



## Lake Linganore Dolphins (LLD) Swimmer Code of Conduct

While we want practice to be fun, the safety of our swimmers is of utmost importance. Please talk to your child about his or her behavior before practice/meets, at practice/meets, in the bathroom, and after practice/meets. **Our coaches are there to help all swimmers achieve their best.** It is hard on swimmers when their focus is on other swimmer's behaviors and not on the coach providing directions. Remember that our coaches deserve respect, as do fellow teammates. Please stress the importance of listening to the coaches and respecting each swimmer. This includes (but is not limited to): following Coach/CIT instructions at all times, completing daily swim training as directed, keeping hands/feet to yourself not to disrupt fellow swimmers or endanger self or others, respecting fellow swimmers, Coaches/CITs, Board Members, Lifeguards as well as LLA/LLD property and equipment.

### **Problem Behavior**

If problem behavior is observed, it will be addressed by coaches or LLD Board members. During practice, swimmers will be given three strikes. A strike will be given for any kind of behavior not appropriate at swim practice or which is disruptive to the coaches or swimmers (e.g., talking back to the coaches, horseplay, purposely ignoring coach's instructions, fighting, inappropriate language, etc.). **On the third strike, the swimmer will be removed from the pool and asked to sit quietly on deck.** If the child receives three strikes, the parent is informed in person or in writing. Parental signature for acknowledgement will be required. **Three (3) instances of behavior resulting in parental signature will result in suspension from the team.**

### **Dangerous Behavior**

If dangerous behavior is observed and the safety of another swimmer is compromised, the swimmer engaging in the dangerous behavior **will be immediately removed from the pool for the remainder of the practice.** Each removal for dangerous behavior will require parental signature. If three (3) instances of dangerous behavior is observed, **the swimmer will be suspended from the team.**

I have read and agree to review the Swimmer Code of Conduct with my swimmer(s).