

Rams Swim Club Swimmer and Parent Code of Conduct

Cultivating and Fostering

DIVERSITY, EQUITY & INCLUSION

We are committed to growing and celebrating diversity, increasing fairness throughout our organization, and intentionally creating environments where differences are embraced and everyone feels welcome, respected, supported, and valued to fully participate.

Rams Swim Club Swimmer and Parent Code of Conduct Agreement

The Rams Swim Club includes people of all different swimming abilities and ages. Despite every individual's differences, the common goal is for each person to have the possibility to succeed. To do that each swimmer must conduct themselves in a manner which displays respect for other swimmers, coaches, and property, whether at practice or a meet. The club recognizes that it is difficult to document all possible situations; therefore the board empowers the coaches to discipline for any instances that are disruptive to the success of the club at practice or meets. The following CODE OF CONDUCT is a general list of the type of behavior that all swimmers and parents are expected to follow at all times.

As a Rams Swim Club Swimmer, I promise that:

1. I will listen to the best of my ability and I will not disrupt practices or meetings.
2. I will not waste practice time and I will respect the instructions given by my coaches.
3. I understand that my coaches will challenge me mentally and physically.
4. I will do my best to come to practices and meets prepared to face all these challenges and actively participate in practice.
5. I will always support my teammates in their efforts to succeed at their goals.
6. I will be responsible for being ready and behind the blocks for my races at meets.
7. I will not use profanity (swearing).
8. I will not physically/verbally abuse any other swimmer, coach or official.
9. I will respect the belongings and equipment of others, will not use another person's property without permission, and will not purposely damage or misuse equipment or property.
10. I will not participate in unsportsmanlike conduct (taunting, insulting or derogatory remarks or acts, etc).
11. I understand that the coaching staff has the authority to remove me from a practice or meet at any time for disruptive behavior.
12. I will not take part in public displays of affection.
13. I will not have electronics out during meets, this includes cell phones.
14. I will not display unruly behavior including grabbing, fighting, hitting, or striking another individual.
15. I will not participate in bullying behaviors and will report any suspicions of bullying to the coach on deck immediately.
16. I will not put another swimmer's safety at risk at any time, including in and out of the water.
17. I understand that when I am at a Rams Swim Club activity, including practice or a swim meet, I am representing my team and I will be respectful to all coaches, athletes, officials, parents and spectators.

I understand that failing to comply with set rules of conduct could initiate immediate contact to my parents/guardians and invoke disciplinary action by the coach on deck. Disciplinary action could include removal from practice, meets or club functions for 1-7 days. If more extensive discipline is warranted, the head coach and the board will discuss and determine suspension and/or expulsion on a case-by-case basis.

The following list are some situations that are subject to immediate suspension from the club and will then be presented to the Board to discuss and determine if expulsion is warranted. Other actions are subject to suspension or expulsion at the discretion of the Head coach and the Board.

1. The use of drugs, alcohol or tobacco products affecting any club activity.
2. Conviction for any unlawful act.
3. Theft of club, facility or swimmer property.
4. Extreme demonstration of disrespect to property or individuals related to club activities.

The Rams Swim Club is very fortunate to have highly experienced professional coaches working to allow each swimmer the possibility to strive to attain success, and to develop the skills to succeed both in and out of the water. As parents, it is essential that we display respect for the coaching staff at all times.

As a Rams Swim Club parent, I promise that:

1. I will support the values of discipline, commitment, and teamwork during practice, meets, and other Rams Swim Club functions and in all actions and communication with coaches, parents, swimmers and officials.
2. My attitude toward my swimmer's participation, the sport of swimming, the Rams Swim Club program, the coaches, and the Board members, is key to a positive attitude and the success of my swimmer.
3. I will not coach my swimmer or any other swimmer at practice and/or meets from the stands or any other areas, nor will I interfere with coaches or officials on the pool deck.
4. I understand that swimmers may not be treated equally. Each swimmer and group has different capabilities and motivations, the coaches will coach based on those capabilities and motivations.
5. I understand that my swimmer will be challenged both mentally and physically at practices by our coaches.
6. I will notify our coach if my child has any injuries or illnesses that may affect their ability to train.
7. I will expect that my child will be coachable and not disruptive during any practices or meets that we attend.
8. I will know my role and maintain control.
 - Swimmers-swim
 - Coaches-coach
 - Officials-officiate
 - Parents-parent
9. I will demonstrate good sportsmanship at all times by maintaining personal control and conducting myself in a manner that is respectful of my child, other swimmers, parents, officials, board members and all coaches during every practice, meet or other club activity or meeting.
10. I understand that unsportsmanlike conduct towards officials, coaches, board members, volunteers, or any swimmer, includes taunting, insulting or derogatory remarks or acts, criticizing, name-calling or use of abusive language/gestures, grabbing, fighting, hitting, or striking another individual. This will not be permitted and will result in disciplinary action.
11. I will not speak with coaches or other parents about other athletes on the team.
12. I will not participate in bullying behaviors and will report any suspicions of bullying to a Board member or a member of the coaching staff.
13. I understand that coaches make many decisions. I will not always agree with all of them, but I will respect them.
14. I understand that the coaching staff will have final approval on each swimmer's meet entries.
15. I understand that it is inappropriate to confront a board member or a coach at practice or a meet. I will discuss any concerns or take suggestions to a member of the coaching staff or the board via email first by simply stating that I'd like to meet to discuss an issue. I also agree that the email is not the place to write a lengthy complaint and a time will be set up to meet with the coach and a board member. I will further not burden coaches or board members by directing excessive phone, emails, or text messages.
16. I understand that I will not text the coaching staff during a meet unless coach has reached out to me. I will only text coaches before a meet if we are running late or illness will require removal from races.

17. I understand the coaching staff has the authority to remove my swimmer and/or myself from an individual practice or meet at anytime for disruptive or rude behavior.
18. I understand that board members are volunteers that are involved with many different aspects of running the club, their time is limited and patience needs to be exercised.
19. I will direct any questions or concerns regarding any decisions made by an official to a member of the coaching staff or board member.
20. I will fulfill my family's volunteer requirement. If I do not fulfill my volunteer obligation I agree that my bank account will be charged \$100 with the funds going directly to the Rams Swim Club.
21. Should I conduct myself in a way that breaches the Rams Swim Club code of conduct or that brings disrespect, discredit, or discord to the Rams Swim Club, I voluntarily subject myself to disciplinary action. The Rams Swim Club maintains the right to suspend or terminate any membership with or without cause in the interest of our vision, mission and objectives.

By checking the box below that states "I have read and agree to the above statement" you are signing the Swimmer and Parent code of Conduct Agreement. You further agree that your electronic signature is the legal equivalent of your manual signature. You also agree that you have read to, and informed your swimmer (s), the Swimmer and Parent Code of Conduct Agreement and that they also agree to follow the terms listed above at all times.

Athlete signature: _____ Date: _____

Parent Signature: _____ Date: _____