

# **METROWEST YMCA STINGRAYS SWIM TEAM POLICIES 2021-2022**



## METROWEST YMCA STINGRAYS



### CODE OF CONDUCT FOR SWIMMERS:

**As members of the MetroWest YMCA Stingrays Swim Team (MWYS), our athletes' behavior impacts the reputation of our parents, teammates, coaches, and the MetroWest YMCA. MWYS swimmers are expected to:**

1. Display respect, common courtesy, and good sportsmanship towards coaches, fellow swimmers, officials, *trainers* and volunteers at all times.
2. Behave in a manner that reflects positively on my team at all practices, meets, and team social gatherings including those held in public places.
3. Follow facility rules at all practice and competition facilities. This applies to pool deck, locker rooms, rest rooms, and bleacher areas.
4. Be respectful and supportive of my teammates at all times. This includes using proper lane etiquette during practices and warm-ups and cheering for and encouraging my teammates during meets.

**The following behaviors will not be tolerated at any time and will result in disciplinary action:**

1. Inappropriate or unsafe behavior including but not limited to fighting or striking another athlete, dunking or pushing someone into the pool, or horseplay.
2. Bullying of any kind including physical, verbal, or emotional.
3. Hazing.
4. Interfering with the progress of another swimmer. This includes but is not limited to grabbing, scratching, pulling, or kicking another swimmer or refusing to allow another swimmer to pass you.
5. Using inappropriate language.
6. Stealing, vandalism, or any destructive behavior.
7. Use or possession of any illegal substance (i.e. alcohol, tobacco, drugs)

### SWIMMERS' RESPONSIBILITIES:

**In order to get the most benefit from practices and to be a great team member at meets, swimmers should:**

1. Be on time for all practices and meets.
2. Come prepared to practices and meets with all necessary equipment. (kickboard, paddles & water bottles)
3. Team caps and suit must be worn at all meets (not at practice).
4. Check the events you will be swimming before each meet.
5. During a meet, stay on the deck with team at all times. Tell a coach if you are going to the locker room. Do not sit in stands with parents during a meet.
6. After swimming each event at a meet, get your time and check in with a coach.
7. Clean up after yourself during practices and meets. Leave pool deck and locker rooms clean and neat.
8. Do not use sauna at Regis College.

## METROWEST YMCA STINGRAYS



### CODE OF CONDUCT FOR PARENTS:

**The conduct and behavior of parents is equally as important as our swimmers' behaviors. Parents of MWYS members are required to adhere to the following code of conduct:**

1. Display respect, common courtesy, and good sportsmanship towards coaches, swimmers, officials, trainers and volunteers at all times.
2. Behave in a manner that reflects positively on our team at all practices, meets, and team social gatherings.
3. Parents are not allowed on the pool deck during practices and meets at any time unless they are officiating or have a volunteer job. If a parent is volunteering, they may only be on the pool deck during their assigned time.
4. Parents will not coach or instruct any swimmer at practices or meets from the stands or any other area. Do not interfere with the coaches on the pool deck or confront an official or stroke and turn judge at any time.
5. Do not allow your swimmer(s) to sit in the stands with you during a meet.
6. Parents are responsible for their children's supervision and behavior during meets and other swim team functions. Swimmers under age 16 years old may not be dropped off unattended at swim meets. Swimmers under 16 years old must have an adult present at meets, functions, and off-site practices designated as responsible for their supervision, transportation, and their emergency contact. Swimmers 10 years old and younger must have a parent/guardian or designated adult present at practices held at the Framingham Branch who is responsible in the event of an emergency.

**The parent or guardian signing off on this Code of Conduct is responsible for communicating these policies with other family members and guardians.**

**Please note that failure to comply with this Code of Conduct will result in disciplinary action.**

### PARENTS' RESPONSIBILITIES:

1. Bring your child(ren) to practices and meets on time. Let a coach know if you are going to be late for a meet.
2. Read all communications from coaches and volunteers. Respond as necessary.
3. Check the team website regularly for important information and updates.
4. *Volunteering: Our swim team cannot function without the support of parents. In order for your child to be a part of the MetroWest YMCA Stingrays Swim Team, we require all families to volunteer at meets, including timing at meets, and fundraising events. Failure to fulfill your volunteer requirement may result in your child's suspension or termination from the team. Refunds will not be given for suspensions or terminations. Fulfill your team volunteer requirements at meets and fundraising events by signing up on our website. Families are required to volunteer at 5(five) meets/events. Families that have more than one swimmer on the team will be required to volunteer at one additional meet/event. Families of swimmers who qualify for championship meets may need to volunteer at additional meets depending on our team's timing assignments.*

5. Help your child(ren) be prepared for meets with all necessary equipment. Go over events they will be swimming before each meet.
6. Accept each meet for your swimmer to attend. Opt in if you want your child(ren) to attend a meet.
7. Provide your swimmer with a healthy, balanced diet and help keep you swimmer hydrated.
8. All siblings/swimmers are not allowed to run around at our rented facilities. This will be strickly enforced.

## **DISCIPLINARY POLICY**

**The MetroWest YMCA Stingray Swim Team (MWYS) is a high-quality competitive youth swimming organization committed to excellence at all levels. So that all of our team members may pursue their full athletic potential in a safe, supportive environment, the following disciplinary policy has been adopted in the event that the behavior of a swimmer or parent warrants its implementation:**

1. Any MWYS swimmer found in possession of, or under the influence of, alcohol or illegal drugs while on YMCA property or during any MWYS event –including swim meets, travel trips, or any additional MWYS-sanctioned event –will be suspended or dismissed from the team.
2. Any MWYS swimmer suspected of engaging in alcohol or illegal drug use may be subject to the penalties or consequences listed below.
3. Any MWYS swimmer or parent participating in bullying, hazing, physical or mental abuse or other behaviors as stated in the Code of Conduct towards team mates and/or coaches will be subject to the penalties or consequences listed below.
4. Any MWYS swimmer or parent engaging in any behaviors as stated in the Code of Conduct that discredit the team or YMCA, is harmful to or poses a risk to the health and/or safety of any other member of the team, as determined by the Head Coach, may be subject to the penalties or consequences listed below.

