

## **FTLL Swimmer Code of Conduct**

FTLL is fortunate to have experienced, professional coaches working to develop our children into better swimmers, and more importantly, teaching and instilling important life skills. These skills include time-management, self-discipline, and sportsmanship. Your child will reap the benefits of swimming long after participation ends.

The coaching staff is responsible for maintaining order at the pool and at swim meets. The following guidelines have been established to help create an environment that allows both swimmers and coaches to have productive and successful practices and meets. All swimmers must review this Code of Conduct, initial each line, and sign at the bottom indicating you have reviewed, understood, and will abide by the rules set forth.

The following is a list of behaviors that will NOT be tolerated and are subject to disciplinary actions(s):

1. The use of tobacco products
2. The use of alcoholic beverages
3. The use of FTLL equipment without permission
4. Drug use, other than those prescribed by your physician
5. Sexual misconduct
6. Theft, disrespect, destruction, or degradation of people, places, and/or objects
7. Disrespectful behavior towards coaches, parents, or other swimmers
8. The use of audio or visual recording devices, including cell phones, in changing areas, rest rooms, or locker rooms
9. Conviction of any unlawful act

The following guidelines encourage members to practice appropriate behavior whenever they are at practice or at swim meets:

1. Arrive and leave at scheduled practice time or when dismissed
2. Notify coach of tardiness or absence (as far in advance as possible)
3. Follow direction given by coach (during practice and meets)
4. Swim the complete practice to the best of your ability
5. Bring your equipment to practice every day – it is NOT optional
6. Be positive and supportive of all swimmers
7. Do not leave food, garbage, etc in the locker room. Leave the locker room in the same or better condition as when you arrive

Swim Meet Expectations:

1. Be on time for warm-up and events
2. See coaches before and after each swim
3. Be supportive of all swimmers
4. Swim all the events you sign up for, unless excused by coach

5. Coaches will resolve any problems that will arise at meets
6. Wear team uniform including swim cap
7. FTLL apparel should be worn when receiving an award on the podium

Appropriate behavior will be recognized and rewarded. Inappropriate behavior will also be recognized and dealt with in the following manner:

1. Discipline will be enforced in a progressive manner depending on the severity and/or continued absence of expectations, rules and regulations
2. Suspension from assigned swimming group and placed in another
3. Temporary or permanent suspension from the team

Bullying is prohibited. Bullying is the severe or repeated use by one or more swimmers of an oral, written, or electronic expression, or a physical act or gesture, or any combination thereof, directed at any other swimmer that has the effect of:

1. Causing physical or emotional harm to the other swimmer or damage to the other swimmer's property
2. Placing the other swimmer in reasonable fear of harm to himself/herself or of damage to his/her property
3. Creating a hostile environment for the other swimmer at any swimming activity
4. Infringing on the rights of the other swimmer at any swimming activity; or
5. Materially and substantially disrupting the training process or the orderly operation of any swimming activity

A full version of the FTLL's bullying policy is available on FTLL's website in the SafeSport section. It is your responsibility to review, understand, ask questions as needed of the policy.

Electronic Communications - A full version of FTLL's Electronic Communication policy is available on the website in the SafeSport section. It is your responsibility to review, understand, ask questions as needed of the policy.

Sanctions: Should I violate this code of conduct, or otherwise conduct myself in such a way that brings discredit or discord to the Fort Leavenworth Lancers Swim Team, I voluntarily subject myself to disciplinary action up to and including permanent expulsion from the Fort Leavenworth Lancers Swim Team. The Fort Leavenworth Lancers Parent Board reserves the right to terminate/refuse any membership with or without cause in the interest of our mission, vision, and objectives.