



### Swimmer 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. Every swimmer will reap the benefits of swimming long after their participation with BBST ends.

Our code of conduct helps athletes establish a consistent understanding of the expectation of what it means to be a teammate on BBST, and how we all work together to support our collective pursuit of excellence. As the team member of BBST, 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.
- Respect the property of BBST and of others. Do not use other's property without their permission.

- Embody good sportsmanship. Win gracefully, lose graciously. Congratulate our opponents.
- Assume the best from coaches and officials. We all want to see swimmers succeed and meet their individual goals. Communication is vital, and listening is the most important virtue we can all do thoughtfully.
- Do not behave in a manner that makes coaches or other swimmers uncomfortable (profanity, public displays of affection, sexual harassment, bullying, etc.)
- While at BBST functions always represent the team in a positive and respectful manner.

#### Practice Etiquette.

- Arrive on time and prepared for practice.
- Listen to coaches and follow their direction.
- Do not disrupt your coach or interrupt others in your lane.
- Practice good sportsmanship and encourage all teammates.
- Set the kind of example for your teammates in all groups of behavior and action.
- Support the entire team with your team spirit.

#### 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.
- Stay and swim finals, relays, and support your teammates races.
- Show up to the meet on time to ensure you can check in and warm up as needed.
- Questions about a disqualification? Direct your questions to the coach, not meet officials.
- Represent BBST with respect and confidence.

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](#).