



Mantas Swim Club Best Practice Policy

1. Parents are encouraged to appropriately support their children's swimming experience.
2. All swimming practices are to be open to observation by parents.
3. Two-deep Leadership: One coach member and at least one other adult who is not in the water are to be present at all practices and other sanctioned club activities whenever at least one athlete is present.
4. Open and Observable Environment: An open and observable environment shall be maintained for all interactions between adults and athletes. Private, or one-on-one situations, are to be avoided unless they are open and observable. A meeting that inadvertently begins in private shall be moved to an open and observable location.
5. Coaches are not to invite or have an athlete(s) to their home without the permission of the athlete's parents (or legal guardian).
6. During team travel, when doing room checks, attending team meetings and/or other activities, two-deep leadership and open and observable environments are to be maintained.
7. Athletes are not to ride in a coach's vehicle without another adult present who is the same gender as the athlete, unless prior written parental permission is obtained.
8. During overnight team travel, if athletes are paired with other athletes they shall be of the same gender and shall be a similar age. Where athletes are age 13 & Over, chaperones and/or team managers will ideally stay in nearby rooms. When athletes are age 12 & Under, chaperones and/or team managers may stay with athletes if they are of the same gender and written consent has been given by the athlete's parents (or legal guardian).
9. When only one athlete and one coach travel to a competition, at the competition the coach and athlete shall attempt to establish a "buddy" club to associate with during the competition and when away from the venue.
10. Communications (verbal, written or electronic) between non-athlete adult members and athletes shall not include any topic or language that is sexual or inappropriate in nature.
11. Non-athlete adult members shall respect the privacy of athletes in situations such as changing of clothes, showering, etc. Non-athlete adult members shall protect their own privacy in similar situations.
12. Relationships of a peer-to-peer nature with any athletes shall be avoided. For example, coaches shall avoid sharing their own personal problems with athletes.
13. Coaches and other non-athlete adult members shall avoid horseplay and roughhousing with athletes.
14. When a coach touches an athlete as part of instruction, the coach shall do so in direct view of others and inform the athlete of what he/she is doing prior to the initial contact. Touching athletes shall be minimized outside the boundaries of what is considered normal instruction. Appropriate interaction would include high fives, fist bumps, side-to-side hugs and handshakes.
15. Coaches shall not initiate contact with or accept supervisory responsibility for athletes outside club programs and activities.
16. Coaches shall not engage in sexual intimacies with a former athlete for at least two years after the cessation or termination of professional services. Because sexual intimacies with a former athlete are frequently harmful to the athlete, and because such intimacies undermine public confidence in the coaching profession and thereby deter the public's use of needed services, coaches shall not engage in sexual intimacies with former athletes even after a two-year interval except in the most unusual circumstances. The coach who engages in such activity after the two years following cessation or termination of the coach-athlete relationship bears the burden of demonstrating that there has been no exploitation, in light of all relevant factors, including:
 1. The amount of time that has passed since the coach-athlete relationship terminated;
 2. The circumstances of termination;
 3. The athlete's personal history;
 4. The athlete's current mental status;
 5. The likelihood of adverse impact on the athlete and others; and
 6. Any statements or actions made by the coach during the course of the athlete/coach relationship suggesting or inviting the possibility of a post-termination sexual or romantic relationship with the athlete or coach.
 7. Both the athlete and the coach must be 18 years of age or older.