach if I cannot.
- I will do my best to arrive on time, prepared, ready to listen and follow directions, eager to train or compete, and have fun.
- I understand that I am required to wear a Fleet team cap and team suit (or other competition suit as approved by my coach) at swim meets.
- I will abide by the rules of the Fleet Aquatic Center (FAC) and any other facility used by CFSC, including satellite pools or other host pools.

Fleet parents parent.

- I understand that swimming teaches important life skills such as time management, self-discipline, perseverance, and good sportsmanship.
- I understand that my parents or guardians will help me learn how to organize my time to be successful both at school and in the pool.

Fleet coaches coach.

- I recognize that coaches are professionals and will always place the well-being, health, and safety of every swimmer above all other considerations, including developing performance.
- I will see my coach before and after each race, and I can expect to be treated fairly over the course of a season regarding my meet entries.

Meet officials officiate.

- I will respect the integrity of swim officials by assuming their decisions are based on honest, objective evaluations of my performance.
- I understand that only coaches may approach the deck referee to challenge a decision on my behalf.

Violation of the Code of Conduct may result in membership termination.