

SSAN Code of Conduct for Parents and Swimmers

SSAN reserves the right to terminate the membership of any individual whose behavior places SSAN in an unfavorable light or jeopardizes our participation in any pool use or sporting event. All swimmers and parents are expected to demonstrate good sportsmanship and act as appropriate ambassadors for the club. They should act as role models for other swimmers and parents at all times. These rules are non-negotiable for parents and swimmers.

1. Swimmers are encouraged to support their teammates at practice and at meets at all times. Remember you are proud member of SSAN!
2. **Unacceptable behavior will not be tolerated at any time by swimmers or parents. If a swimmer is disrespectful, behaves inappropriately, displays poor sportsmanship, destroys property, or not following rules explained by the coaching staff in the anti-bullying or team communication policies at any time they will be asked to either sit out or leave for the day and will be allowed to return to practice after a parent meeting is held.**
3. Abusive language, lying, theft, and/or vandalism will not be tolerated. These behaviors are directly contrary to our team philosophy and detrimental to a swim team.
4. Parents and Swimmers need to follow the direction of the Coach at all times. Disrespect towards SSAN will not be tolerated.
5. KNOW YOUR ROLE: USA Swimming has put tremendous time and research into this area. Swimmers – Swim, Coaches – Coach, Parents – Parent, Officials – Officiate. DVD's are available from USA Swimming.
6. **As a parent, I will 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.**
7. SSAN has full control of who will be registered SSAN coaches and officials. Only approved (by Head Coach) SSAN coaches and officials will be allowed on deck at practices (scheduled coaches only) and at all meets. We monitor this through Gulf and USA Swimming.
8. Families will not attend local or away meets (whether attached SSAN or Unattached) not approved by SSAN. The SSAN Coaching Staff makes the decisions on which meets we attend each year. We welcome you to ask us about the meet schedule, but requests may not be granted due to other SSAN team events and time of the year. We appreciate your understanding.
9. SSAN has a no tolerance drug and alcohol-free policy for all swimmers at home and away functions.
10. Swimmers will not display inappropriate affection or physical contact with another swimmer while at meets, on deck at practice, or during swim practice.
11. Swimmers are not allowed to be in the weight room or Activity Center without a Coach present. • At meets, all Parents and Swimmers should wear SSAN apparel. Swimmers must wear the Speedo SSAN team suit, SSAN cap, and an SSAN shirt. Support your team! While wearing SSAN apparel remember your actions and words represent the team, please behave appropriately!
12. **At all meets swimmers must check in with the Coaches before and after every race before going to their parents. Swimmers must also follow our team suit policy and arrive on time for our TEAM warm-up. If you miss our team warm-up your child is subject to being removed from relays.**
13. In a meet with prelims and finals, any member of Swim Streamline at Northampton who finals is expected to swim. It is the Coach's decision, not the parent or swimmer.

14. Relay swimmers are expected to warm-up with their team regardless of the timeline, unless otherwise discussed with the SSAN Coaching Staff. Failure to comply with these rules could have your swimmer removed from the relay.
15. All relay decisions are selected by the SSAN Coaching Staff. (I.e. relay position, stroke on relay, selection process; etc.)
16. Parents and swimmers need to trust your Coach in decisions that are made. Please do not interfere with their coaching during practice or competitions. Refrain from coaching your child!
17. Please pick up your children PROMPTLY at the conclusion of your scheduled practice. After your child's scheduled practice, the coaches are busy with other groups and not watching your child or locking up the pool ready to go home. Anything over 15 minutes for child pick up is unacceptable.
18. At all SSAN events swimmers and parents will leave the pool deck neat and clean and the conclusion of your scheduled practice or meet. It is not the coach's responsibility to pick up your child's trash or equipment.
19. **Swimmers and Parents are not allowed to bring cell phones into changing areas, restrooms, or locker rooms. This is not only a SSAN policy but also a USA Swimming Safe Sport MAAP policy.**
20. Swimmers will not have cell phones on the pool deck or in the dry-land room.
21. For the safety of swimmers and insurance purposes, **parents must remain off of the deck during all swim practices and meets.** Should a situation need to be addressed, a meeting will be set up with the coach outside of swim practice.

Social Media and Electronic Communication

1. Content All electronic communication from Applicable Adults to minor athletes must be professional in nature.
2. Open and Transparent Absent emergency circumstances, if an Applicable Adult with authority over minor athletes needs to communicate directly with a minor athlete via electronic communications (including social media), the minor athlete's legal guardian must be copied. If a minor athlete communicates to the Applicable Adult (with authority over the minor athlete) privately first, said Applicable Adult must copy the minor athlete's legal guardian on any electronic communication response to the minor athlete.
3. When an Applicable Adult with authority over minor athletes communicates electronically to the entire team, said Applicable Adult must copy another adult.
4. Hours Electronic communications must only be sent between the hours of 8:00 a.m. and 8:00 p.m., unless emergency circumstances exist, or during competition travel.
5. Prohibited Electronic Communication Applicable Adults with authority over minor athletes are not permitted to maintain private social media connections with unrelated minor athletes and such Applicable Adults are not permitted to accept new personal page requests on social media platforms from minor athletes, unless the Applicable Adult has a fan page, or the contact is deemed as celebrity contact as opposed to regular contact. Existing social media connections with minor athletes must be discontinued. Minor athletes may "friend" the club and/or LSC's official page.
6. Applicable Adults with authority over minor athletes must not send private, instant or direct messages to a minor athlete through social media platforms.
7. If an athlete member turns 18 years old and becomes an Applicable Adult, that athlete member can still communicate with minor athlete friends and teammates through social media and electronic communication as long as that adult athlete does not have "authority over" (e.g., a power imbalance does not exist) the minor athletes, then this provision of the policy does not apply.

Meetings

1. Meetings between a minor athlete and an Applicable Adult (including athletes 18 & over) may only occur if another adult is present and where interactions can be easily observed and at an interruptible distance from another adult, except under emergency circumstances.
2. If a one-on-one meeting takes place, the door to the room must remain unlocked and open. If available, it must occur in a room that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.
3. Meetings must not be conducted in an Applicable Adult or athlete's hotel room or other overnight lodging location during team travel. All team meetings will be in the lobby.

Parent/ Coach communication:

All communication should be done via e-mail. Coaches will respond within 48 hours as long as the coach is not at a swim meet, sick or on vacation. Do not text your coach unless emergency. Coach office hours are 9:00 am to 4:00 pm Monday to Friday. All meet and practice updates will be on Sports You app. This will be strictly enforced.