

Swimmer Code of Conduct

Parents: Please read this section to your swimmer.

Our guidelines are founded on the principles of mutual respect and cooperation. As a participating swimmer and member of the Pleasanton Seahawks, I will abide by the following guidelines:

SAFETY

- I understand that lightening, earthquake, fire or personal injury incidents require the full cooperation of all swimmers. I will be quiet and listen for directions from my coach.
- During an electrical storm, I understand that no one can be outdoors and no showers can be used.
- I will respect the Aquatic Center facility, including the pool, deck, and locker room.
- I understand that no one should ever submerge below a pool cover, or climb on lane line/cover reels, and that a 3 lane buffer must be maintained from any extended pool covers.
- I understand that running, pushing, or horse play on the deck area is not permitted. I also understand that I will not enter the pool unless directed by a Coach.
- I understand that it is unsafe to throw training gear. Weights, surgical tubing and medicine balls should be used with supervision and only in the way they were designed for exercise.
- I understand that swimmers who are waiting for transportation should wait inside the swim center complex.
- I understand that I should immediately report persons who seem out of place or unfamiliar, and activities of an unsafe, unusual nature.
- I understand that I am required to submit up to date Emergency Medical information as required at the beginning of the swim season, or immediately upon joining the team.
- I understand that I am required to abide by all safety requirements detailed in the USA Swimming Rules and Regulations guidebook by Meet Officials and Coaches during any swim practice and meet.

RESPONSIBILITY

- I will keep accurate records of my official posted times
- I will report to the coach's area before each race at a swim meet. After the race, I will (1) warm down (2) dry off (3) see my coach.
- I will work with my Coach and family members to learn how to correctly complete meet entries, to learn best times, and other important information.

CITIZENSHIP = TEAMMANSHIP

- I will refrain from judging or criticizing others. I will not discuss individuals when not in my presence.
- I will "PRAISE IN PUBLIC AND CORRECT IN PRIVATE".
- I will treat all members of the team (coaches, swimmers, parents) and my opponents with dignity and respect.
- I will refrain from using drugs, alcohol, and tobacco.
- I am responsible for the care and proper use of equipment. Practice is not finished until all supplies are returned to storage. Everyone helps.

- I understand that physically or verbally abusive behavior is unacceptable for members of the Pleasanton Seahawks.
- I will be dedicated and loyal to my club and teammates. I will be vocally supportive.
- I will remain silent and make an honest effort to listen and look when anyone is speaking.
- I will display my team pride by wearing and competing in PLS attire at all times. Team caps are to be worn by all swimmers when competing. Team caps are also to be worn if a swimmer chooses to wear a swim cap at practice.
- I will arrive to practice allowing enough time to begin on time.
- I will be committed to our best effort every day. An honest effort does not include cutting laps, pulling on the lane line, or participating in disruptive behavior.

This Code of Conduct is NOT intended to be all-inclusive. Should other negative conduct occur that is not described here, the coaches or Parent Counsel will decide upon an appropriate disciplinary response. Should a parent exhibit conduct that brings discredit or discord to the Pleasanton Seahawks, or USA Swimming, their swimmer participant(s) will be subjected to disciplinary action as a result of said conduct, which will range from probation to expulsion from the team, as determined by the Head Coach, or the Pleasanton Seahawks Athletic Booster Counsel, if necessary. The Pleasanton Seahawks reserves the right to change, modify, add or delete any rule where it feels such action will benefit the Pleasanton Seahawks and its participants. In addition, the Pleasanton Seahawks maintain the right to terminate any membership in the interest of our vision, mission and objectives.

This form will be considered active until such time as the Pleasanton Seahawks Athletic Booster Counsel develops new guidelines or rules of conduct.

Parent Code of Conduct

As a parent of a swimmer and member of the Pleasanton Seahawks, I will abide by the following guidelines:

- I will practice teamwork with all parents, swimmers and coaches by supporting the values of Discipline, Loyalty, Commitment and Hard Work.
- 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. I understand that I am not permitted on the pool deck.
- I will 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.
- I will maintain self-control at all times. I will know my role:

Swimmers – Swim

Coaches – Coach

Officials – Officiate

Parents – Parent

- I will not criticize, indulge in name-calling, and use abusive language or gestures.

- I will enjoy involvement with the Pleasanton Seahawks by supporting the swimmers, coaches and other parents with positive communication and actions.
- During competitions, I will direct any questions or concerns regarding decisions made by meet officials to a member of our coaching staff.
- Due to drowning risks and other conditions, I will accompany and monitor my children not participating in swim practice or competitions.
- Swimmers with fever or known contagious disease will stay home from practice and meets.

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By signing, I/we (parent(s) or guardian(s) of stated swimmers) agree to the terms stated in the Swimmer and Parent Code of Conduct. If my Swimmer is under age 10, my signature indicates that I reviewed this tenet of the Code of Conduct with them.

Coach Code of Conduct

The purpose of this code of conduct for coaches is to establish common expectations for all members of the coaching staff of the club. It is to be used as a guide to promote a positive team environment and good sportsmanship.

