



# Code of Conduct

The Code of Conduct is designed to promote the goals of the Nepean Artistic Swim Club (NASC): to provide swimmers with opportunities for both physical and personal development in an environment that is challenging, respectful and fun.

Swimmers are expected to treat coaches, teammates, pool staff and other club members with respect; and to abide by NASC and Ontario Artistic Swimming(OAS) Code of Conduct. NASC believes that all members of this club should lead by example, by acting in a positive and appropriate manner at all times, thereby promoting the positive aspects of sports such as excellence, effort and integrity.

Conduct that violates this Policy may be subject to sanctions as determined by the NASC, and the OAS policies related to discipline and complaints. The Code of Conduct **must** be signed by both the Swimmer and the Parent at the start of every season.

## Swimmer Code of Conduct and Responsibilities

### A. GENERAL BEHAVIOUR

- Adhere to all rules, policies and guidelines of NASC
- Treat others with respect, regardless of athletic ability, age, ancestry, colour, race, disability and be considerate of the feelings of others
- Demonstrate behavior that at all times is: respectful at practices, at competitions, in the pool area, in the locker room, during travel, on social networks and mobile messaging
- Abide by the anti-bullying pledge: "I will not bully others. I will help swimmers who are being bullied. I will include anyone who is being left out. I will let the coach know if someone is being bullied."

#### A.1 LANGUAGE

- The use of profane or improper language is not acceptable. Angry outbursts and arguing will not be tolerated.
- Use positive tone and language for discussions or difference of opinion.

## A.2 ATTITUDE

- Respect coaches' decisions. Be attentive to coaching direction and corrections. Any concerns with regard to a coaching decision should be discussed with the team coach(es) first and then referred to the Head Coach.
- Swimmers are expected to demonstrate a positive attitude at all times

## A.3 SPORTSMANSHIP AND FAIR PLAY

- Display good sportsmanship and represent the club in a positive manner at all times. Refrain from any negative discussion regarding the performance and behaviour of athletes, coaches and officials.
- Create a supportive atmosphere in both training and competitive settings. Support all other swimmers and coaches within NASC. More experienced swimmers are expected to mentor, give help and encouragement to those that are new to the sport.
- Cheer and support the teammates and club mates at competitions and in practices.

## A.4 SMOKING, ALCOHOL AND DRUGS

- Smoking is detrimental to a swimmer's ability to perform and, therefore, is not an acceptable activity. The use of alcohol or drugs in any non-medicinal fashion will not be tolerated under any circumstances.

## B. APPEARANCE

- All swimmers representing NASC must be appropriately dressed in full club tracksuit (unless told otherwise) and model best behaviour at all competitions and NASC club events.

## C. COMMITMENT

- Be committed for the entire competitive season as a team member with the exception of special or medical circumstances; Practices are not optional.
- Arrive at every practice 10 minutes early, prepared, eager, and willing to work hard and learn new skills.
- Act safely on the pool deck and observe all pool rules.
- Attend all competitions.
- Notify the Coach immediately of any known delays or absence from any practices. Report any medical problems in a timely fashion when such problems may limit the ability to practice, travel or compete.
- Attend and participate in all practices, including dry land, during the blackout period. Inform the Head Coach as soon as possible should a special circumstance arise.
- Understand that if a swimmer has missed 3 or more practices without a valid excuse such as medical note, injury related or extraordinary circumstances, this will be dealt with on an individual basis.
- Swimmers who participate in overlapping activities must prioritize making their first commitment to their artistic swimming team. Participation in a second activity during the competitive season may be done if it does not result in any conflicts with practices and competitions.

## D. OUT OF TOWN MEET AND TRAVEL

- Each swimmer is expected to act in a courteous manner to fellow athletes/swimmers and other patrons of hotels, restaurants and public places, maintain self control in all public places, and behave graciously in all competitive situations.
- Swimmers must inform their chaperone about their whereabouts at all times; Permission is required if a swimmer needs to leave the team.
- Properly represent yourselves and not attempt to enter an event or activity for which you are not eligible, by reason of age, classification or other.
- Understand the consequences of serious misbehaviour as described in NASC Discipline Policy; Understand violations will result in being sent home at own risk and expense.

Behaviours not aligned with the Swimmer Code of Conduct will be subject to the Discipline and Appeal Policy.

# Parents/Guardians Code of Conduct and Responsibilities

Parents' role and responsibilities are outlined below:

## A. GENERAL

- Abide by NASC and OAS's policies at all times.
- Make sure that all required fees are paid in a timely manner.
- Check your email regularly to stay up to date with any changes and reply to any email in a timely manner.

## B. SUPPORT

- Act as a support for your swimmer and ensure they arrive 10 minutes prior to all practices.
- Ensure your child has the proper equipment and attire for all competitions as well as training sessions, and the necessary nutritious snacks and bottled water for proper hydration and energy.
- Take an active role in NASC: Volunteer your time. Remember that all parents working on behalf of NASC are volunteering their time for the benefit of all swimmers.
- Attend all applicable Parents Info sessions, Coach-Parent meetings, Team meetings and the Annual General Meeting. If team meetings are scheduled a parent should attend. If you are not able to attend, it is your responsibility to obtain the information.
- Give support and encouragement to everyone at NASC at all times; be respectful of other parents, swimmers, coaches and club volunteers.
- Avoid sharing negative comments with other parents or swimmers. At all times, interactions with swimmers other than your child should be limited to giving encouragement.
- Understand that no form of abuse (physical, mental, verbal) of the athletes, coaches and officials will be tolerated. Maintain confidentiality at all times unless it threatens the health and well-being of a swimmer.

- Respect the decisions and judgments of officials, and encourage athletes to do the same. Feedback on competition performances is provided by officials only to the coaching staff, so parents are encouraged to discuss any questions with your athlete's coach.
- Respect and support the coaches' decisions and the pool rules: You, as parents, play an important part in your child's ability to respect their fellow swimmers and coaches, and this role is pivotal. Never undermine the coach's authority. If you need support understanding coach decisions, please contact the Head Coach to discuss the matter.
- At competitions, the parents' role is to provide support and comfort. It is not appropriate for parents to make negative comments about any performance, swimmer, coach, official or marks, particularly in front of a swimmer. Show your appreciation for every performance and be positive so your swimmer and team can make the most out of the experience of competition.

## C. CONCERNS

- Any scheduling conflicts or issues should be addressed with your team coach in advance (when possible).
- Inform coaches of any medical condition, concerns or medications required by your child for regular practices and notify your child's coach of any absence from practice. Unless swimmers have a fever or are physically incapacitated, they are expected to be on deck or in the pool during practice.
- Any communication with the coaches, board members, and other parents should be done in a polite, honest and constructive manner.
- Policy concerns should be addressed to the Head Coach and/or any member of the Board.

## DECLARATION

We have read and understood the NASC Code of Conduct.

Date: \_\_\_\_\_

Athlete: \_\_\_\_\_  
 Print Name Signature

Parent: \_\_\_\_\_  
 Print Name Signature