

Red River Valley Wahoos

Parent Code of Conduct

As a parent of a swimmer and member of Red River Valley Wahoos, I will abide by the following guidelines:

1. Practice *teamwork* with all parents, swimmers and coaches by supporting the values of *Discipline, Loyalty, Commitment and Hard Work*.
2. As a parent, I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck.
3. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at meets and practices.
4. Maintain self-control at all times. Know my role.
Swimmers – Swim
Coaches – Coach
Officials – Officiate
Parents – Parent
5. As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated.
6. Enjoy involvement with Red river Valley Wahoos by supporting the swimmers, coaches and other parents with positive communication and actions.
7. During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff. Parents address officials via the coaching staff only.
8. Do not approach another swimmer to resolve issues/problems that arise. Present issues to the coach. If no resolution is reached byh approaching the coach, then raise the issue to a board member. At no time should a parent approach an athlete. That includes the pool deck, locker rooms or anywhere on or off facility premise.
9. In accordance with USA Swimming Rules, during meets parents must remain in the spectator area and off the competitive deck unless they are working the meet in an official capacity.

Sanctions:

Should I conduct myself in such a way that brings discredit or discord to Red River Valley Wahoos, or USA Swimming, I voluntarily subject myself to disciplinary action. RRV maintains the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.

RRV Wahoos Aquatic Club **Swimmers Code of Conduct**

Swim Meet Policies:

1. All swimmers must be accompanied by a parent or a chaperone, which has been pre-arranged by the swimmer's parent, to attend a swim meet.
2. Meet warm-up times, set by the coach, are to be strictly adhered to by all swimmers.
3. Swimmers need to check with the coaches prior to leaving a meet. If a swimmer needs to leave the meet early their coach must be notified. It is highly encouraged that swimmers 10 and older stay and cheer for their teammates.
4. Swimmers are expected to meet with their coach before and after each of their event.
5. In preliminary and finals meets, all swimmers who qualify to compete in the finals are expected to participate in the finals. All team members are strongly encouraged to return to the finals sessions to support the team and take advantage of the opportunity to learn from watching the finals. At times, alternate and relay positions open up that need to be filled.
6. Swimmers are encouraged to wear team apparel. Be proud to wear your blue and orange. Your personal appearance shall be neat and appropriate at all times.
7. Swimmers are expected to sit with the team and participate in all team meet activities and team meetings.
8. Swimmers must display proper respect and sportsmanship towards coaches, officials, meet administrators, and fellow competitors.
9. Swimmers are expected to leave the RRV team area in a neat and clean condition at the conclusion of each session of the meet. This is a matter of team pride and courtesy to the meet host.
10. All questions swimmers may have concerning meet results, officiating calls or the conduct of the meet administrators should be referred to only the RRV coaching staff. Our coaches will pursue the matter through appropriate channels.

Substance and Weapons Policy:

1. Any swimmer who uses an illegal substance, alcohol or possess a weapon on the premises of the RRV Wahoo Swim Club activity will be immediately terminated from the club.
2. Any swimmer who has charges filed against them for using illegal drugs, alcohol or possessing a dangerous weapon will not be allowed to participate in swim meets for a period of six months following the date of charges being filed. A second offense will result in a season disqualification and a third offense will result in termination from the club.
3. Any swimmer who admits to using an illegal drug, alcohol or a dangerous weapon will not be allowed to participate in swim meets for a period of six weeks following the date of charges being filed. A second offense will result in a season disqualification and a third offense will result in termination from the club.
4. It is our intention with these policies to encourage swimmers to avoid such activities and encourage those individuals having difficulties with these type of activities to get help.

Team Travel Policies for Regional or National Meets (Central Zones, Midwest All-Stars, USA Junior/Senior Nationals, etc.):

1. Swimmers are reminded that when traveling on trips, competing in meets and attending other meet related functions are representing themselves, their family and the RRV program. Your behavior must positively reflect the high standards of the club.

2. Swimmers and chaperones traveling with the team will attend all team functions and are expected to know, and strictly adhere to, all travel and meeting schedules. Coaches establish warm-up times and other trip related timetables as needed so being prompt and on time is essential.
3. Swimmers are expected to remain with the team at all times during a trip. Swimmers are not to leave the pool, hotel or any other place the team has gathered without permission of a coach, parent or chaperone.
4. Rooms and travel vehicles are to be treated with respect and kept neat. Belongings should be kept together and all trash deposited appropriately. Any damage to rooms or vehicles will be the responsibility of the parties involved and may result in being sent home early from a trip.
5. Swimmers must wear seatbelts and remain seated at all times when traveling by van.
6. Male swimmers are not allowed in female swimmer' hotel rooms nor are female swimmers allowed in male swimmers' hotel rooms unless a chaperone or coach has granted permission (e.g. for small group to watch a movie).
7. Swimmers are to refrain from inappropriate physical contact.
8. Swimmers are not allowed to use illegal drugs, alcohol or tobacco and are subject to discipline actions per club policy.
9. Swimmers are expected to strictly adhere to the curfew established by the coaching staff. At curfew all lights, televisions and electronic equipment must be turned off and no talking is permitted.
10. Swimmers are expected to be quiet and respect the rights of teammates and other hotel guests during evening hours, rest time between preliminaries and finals. There is to be no telephone use after curfew or during afternoon rest time.
11. All telephone and incidental room charges must be paid prior to the final night of the trip.
12. Swimmers and chaperones are expected to participate in group meals that are contracted for with a hotel or restaurants and share the cost of these meals.
13. Swimmers are expected to travel with and stay with the team on travel trips. Any exceptions to this policy must be approved by the head coach or their designee prior to the trip.
14. Swimmers may not be chaperones.
15. Violation of these rules will result in disciplinary action including the possibility of being sent home from the meet at the expense of the swimmer's family.

RRV Wahoo Aquatic Club **Family Agreement**

Parent Agreement:

By signing this agreement, as a parent or guardian, I acknowledge that I have read the RRV Wahoo Family Handbook and will follow the policies included with-in. I also agree to follow the Parent Code of Conduct.

Parent / Guardian Signature

Date

Swimmer Agreement:

By signing this agreement, as a swimmer, I acknowledge that I have read the RRV Wahoo Family Handbook and will follow the policies included with-in. I also agree to follow the Swimmer Code of Conduct.

Swimmer Signature

Date