- At all times, adhere to USA Swimming's rules and code of conduct.
- Set a good example of respect and sportsmanship for participants and fans to follow.
- Act and dress with professionalism and dignity in a manner suitable to his/her profession.
- Respect officials and their judgment and abide by the rules of the event.
- Treat opposing coaches, participants, and spectators with respect.
- Instruct participants in sportsmanship and demand that they display good sportsmanship.
- Coach in a positive manner and do not use derogatory comments or abusive language.
- Win with humility and lose with dignity.
- Treat every athlete fairly, justly, impartially, intelligently, and with sensitivity.
- Always place the well-being, health, and safety of swimmers above all other considerations, including developing performance.
- Continue to seek and maintain their own professional development in all areas in relation to coaching and teaching children.
- Always maintain a professional separation between coach and athlete.

Any complaints of a coach violating this code of conduct will be brought to the attention of his/her supervisor and/or the club's board of directors.

Honor Code

As a member of the Pleasanton Seahawks understand and will comply with the following as approved by the Pleasanton Seahawks Athletic Booster Counsel.

- The possession and use of alcohol, tobacco products or controlled substances is prohibited throughout the designated duration of the trip.
- Curfews and daily schedules will be established and adhered to during the trip. You are required to be in the competitive area at all times unless specifically excused.
- Attendances is required at all team functions which include, but are not limited to, meetings, practices, and competitions unless otherwise excused or instructed by the Head Coach or designated person in charge of the team.
- There will NEVER be males and females in the same hotel room on travel trips. Visit with teammates in the lobby or hallways.
- Uniform requirements that are established for the trip (i.e. Team Caps, etc.) will be followed at all times.
- Proper respect, sportsmanship and courtesy towards coaches, officials, administrators, competitors and the public will be displayed at all times.
- I understand I am responsible for my child's transportation for Local meets (see Definitions).
- I understand that there will be no Team Supervision for their transportation to Local meets (see Definitions).
- Swimmers are required to notify their Coach, in a timely manner, of their travel arrangements and expected time of arrival for Local and Distance meets (see Definitions).
- I have read, understand and will comply with the team policy titled "TEAM POLICY: ACTION PLAN TO ADDRESS BULLYING."
- I have read, understand and will comply with the team policy titled "TEAM POLICY: ELECTRONIC COMMUNICATIONS."
- Additional guidelines may be established as needed to assure the safety and well-being of team members and will be adhered to during the trip.

I understand that any trip involves certain dangers in addition to transportation and I hold the Pleasanton Seahawks and its representatives harmless from claims or liabilities arising from any trips. Further, I understand that my child's participation on any trip is strictly voluntary and not required.

I understand that failure to comply with the Pleasanton Seahawks Honor Code as set forth in this document or additions necessary for the safety and wellbeing of the team members may result in disciplinary action, which may include but is not limited to the following:

- Disqualification from one or more events of the competition.
- Dismissal from the team and returned home at my own expense.
- Disqualification from future Pleasanton Seahawks sponsored activities.

Definitions:

For purpose of implementation of the Pleasanton Seahawks Honor Code, the following definitions will apply:

Local Meets. A Local meet is defined as those meets in which the team participates that is within driving distance and do not require an overnight stay.

Distance Meets. A Distance meet is defined as those meets in which the team participates that are within driving distance, but do require an overnight stay.

Away Meets. An Away meet is defined as those meets that require airline and/or train travel as well as an overnight stay.

Expulsion, Suspension or Termination Procedure

- No member may be expelled or suspended, and no membership or membership rights may be terminated or suspended, except according to procedures satisfying the requirements of this section. An expulsion, termination or suspension not in accord with this section shall be void and without effect.
- Any expulsion, suspension or termination must be done in good faith and in a fair and reasonable manner.
- A procedure is fair and reasonable when:
 - The provisions of the procedure have been set forth in the articles or bylaws, or copies of such provisions are sent annually to all the members as required by the articles or bylaws;
 - It provides the giving of 15 days prior notice of the expulsion, suspension or termination and the reasons for the expulsion; and
 - It provides an opportunity for the member to be heard, orally or in writing, not less than five days before the effective date of the expulsion, suspension or termination by a person or body authorized to decide that the proposed expulsion, termination or suspension not take place.
- Any notice required under this section may be given by any method reasonably calculated to provide actual notice. Any notice given by mail must be given by firstclass or registered mail sent to the last address of the member shown on the corporation's records.
- Any action challenging an expulsion, suspension or termination of membership, including any claim alleging defective notice, must be commenced within one year after the date of the expulsion, suspension or termination. In the event such an action is successful the court may order any relief, including reinstatement, it finds equitable under the circumstances, but no vote of the members or of the board may be set aside solely because a person was at the time of the vote wrongfully excluded by virtue of the challenged expulsion, suspension or termination, unless the court finds further that the wrongful expulsion, suspension or termination was in bad faith and for the purpose, and with the effect, of wrongfully excluding the member from the vote or from the meeting at which the vote took place, so as to affect the outcome of the vote.
- This section governs only the procedures for expulsion, suspension or termination and not the substantive grounds therefor. An expulsion, suspension or termination based upon substantive grounds which violate contractual or other rights of the member or are otherwise unlawful, is not made valid by compliance with this section.
- A member who is expelled or suspended or whose membership is terminated shall be liable for any charges incurred, services or benefits actually rendered, dues, assessments or fees incurred before the expulsion, suspension or termination or arising from contract or otherwise.