

FAST Code of Conduct Form

In an effort to make all families and swimmers aware of FAST's Code of Conduct, we will review the following items that are listed in our registration packet so everyone is aware of them and can participate in a welcoming and safe environment. Signatures are required for participation in this season with FAST.

FAST swimmers and parents will understand that their conduct, actions, words, and the like at practice, meets, team activities, and anything outside of organized team functions reflect back on our organization. FAST swimmers and parents will act in accordance to help lift each other up and show good sportsmanship to everyone in our community so that everyone in our organization can be positive representatives of themselves and our organization.

FAST swimmers and parents will refrain from the following, but not limited to:

- Actively putting other swimmers, families, coaches, staff members, and officials down in a disrespectful manner
- Actively arguing with other swimmers, families, coaches, staff members, and officials
- Negative bleacher talk
- Actively going against FAST's mission of developing excellence in swimming through proper technique, good sportsmanship, family participation, team unity and individual accomplishments. FAST experience will provide opportunities for social, emotional and educational development of swimmers, empowering them to face challenges in and out of the water throughout their lifetime.
- Discuss other swimmers' performances and making comparisons to their own swimmer(s)
- Bringing phones into the locker rooms at all pools we practice and compete at
 1. See USA Swimming SafeSport for helpful and informative information on keeping kids and families safe in USA Swimming

FAST swimmers and parents will (and are not limited to):

- Create a welcoming environment for all swimmers, families, coaches, staff members, and officials
- Understand that the team works together at practices, meets, scheduled team events, etc.
- Be kind to one another
- Be early to practices, meets, scheduled team events, etc.
- Abide by volunteer requirements for our organization
- Abide by all meet formats, rules, etc.
- Understand that consistent practice attendance will help lead to improvements of swimming technique and racing skills
- Understand that practices before and after meets are highly encouraged and are designed to specifically aid and reflect on meet performances
- Be prepared with all equipment necessary for positive event participation
- Cheer for and support their teammates in all situations
- Wear team uniform suits, caps, shirts and apparel appropriately showing a positive outlook for FAST
 1. Follow uniform guidelines for meets, team travel, etc.
- Ask questions through open communication in a courteous and professional manner to better understand the team's and coaches' goals in the following order:
 1. Discuss with site coach
 2. Discuss with lead group coach
 3. Discuss with head coach
 4. Discuss with Executive team
- Give their best effort in all they do
- Abide by USA Swimming-mandated policies

- Have fun, smile, laugh, and enjoy the experience with your friends and team, and understand that we are all here to help each other and the team improve! It's what we enjoy doing after all!

(See the registration document for further Code of Conduct information and other information pertaining to volunteer requirements, payments, account balances, etc.)

Signatures should be printed clearly to be read and will certify that we have gone through the FAST Code of Conduct.

Parent Signature (print clearly so we know the parent's name):

Date:

Swimmer Signature (print clearly so we know the swimmer's name):

Date: