



## CODE OF CONDUCT

Parents, coaches and athletes share the same goal, we all want training and competition with the team to be a safe and positive experience. To this end, we are requesting that each family read, discuss, and understand the following guidelines. All parents, family members, coaches, and swimmers will be bound by this Code.

### Members will:

- Listen to and follow the instructions of the coaches at all times.
- Use appropriate language and manners at all times (no profanity, abusive, or suggestive language).
- Treat coaches, parents, teammates, opponents, and meet officials with respect.
- Do your part to help others swim well at practice and at meets.
- Be on time for practices and meets. Swimmers will be ready on time to begin each practice.
- Complete sets as directed by your coach (no cutting laps, pulling on lane lines, or sitting out sets, etc.). Take breaks as directed by your coach, and remain in the pool for all sets.
- Attend appropriate training group and required practices and swim meets as directed by your coach.
- Refrain from physical contact with other swimmers during practice and in locker rooms.
- Take proper care of equipment, picking it up and storing it as directed by your coach.
- Be safe, and treat others safely. Report any injuries or incidents to the coach immediately.
- Maintain a positive attitude and demonstrate effort, dedication, and commitment at both practices and meets.
- Positively represent MRA at competitions, practices, and other club-sponsored events.

*Any violation of this Code of Conduct Policy will be subject to but not limited to the Progressive Discipline Policy.*

Thank you for reading the above and discussing it with your swimmer(s) on how it relates to the sport of swimming, our swimmers and our team. If we all work together, our team will be successful and achieve together the goals of our coaches, swimmers and team.

