



LOSC Code of Conduct

When you enroll your child in Lake Oswego Swim Club, the entire family becomes an integral part of our swim team community. To be a successful community, the club needs and expects the cooperation of its parents, who must understand and embrace the club's vision and mission, share its core values and fully support its staff. When joined by a common set of beliefs and purposes, the club and its parents form a powerful team with far-reaching positive effects on children and the entire community.

All swimmers and their parents are required to sign and adhere to the following code of conduct as a condition of their membership in LOSC. The registration of your child in LOSC indicates the parents' willingness to abide by the following guidelines.

Privacy: Please help us maintain the mutual trust and respect we all need to keep our community healthy by safeguarding the privacy of children, parents and coaching staff. Passing on confidential, damaging or hurtful information is not acceptable. Keep coaching staff and parent email addresses and phone numbers confidential. Use contact information for swim team business only, unless you receive permission otherwise.

Conflicts: Conflicts between parents or parents and coaching staff should be addressed in a calm and private manner, preferably in person or with a respectful note. Phone calls and emails should not be used to express anger, frustration or criticism. Meetings are to be held by appointment at a mutually convenient time.

Etiquette: Lake Oswego Swim Club staff and parents are all expected to strive for high standards of etiquette and behavior. Commitments should be honored, criticism should be constructive and genial.

Communication: Parents best support a sports team climate of trust and respect by communicating concerns openly and constructively to their child's coach or whoever is closest to the problem. The use of mass emails to contact fellow parents about sensitive issues involving LOSC policy, parents, or swimmers is inappropriate and counterproductive.

Volunteerism: When a parent agrees to perform a service for the club the entire community is counting on that person to fulfill their promise.

As a volunteer organization, where you are contacted regarding club business both parties will work diligently to resolve any differences.

Definition of a member of good standing is one who is a volunteer leader, maintains a zero balance in their account and contributes positively to the team

General Behavior:

1. Each swimmer shall be considerate of his/her teammates. Inappropriate behavior that reflects negatively on LOSC or is detrimental to performance objectives or one's safety will not be tolerated.

2. Team members will display proper respect and sportsmanship toward teammates, coaches, officials, parents, administrators, fellow competitors and the public, to include both person and property.
3. LOSC expects all members of the club, whether parents or swimmers, to protect and improve the club's excellent reputation within the swimming community.
4. LOSC members shall not contact the media on behalf of an individual on the team regarding that individual's performances/activities related to LOSC. All media/public relations must be handled through LOSC Communications.
5. All illegal activity, including but not limited to the possession or use of alcohol, tobacco products, or illegal drug; the illegal sale, distribution or use of any substance listed on FINA's recognized list of banned substances; vandalism and/or theft is prohibited. The strictest punishment will be imposed.
6. LOSC recognizes and will enforce the code of conduct established by USA Swimming and Oregon Swimming. It is the swimmer's responsibility to read and understand each.

See below for USA Swimming Code of Conduct Travel:

1. Swimmers acknowledge that all team trips are a privilege and accept the responsibilities associated with them. Swimmers must obey and show the proper respect to all coaches, chaperones and bus drivers on any team trips.
2. Room assignments and curfews set by the coaches or chaperones during team trips will be strictly obeyed.
3. To ensure the propriety of the athletes, there will be no male athletes in female athletes' rooms, and vice versa. There will be an attempt made to provide an appropriately supervised area for co-ed relaxation and recreation whenever possible.
4. 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.

Implementation: Failure to comply with these guidelines will result in disciplinary action to be determined by the Board of Directors and coaching staff of LOSC. Such discipline may include, but is not limited to, any or all of the following:

1. Immediate Removal from a practice session, swim meet (scratch) or other team activity.
2. Temporary removal of privileges such as practice, meet participation, socials, etc.
3. Swimmers subject to disciplinary action will be responsible for all costs incurred as a result of their actions.
4. Any member or prospective member of LOSC may be denied membership, censured, placed on probation, suspended, fined or expelled from LOSC if such member violates the provisions of the LOSC Code of Conduct, or aids, abets, or encourages another person to violate any of the provisions of the

LOSC Code of Conduct. Should any of these disciplinary actions be taken, parents will be notified as soon as possible.

Leave of Absence Policy

Leave of Absences are granted for medical leaves only. **To take a Medical Leave of Absence, you must contact membership (loscbilling@gmail.com) to avoid continued charges to your account.**

To avoid being billed for the following month of swimming, you must **contact membership (loscbilling@gmail.com) by the 15th of the month PRIOR to the month** you plan to stop practicing. All outstanding payments are due within 10 days of the last day of swimming.

By continuing registration, you agree with the above