





As representatives of the Kennett & Jennersville Area YMCAs and Swim Team (KJAY), swimmers are expected to speak and behave in a manner that is respectful, responsible, honest, and caring. If each swimmer is mindful of these traits, appropriate conduct should never be an issue. (All you really need to know about good conduct you learned in kindergarten)

The following guidelines are to be followed by KJAY swimmers at all practices, meets, and other team functions. Special activities, such as team travel trips, require adherence to additional activity-specific conduct guidelines, which must be signed and returned prior to the activity or trip.

Practice and Meet Behavior During practice and meets, swimmers are expected to follow the guidelines and rules of behavior.

- 1. Follow verbal or written directions of the Coaching Staff.
- 2. At no time will another athlete hinder another athlete's practice.
- 3. Know what time practice and meets start in order to be on time and prepared
- 4. Follow proper lane etiquette at practice which includes:
  - No sitting on lane-lines, nor pulling on lane-lines
  - Feet first entry into pool unless instructed by coach to do otherwise
  - Circle swim, leave adequate distance between swimmers (5-10-secs)
  - Passing a swimmer be sure to allow adequate space on your left side to allow the faster swimmer to pass by or briefly stop at a wall until the faster swimmer has passed by.
  - If you must rest get out of the way of the other swimmers
  - When finishing a swim move out of the way so the person behind you can finish.

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These rules are designed to help teach the swimmers the core values of respect and responsibility and to ensure that the staff is providing the best teaching environment possible. In addition, swimmers are expected to adhere to the following behavioral guidelines when at practices, meets, and team activities.

The following behaviors are not acceptable:

- 1. Unsportsmanlike conduct taunting, teasing, or speaking negatively about teammates, competitors, officials, or coaches.
- 2. Use of inappropriate, strong, or vulgar language or gestures.
- 3. Lying, deceit, dishonesty.
- 4. Littering, abuse, or misuse of equipment, furniture, or other items of property. 5. Any electronic device use that violates USA Swimming's Athlete Protection Policy regarding the use of electronic and recording devices.
- 6. Any behavior as outlined in the KJAY safe sport policy (MAPP).
- 7. Sexual harassment
- 8. Bullying (as defined below)

The following actions will not be tolerated:

- Verbal or physical abuse toward others.
- Theft of any kind.
- Vandalism or any destruction of property, public or private.
- Use of tobacco products or Vaping.
- Consumption of alcoholic beverages or other illegal substances.
- Use of illegal drugs or other illegal substances.
- Sexual activity on team travel.





Possible Consequences for Violation(s) of this Code of Conduct:

- At a minimum, a meeting with athlete(s) (and possibly the parent(s)) and coach will
  occur to discuss the violation, which could result in a verbal warning, suspension
  or even dismissal depending on the findings.
- An athlete may be removed from an event or swimming session for a violation of the Code of Conduct without refund of event fees.
- Temporary or permanent dismissal from the swim team without refund of fees associated with membership on the KJAY Swim Team.
- Possible dismissal from the Kennett and Jennersville Area YMCAs premises and possible revocation of membership and/or usage privileges.

I have read the KJAY Swimming Code of Conduct and agree to abide by its provisions. If I do not abide by these provisions a meeting will occur between swimmer(s), parent(s), Regional Director of Competitive Aquatics, and if necessary YMCAs Executive Director to determine exact outcome, which could include removal from the Competitive Swimming Program.

Signature of Swimmer:	Date:
Signature of Parent/Caregiver:	Date:

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