



# Great Lakes Tritons Swim Club

[www.greatlakestritons.org](http://www.greatlakestritons.org)

## Code of Conduct for Great Lake Tritons Swim Team

The Great Lakes Tritons Swim Team (and Club) abides by a strict Code of Conduct governing all coaches, swimmers and parents. The purpose of the Code is to ensure that all those associated with GLT swimming treat others with dignity and respect. We are committed to providing a safe, caring, and friendly environment for all members.

The Code of Conduct is a condition of membership for all swimmers, parents and coaches. All members of the GLT Swim Team, Club, and their parents agree to abide by the Code of Conduct and agree to be subjected to the consequences of violating the Code. These guidelines are aligned with the USA Swimming Code of Conduct whose link is listed under reference at the end of this document.

All enforcement decisions made by GLT Club are final and are not subject to review. No refunds will be granted to those swimmers dismissed from the team for their or their parents' violation of the Code of Conduct.

## Roles and Responsibilities

### *All*

- Any conduct, including abusive language and/or gestures, racially insensitive remarks, damage to property or belongings, or any other conduct that reflects poorly on you, GLT, and/or other swim clubs is deemed to be unacceptable and will not be tolerated. This rule applies to all swimmers, coaches, parents, board members, siblings and guests always when at swim meets and/or practices, on the pool deck, in the locker rooms or any other associated facilities. Refer to the Bullying Policy on our club website by following the link under reference below.
- Use of cameras/cell phones in the locker rooms is strictly prohibited.
- You represent USA Swimming and Great Lakes Tritons Swim Club during any meet or practice, home or away. Any conduct such as shoplifting, destruction of property, illegal consumption of drugs or alcohol, or any other questionable activity will not be tolerated. This rule applies for the entire duration of such meet or practice.
- The Great Lakes Tritons coaching staff and the club President of GLT will deal with unacceptable conduct at their sole discretion, imposing warnings, suspension or expulsion, as they deem appropriate. ANY SUSPENSION OR EXPULSION FROM THE TEAM BASED ON VIOLATIONS OF THE CODE OF CONDUCT WILL NOT BE ACCOMPANIED BY ANY REFUNDS.

## ***Parents***

- Teach and practice good sportsmanship at all meets and practices. You are role models!
- Respect the sport. Respect the officials. Respect the coaches. Respect other parents, who often serve as volunteers.
- Do not coach your child. Let swimmers swim and coaches coach, and support both positively.
- NEVER criticize other swimmers, coaches or officials regardless of the circumstances.
- Follow the "24 Hour Rule". If you have a complaint resulting from a meet (or practice) situation, speak with the coach on the following day.
- You are not allowed in the locker rooms before/during/after practices or meets per USA Swimming Policy.
- Notify the Meet Manager if there is a serious problem at a meet.
- Emphasize the FUN of the sport and the benefits of training, competing and putting forth effort always. Do not emphasize winning or beating another swimmer.

## **Reference:**

**USA Swim Code of Conduct:** <https://www.usaswimming.org/docs/default-source/safe-sportdocuments/safe-sport-basics/2018-code-of-conduct.pdf>

## **Great Lakes Tritons Action Plan for Bullying:**

<https://www.teamunify.com/msglt/UserFiles/Image/Policy%20and%20Documents/Bullying%20Policy.pdf>

## **Action Plan of the GREAT LAKES TRITONS to Address Bullying**

PURPOSE Bullying of any kind is unacceptable at Great Lakes Tritons (the “Club”) and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. The Club is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, board member or athlete.

Objectives of the Club’s Bullying Policy and Action Plan:

1. To make it clear that the Club will not tolerate bullying in any form.
2. To define bullying and give all board members, coaches, parents and swimmers a good understanding of what bullying is.
3. To make it known to all parents, swimmers and coaching staff that there is a policy and protocol should any bullying issues arise.
4. To make how to report bullying clear and understandable.
5. To spread the word that GLT takes bullying seriously and that all swimmers and parents can be assured that they will be supported when bullying is reported.

## **WHAT IS BULLYING?**

The USA Swimming Code of Conduct prohibits bullying. Generally, bullying is the use of aggression, whether intentional or not, which hurts another person. Bullying results in pain and distress. The USA Swimming Code of Conduct defines bullying in 304.3.7. Bullying is the severe or repeated use by one or more USA Swimming members of oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member that to a reasonably objective person has the effect of:

- causing physical or emotional harm to the other member or damage to the other member’s property;
  - placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property;
  - creating a hostile environment for the other member at any USA Swimming activity;
  - infringing on the rights of the other member at any USA Swimming activity; or
- Source: [www.stopbullying.gov](http://www.stopbullying.gov) – a federal government website managed by the U.S. Department of Health & Human Services [www.usaswimming.org/protect](http://www.usaswimming.org/protect)
- materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC).

## **REPORTING PROCEDURE**

An athlete who feels that he or she has been bullied is asked to do one or more of the following things:

1. Talk to your parents or talk to a Club Coach, Board Member, or other designated individual;
2. Write a letter or email to the Club Coach, Board Member, or other designated individual;
3. If you have followed the above steps and feel the issue has not been addressed, you may make a report to the USA Swimming Safe Sport staff. There is no express time limit for initiating a complaint under this procedure, but every effort should be made to bring the complaint to the attention of the appropriate club leadership as soon as possible to make sure that memories are fresh and behavior can be accurately recalled and the bullying behavior can be stopped as soon as possible.

