



Lowe's Lightning YMCA Swim Team **Code of Conduct**

Updated September 1, 2023

The Lowe's YMCA Lightning Swim Team 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 The Lowe's YMCA Lightning Swim Team treat others with dignity and respect. The Code of Conduct is a condition of membership for all swimmers, parents, and coaches. All members of the Lightning Swim Team and their parents agree to abide by the Code of Conduct and agree to be subjected to the consequences of violating the Code.

Rules, Roles, and Responsibilities of Swimmers:

1. Respect your teammates, coaches, officials, and opponents at all times.
2. Meet the team's practice and meet requirements.
3. Give 100% of yourself mentally and physically at each practice and meet.
4. Support and encourage your teammates and strive to set a positive example.
5. Wear the required Spirit Wear at all meets and practices.
6. Don't be afraid to make mistakes; that's part of learning.
7. Pay attention, respect, listen, and always learn from your coaches.
8. Be modest in victory and gracious in defeat.
9. Understand the Mission of the YMCA and that of the swim team.
10. Be a proud member of the Lowe's YMCA Lightning Swim Team.
11. Challenge yourself and your teammates to improve and work harder.
12. Display good sportsmanship at all times, home and away, demonstrating the YMCA core values at all events involving the team as a whole or in part.
13. Make friends with teammates and learn how to be a part of the team.
14. Take steps toward excellence in academics without sacrificing one achievement for another.
15. Be mindful of your social media presence. We live in a world where our personal lives are splashed across vast social networks. Be attentive to what people will find associated with your name and our team.
16. Follow proper lane etiquette at practice, which includes:
 - No sitting on lane-lines, nor pulling on lane-lines
 - Feet first entry into the pool - unless instructed by a 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. These rules ensure that the staff provides the best teaching environment possible.

The following behaviors and actions are not acceptable and will not be tolerated:

- Unsportsmanlike conduct - taunting, teasing, or speaking negatively about teammates, competitors, officials, or coaches.
- Use of inappropriate, strong, or vulgar language or gestures.
- Lying, deceit, dishonesty.
- Littering, abusing, or misusing equipment, furniture, or other property items.
- Any electronic device use that violates USA Swimming's Athlete Protection Policy regarding the use of electronic and recording devices.
- CELL PHONES ARE NOT ALLOWED IN THE LOCKER ROOM AT ANY TIME. CELL PHONES SHOULD BE SECURED IN A BAG OR LOCKED LOCKER DURING THE SWIMMER'S ASSIGNED PRACTICE GROUP TIME - (DRYLAND AND SWIM)
- Any behavior as outlined in the Lowe's YMCA Lightning Safe Sport Policy.
- Sexual harassment

- Bullying and harassment (as defined below).
- Verbal or physical abuse toward others.
- Theft of any kind.
- Vandalism or any destruction of property, public or private.
- Use of Nicotine products or Vaping.
- Consumption of alcoholic beverages or other illegal substances.
- Use of illegal drugs or other illegal substances.
- Social media posts, photos, or any form of documentation via text, apps, email, etc... that violate this Code of Conduct.

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

- At a minimum, a meeting with the 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 refunding fees associated with the Lightning Swim Team membership.
- Possible dismissal from the YMCA premises and possible revocation of membership and/or usage privileges.

Bullying -

Definition:

- Repeated and/or severe aggressive behavior directed at minors intended or likely to hurt, control, or diminish another person emotionally, physically, or sexually.

Examples:

- Ridiculing, taunting, name-calling, or intimidating someone.
- Excluding or ignoring a member of the team.
- Cyberbullying: Using social or electronic media to harass, frighten, intimidate, or humiliate someone.

Harassment -

Definition:

- Repeated and/or severe conduct that causes fear, humiliation, or annoyance; offends or degrades; creates a hostile environment, or reflects discriminatory bias.
- Attempts to establish dominance, superiority, or power over another often occur over issues of race/ethnicity/culture, religion, gender identity, sexual orientation, physical or mental disability.

Examples:

- Using racial slurs against a teammate.
- Excluding a teammate based on a perceived difference.
- Repeatedly teasing a teammate based on stereotypes.

Swimmers who have met all team expectations, including attendance requirements, participate in meets, complete the full 7 (Typhoon) or 11 (Cyclone or Tsunami) month season with the Lowe's Lightning, and received a good performance review will be eligible for an invitation to the following season.

I have read The Lowe's Lightning Swim Team 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), Head Coach, and if necessary, YMCA Executive Director to determine the exact outcome, which could include removal from the Competitive Swimming Program. The Lightning Head Coach and the Executive Director of the YMCA will deal with unacceptable conduct at their sole discretion, imposing warnings, suspension or expulsion, as they deem appropriate.

I promise to uphold the Code of Conduct for the Lowe's Lightning Swim Team. I understand and respect the core values of this team and the YMCA.

I pledge my commitment to the Lightning team for the 2023- 2024 season for 11 months (Cyclone or Tsunami) or 7 months (Typhoon).

PLEASE SIGN AND RETURN THE LOWE'S YMCA LIGHTNING SWIM TEAM RECEIPT, ACKNOWLEDGEMENT & ACCEPTANCE OF TEAM POLICIES FORM FOR THE 2023-2024 SEASON TO AGREE TO THE TERMS OF THE CODE OF CONDUCT.