



BEST PRACTICES GUIDELINES

PURPOSE

In these guidelines, the Warrior Aquatic Club creates a set of expectations for keeping athletes safe and healthy. These guidelines apply to the Club, its coaches, and its parents/guardians.

BEST PRACTICES

1. Parents and guardians are encouraged to appropriately support their athlete's swimming experience by investing in their progress and positively supporting them.
 - Adults should refrain from coaching during practices and at meets.
 - Parents and guardians should address coaching concerns directly with the coaching staff, preferably without their athlete present to maintain a positive coach-athlete relationship.
2. All swimming practices will be open to observation by parents.
 - Parents who are unable to refrain from coaching their athletes during practice may be asked to leave.
3. Coaches should not initiate contact with or accept supervisory responsibility for athletes outside club programs and activities.
4. When only one athlete and one coach travel to a competition, at the competition the coach and athlete should attempt to establish a "buddy" club to associate with during the competition and when away from the venue.
5. Relationships of a peer-to-peer nature between coaches and athletes should be avoided.
 - For example, coaches should avoid sharing their own personal problems with athletes.
6. Coaches and other non-athlete adult members should avoid horseplay and roughhousing with athletes.
7. When a coach touches an athlete as part of instruction, the coach should do so in direct view of others, and must inform the athlete of their intent to make contact with the athlete, and seek permission from the athlete prior to the initial contact.
 - Touching athletes should be minimized outside the boundaries of what is considered normal instruction.
 - Appropriate interaction includes high fives, fist bumps, side-to-side hugs, and handshakes.
8. Coaches should avoid having "favorite" athletes and creating any situations that could be perceived as them having favorites.
9. Gift-giving, providing special favors, or showing favoritism to individual athletes is strongly discouraged.

Adapted from "Best Practices Guidelines", USA Swimming, June 23, 2019.