



### Parent Code of Conduct

Bellingham Bay Swim Team (BBST) has experienced, professional coaches working to develop our children into better swimmers and people of strong character. These values include self discipline, respect, integrity, and leadership. Your swimmer will reap the benefits of swimming long after their participation with BBST ends.

As the parent of a BBST swimmer, you agree to follow the rules for behavior and sportsmanship.

Set a good example. Show respect and be polite to EVERYONE.

- Follow USA Swimming Safe Sport Policies located [HERE](#).
- Exemplify in yourself the values of our team that create the safe and supportive environment of excellence we all value at BBST.
- Help your swimmer arrive on time for practices and meets.
- Help your swimmer in their goal of consistent attendance with balance away from the pool, including school work. Life away from the pool directly impacts swim experience.
- Embody good sportsmanship. Win gracefully, lose graciously. Congratulate our opponents.
- Assume the best from coaches and officials. We all want to see your swimmers succeed and meet their individual goals. Communication is vital, and listening is the most important virtue we can all do thoughtfully.
- While at BBST functions always represent the team in a positive and respectful manner.

Know your role as a member of the team.

- Swimmers swim. Coaches coach. Officials officiate. Parents parent.
- “I love watching you race and give your best effort in something about which you are passionate.”
- Love your kids with positive reinforcement and encouragement. Words should always be uplifting and supportive.
- Do not try to coach or interfere with your child at practice or during meets.
- If you have a concern about your swimmer, please make arrangements to meet with the coach privately during normal business hours.
- Support the entire team. Treat every athlete as you do your own, treat other parents as you wish to be treated.

Meet Etiquette

- Wear your BBST pride outwardly. Wear our logo! Keep setting that good example.
- Respond to meet declarations in a timely manner so that coaches can process team entries on time.
- Show up to the meet promptly to ensure your swimmer has the needed time before their swims.
- Questions about a disqualification? Direct your questions to the coach, not meet officials.
- Do not step onto the pool, unless registered with USA Swimming & officiating or timing.

Get Involved!

- Become a USA Swimming Official.
- Volunteer at meets. Every meet requires volunteers from each team to operate smoothly. Typically they will call for timer volunteers before the start of the meet, or there will be a sign up ahead of time. Without volunteer support, our meets would not be possible!
- Help plan a team social.
- Stay up to date on team news through the BBST Newsletter!
- Help our team be the best organization and TEAM possible by supporting and helping out as needed throughout the year.

If you should conduct yourself in a manner that brings discredit or discord to BBST or USA Swimming, you subject yourself to disciplinary action. BBST maintains the right to suspend or terminate any membership with or without cause. Zero tolerance behaviors include Inappropriate name calling or bullying of any BBST teammate, athlete, parent, coach, or official; Cheating; Vandalism of a BBST facility or that of another team; Coming to BBST function under the influence of alcohol or narcotics; Any violation of the USA Swimming Code of Conduct which can be found at [www.usaswimming.org](http://www.usaswimming.org)