## HOW WE HANDLE BULLYING

If bullying is occurring during team-related activities, we STOP BULLYING ON THE SPOT using the following steps:

1. Intervene immediately. It is ok to get another adult to help.
2. Separate the kids involved.
3. Make sure everyone is safe.
4. Meet any immediate medical or mental health needs.
5. Stay calm. Reassure the kids involved, including bystanders.
6. Model respectful behavior when you intervene. If bullying is occurring at our club or it is reported to be occurring at our club, we address the bullying by FINDING OUT WHAT HAPPENED and SUPPORTING THE KIDS INVOLVED using the following approach:

### FINDING OUT WHAT HAPPENED

1. First, we get the facts.
  - Keep all the involved children separate.
  - Get the story from several sources, both adults and kids.
  - Listen without blaming.
  - Don't call the act "bullying" while you are trying to understand what happened. Source: [www.stopbullying.gov](http://www.stopbullying.gov) – a federal government website managed by the U.S. Department of Health & Human Services  
[www.usaswimming.org/protect](http://www.usaswimming.org/protect)
  - It may be difficult to get the whole story, especially if multiple athletes are involved or the bullying involves social bullying or cyber bullying. Collect all available information.

2. Then, we determine if it's bullying. There are many behaviors that look like bullying but require different approaches. It is important to determine whether the situation is bullying or something else.

- Review the USA Swimming definition of bullying;
- To determine if the behavior is bullying or something else, consider the following questions:
  - What is the history between the kids involved?
  - Have there been past conflicts?
  - Is there a power imbalance? Remember that a power imbalance is not limited to physical strength. It is sometimes not easily recognized. If the targeted child feels like there is a power imbalance, there probably is.
  - Has this happened before? Is the child worried it will happen again?
- Remember that it may not matter “who started it.” Some kids who are bullied may be seen as annoying or provoking, but this does not excuse the bullying behavior. d. Once you have determined if the situation is bullying, support all of the kids involved. SUPPORTING THE KIDS INVOLVED

3. Support the kids who are being bullied

- Listen and focus on the child. Learn what’s been going on and show you want to help. Assure the child that bullying is not their fault.
- Work together to resolve the situation and protect the bullied child. The child, parents, and fellow team members and coaches may all have valuable input. It may help to:
  - Ask the child being bullied what can be done to make him or her feel safe. Remember that changes to routine should be minimized. He or she is not at fault and should not be singled out. For example, consider rearranging lane assignments for everyone. If bigger moves are necessary, such as switching practice groups, the child who is bullied should not be forced to change.
  - Develop a game plan. Maintain open communication between the Club and parents. Discuss the steps that will be taken and how bullying will be addressed going forward.
- Be persistent. Bullying may not end overnight. Commit to making it stop and consistently support the bullied child.

4. Address bullying behavior Source: [www.stopbullying.gov](http://www.stopbullying.gov) – a federal government website managed by the U.S. Department of Health & Human Services [www.usaswimming.org/protect](http://www.usaswimming.org/protect)

- a. Make sure the child knows what the problem behavior is. Young people who bully must learn their behavior is wrong and harms others.
- b. Show kids that bullying is taken seriously. Calmly tell the child that bullying will not be tolerated. Model respectful behavior when addressing the problem.
- c. Work with the child to understand some of the reasons he or she bullied.

For example:

- Sometimes children bully to fit in or just to make fun of someone is a little different from them. In other words, there may be some insecurity involved.
- Other times kids act out because something else—issues at home, abuse, stress—is going on in their lives. They also may have been bullied. These kids may be in need of additional support.

- d. Involve the kid who is bullied in making amends or repairing the situation. The goal is to help them see how their actions affect others. For example, the child can:

- Write a letter apologizing to the athlete who was bullied.
  - Do a good deed for the person who was bullied, for the Club, or for others in your community.
  - Clean up, repair, or pay for any property they damaged.
- e. Avoid strategies that don't work or have negative consequences:
    - Zero tolerance or “three strikes, you're out” strategies don't work. Suspending or removing from the team swimmers who bully does not reduce bullying behavior. Swimmers may be less likely to report and address bullying if suspension or getting kicked off the team is the consequence.
    - Conflict resolution and peer mediation don't work for bullying. Bullying is not a conflict between people of equal power who share equal blame. Facing those who have bullied may further upset kids who have been bullied.
- Follow-up. After the bullying issue is resolved, continue finding ways to help the child who bullied to understand how what they do affects other people. For example, praise acts of kindness or talk about what it means to be a good teammate.

5. Support bystanders who witness bullying. Every day, kids witness bullying. They want to help, but don't know how. Fortunately, there are a few simple, safe ways that athletes can help stop bullying when they see it happening.

- Be a friend to the person being bullied;
- Tell a trusted adult – your parent, coach, or club board member; Source: [www.stopbullying.gov](http://www.stopbullying.gov) – a federal government website managed by the U.S. Department of Health & Human Services  
[www.usaswimming.org/protect](http://www.usaswimming.org/protect)
- Help the kid being bullied get away from the situation. Create a distraction, focus the attention on something else, or offer a way for the target to get out of the situation. “Let’s go, practice is about to start.”
- Set a good example by not bullying others.
- Don’t give the bully an audience. Bullies are encouraged by the attention they get from bystanders.

Source: [www.stopbullying.gov](http://www.stopbullying.gov) – a federal government website managed by the U.S. Department of Health & Human Services

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