



Meadowbrook Makos Swim Team

Safety Rules and Code of Conduct (This agreement is included in your registration)

The Meadowbrook Woods Makos strive to provide a safe and fun environment for swimmers of all experience levels to learn proper swimming techniques, good sportsmanship, and the experience of team competition. Parents, please review the safety rules and code of conduct with your swimmers.

As a swimmer:

1. I will maintain control of my emotions, avoiding use of abusive and profane language, humiliating remarks and/or gestures, and threats or use of physical abuse. I fully understand that such behavior will not be tolerated and can result in permanent loss of participation privileges on the Meadowbrook Woods Makos Swim Team
2. I will respect the coaches and swimmers on the Meadowbrook Woods Makos Swim Team and opposing teams, demonstrating appropriate gestures of good sportsmanship throughout practices and meets.
3. I will not engage in behavior that is disruptive to the Meadowbrook Woods Makos Swim Team, including but not limited to the following:
 - Pushing others into the pool
 - Running on deck
 - Towel snapping
 - Diving (unless directed by a coach)
 - Excessive splashing
 - Dunking or holding someone under water
 - Pulling on a swimmers foot during swim practice
 - Refusing to allow a swimmer to pass during circle swim practice
 - Talking back or refusing to obey the coaches
 - Any behavior that interferes with the safety and the respect due to others
4. I will respect the swimming officials, and refrain from addressing them during meets unless directed to by the coach, and then I will address them

- courteously. I understand that officials can make mistakes, but I will refrain from criticizing them or blaming them if I am disqualified from an event.
5. I will respect the property of the swim team and the Meadowbrook Woods community in and around the pool area, as well as the pools, facilities, and other property wherever we swim.
 6. I will arrive on time for practices and meets prepared to swim.
 7. I will follow the pool safety rules and policies set by the community and lifeguards at all times.
 8. I will listen to the coach when instructions are given. If you don't understand the coach's instructions, please talk to him/her immediately.
 9. I will not hang on the lane lines.
 10. I will pass safely. When passing another swimmer during laps, tap that swimmer on the foot (just once, not repeatedly). The swimmer being passed shall stop on the next wall and let the passing swimmer go ahead of them.
 11. I will use proper turns during practice, unless instructed otherwise by the coach. This means flip turns for back and free as well as two hand touches for breast and fly. Open turns are permissible for swimmers who have not yet learned the flip turn.
 12. I will do proper finishes. After finishing at the wall, the swimmer will move over to allow following swimmers to finish properly. Do not stop short.
 13. I will keep the coach informed. If a swimmer cannot continue the practice, the swimmer shall report to the coach. If the swimmer can resume, the swimmer shall notify the coach and return to the water.
 14. Discipline problems will not be tolerated. The coach will first warn any swimmer who presents a discipline problem. If the discipline problem persists, the coach will speak to the child and a parent will be notified. If the discipline problem persists, the swimmer will be dismissed from the practice, or the meet, with possible expulsion from the team.

As Parents/Guardians

1. I will maintain control of my emotions, avoiding use of abusive and profane language, humiliating remarks and/or gestures, and threats or use of physical violence. I fully understand that such behavior will not be tolerated and can result in permanent loss of participation privileges for me and possibly my child with the Meadowbrook Woods Makos Swim Team.
2. I will cheer for my team and offer only positive encouragement. I will never criticize my swimmer(s), any Makos swimmer, the opposing team or its coaches.
3. I will trust that the coaches know the rules and not question their judgment. I will respect the coaches, and refrain from addressing them during practices

and meets, and refrain from coaching my children during practice. I fully understand that abuse of the coaches at any time can result in my loss of participation privileges, and possibly my child's, in the Meadowbrook Woods Makos Swim Team.

4. I will respect and accept decisions of the coaches for all entries of individuals and relay teams in meets.
5. I will respect the swimming officials and other volunteers such as timers, recorders, and clerks of course, and refrain from addressing them during meets. I understand that officials and other volunteers can make mistakes, but I will refrain from criticizing them or blaming them if my child is disqualified from an event or other errors occur. If I have any question or concern with volunteer officials, timers, recorders or clerks of course during a meet, I will bring it to the attention of the head referee, and I will not confront the individual concerned directly.
6. I will maintain control of children whom I bring to the pool area, whether they are swimmers or not, and not allow them to be beyond the direct supervision of a responsible family member or other adult who has agreed to supervise them.
7. I will be responsible for other guests I bring with me and be sure that they understand and abide by this Code of Conduct.
8. I will keep Emergency Contact information updated.
9. I understand that swimming in the Prince William Swim League requires 100% participation of parents or guardians in order to properly conduct a meet and equally share the burden among all families. I will contribute to the team through volunteering my time and efforts at all meets, home and away, and in other team activities during the season. I understand and acknowledge that I am required to volunteer and assist during swim meets, and that, at the discretion of the swim team board of directors, my child or children may be barred from swimming in meets if I or my spouse do not do so.

We (all parent(s) and swimmer(s)) have read, understand, and accept the Safety Rules/Code of Conduct of the Meadowbrook Woods Swim Team.

Note: *The Code of Conduct agreement is a requirement of the registration process. As such, all swimmers and parents agree to abide by these. It is reprinted in the Handbook for reference.*