

**ALBANY ARMADA AQUATICS  
TEAM CODE OF CONDUCT: PARENTS**

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents. As a member of Armada parent(s)/guardian(s) are required to electronically sign this document for each season.

As a parent/guardian, of \_\_\_\_\_  
(Swimmers Name)

I understand the important growth and developmental support that my child's participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team. I agree with the following statements:

**Lead by example:** I will set the right example for my child by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parent volunteer coordinator and all facilities.

**Be involved:** I will be involved by volunteering and fulfilling all required volunteer hours. I will contribute to the team in the ways specified by the team and training group handbooks. I will exemplify and make sure my child understands the philosophy of team above self.

**Be Informed:** I will read the team emails, team and training group handbooks and understand the team policies, athlete & parent requirements. I will communicate with the coaches about any scheduling conflicts or points of confusion.

**Parent Role:** I will refrain from coaching my child from the stands/pool deck during practices and meets. Your role as a parent is important. Let the coach do the coaching, so you can provide unconditional support as a parent.

**Appropriate Behavior:** I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.

**Officials:** I will respect the integrity of the officials and represent Armada appropriately.

**Follow the Protocol:** I will direct my concerns first to my child's coach; then, if not satisfied, to the head coach.

**Athlete Protection Training:** I will complete the required APT course by November 1<sup>st</sup>, 2021.

I understand the above expectations and that my failure to adhere to them may result in disciplinary action.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date



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**ALBANY ARMADA AQUATICS  
TEAM CODE OF CONDUCT: ATHLETE**

**In accordance to the previous statements, we expect our swimmers to adhere to these guidelines as members of Albany Armada Aquatics:**

**Be on time for practice:** Arriving late for swim practices usually means a swimmer will miss some important information, a vital set, or an essential lesson for that day.

**Be prepared for practice:** Forgetting your swimsuit, cap, goggles, or equipment means that you are not prepared for workout. Pack your swim bag the night before practice & always make sure you have your suit, cap, goggles & all required equipment. A water bottle is highly recommended, and is mandatory in some groups. Also, each swimmer must wear an ARMADA team cap to every practice.

**Wear appropriate swim attire:** All swimmers are required to wear an appropriate swimsuit. This means that the swimsuit should be in good condition and provide the proper support for athletic activity. Boys must use a brief or jammer style lycra suit. Girls must wear a one-piece suit without strings or ties. Your suit must also be an appropriate size.

**Be prepared to do your best at practice each day:** Because swimming is a sport that not only requires skill, but also hard work to improve, it is important that you give each practice 100% effort each day.

**Be courteous** to your teammates, coaches and other members: irresponsible behavior will not be tolerated at any time. Unacceptable behavior will be dealt with at the discretion of the coaching staff.

**Rules of the facility must be followed at all times:**

All rules and regulations set by the aquatics facility must be followed at all times.

**The possession,** use, sale or distribution of any illegal substance or any form of weapon is forbidden.

**Electronic Communication & Social Media Code of Conduct**

**Be Considerate:** When on a group chat, do not spam or gossip. Do not say something online to someone if you would not say it to them in person.

**Be Responsible:** Report anything that is inappropriate for the team environment.

**Be Inclusive:** Do not remove anyone from a group chat unless they ask to be removed, and add someone if they ask to be added.

**Be Kind:** Avoid rude behavior. Respect others. Do not participate in gossip/rumors. No nudity, no bullying, no teasing, and no shaming (body, ability, self or others).

**Phones are not allowed to be out in locker rooms:** No taking/posting photos of people without their consent.

**Additional guidelines may be established as needed to assure the safety and well being of the team members.**

\_\_\_\_\_  
Name Printed                      Athlete's Signature                      \_\_\_\_\_ Athlete's  
Date

\_\_\_\_\_  
Name Printed                      Parent Signature                      \_\_\_\_\_ Parent  
Date



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