**Any disciplinary action that results from the violation of any of these policies will be at the discretion of the Head Coach, and Assistant Aquatic Director, and Aquatic Director.**

Disciplinary penalties or consequences may include, but are not limited to, one or more of the following:

1. Dismissal from the team
2. Suspension from the team
3. Probation with the team
4. Loss of privileges – restriction at events/or swim meets.

**There will be no refund of registration or other fees for the period of dismissal or suspension.**

## METROWEST YMCA STINGRAYS



### TRAVEL POLICY

**During the MetroWest YMCA swim team season athletes need to be transported to and from meets.**

**On occasion meets are out of state – Vermont, New Hampshire and Rhode Island.**

**“Team Travel” is defined as a daytime and/or overnight travel that may or may not include a hotel stay to a swim meet or other team activity that is planned and supervised by the MetroWest YMCA.**

1. Regardless of gender or age, a coach shall not share a hotel room or other sleeping agreements with an athlete.
2. Regardless of gender or age, no athlete will be transported by a MetroWest YMCA employee.
3. Parents and/or guardians are responsible for driving athletes to and from meets.
4. Parents and/or guardians are responsible for athletes' hotel accommodations and supervision while attending any away meet.
5. Parents and/or guardians, for the duration of entire meet/function, are responsible for athletes' supervision while attending any meet or swim team function.
6. Written permission required if an unrelated applicable adult to provide local transportation to minor athlete alone.
7. Written permission required if an unrelated adult athlete to share the same hotel room sleeping arrangement with minor athlete.
8. Travel policy must be signed by all parents.

## METROWEST YMCA STINGRAYS



### BATHROOM PROCEDURES

The following guidelines are designed to maintain personal privacy as well as to reduce the risk of misconduct in locker rooms and changing areas.

Participants of swim team will be allowed to use the bathroom on an individual basis during swim team practice. They will notify a coach and:

If a child is 11 or older, the child may use the bathroom alone.

If the child is 10 or under, the coach should notify the parent, if they are in the pool viewing area, to come assist their child. If the parent is not available, the coach or another staff member or volunteer must accompany the child to the bathroom with at least one other swimmer or staff member.

**STAFF MEMBERS SHOULD NOT ENTER THE LOCKER ROOM ALONE FOR ANY REASON TO ASSIST A CHILD.  
IF IT ABSOLUTELY NECESSARY, AT LEAST 2 STAFF MEMBERS MUST ENTER TOGETHER TO ASSIST CHILD.**

All Coaches, timers, officials should use a separate bathroom when available. If no bathroom is available please do not enter bathroom alone.



## METROWEST YMCA STINGRAYS

### **Photography and Video Recording Devices**

The MWYS will take photographs (individual and in a group) of swimmers under the age of 18 that may include your child during their Membership in the MWYS. All photos will be taken and published in line with the club policy. The club requires parental consent to take and use the photograph.

The team photo is published on TeamUnify every year. Please let us know if you do not want your child's photograph to be taken.

Parents have the right to refuse having their child photographed. If you wish to refuse having your child photographed please fill out the Photography policy and return to Aquatic Office.

No photographs should be taken from behind swimming block at the start of a race or a child climbing out of the swimming pool.

No photographs should not be taken in locker rooms or bathrooms.

- **No cell phones should be used in the locker room, bathroom and program areas**
- **Talking on cell phones is restricted to offices, conference rooms hallways and lobby areas**



## **METROWEST YMCA STINGRAYS**

### **Electronic Communication Policy**

The MetroWest YMCA Stingrays recognizes the prevalence of electronic communication and social media in today's world. Many of our swimmers use these means as their primary method of communication. While the MetroWest YMCA Stingrays acknowledges the value of these methods of communication, the MetroWest YMCA Stingrays also realizes that there are associated risks that must be considered when adults use these methods to communicate with minors.

- All communication must be professional in nature.
- All communication concerning an athlete's personal life, social activities, relationships or family issues must be transparent, accessible and professional.
- all Text and E-mail communications must include the parent and take place between the hours of 7:00am to 9:00pm
- Facebook and instagram blogs and similar sites - coaches are not allowed to join or have as friends. Their site should be set to private.

### **Request to discontinue all electronic communications**

Parents or guardians of an athlete may request in writing that their child not be contacted by coaches through any form of electronic communication.



# **METROWEST YMCA STINGRAYS**

## **Confirmation of Receipt of Policies 2021-2022**



- 1. Code of Conduct for and Swimmers and Swimmer's Responsibilities**
- 2. Code of Conduct for Parents and Parents' Responsibilities**
- 3. Disciplinary Policy**
- 4. Travel Policy**
- 5. Bathroom Procedures**
- 6. Photography Policy**
- 7. Electronic Communication Policy**

I have received and read a copy of the above policies and procedures and have or will review and discuss them with my child. I understand and agree to comply with these policies and procedures.  
I understand that it is my responsibility to communicate these policies with other family members and guardians.

Parent/Guardian Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

Parent/Guardian Name (please print): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

Parent/Guardian Name (please print): \_\_\_\_\_

Swimmer Name(s) (please print):

---