



# Loomis Basin Dolphins

Recreational Swim Team | PO Box 773 - Loomis, CA 95650 | [loomisdolphins.org](http://loomisdolphins.org)

## Coaching Code of Conduct

Code of Conduct – (n.): a set of conventional principles and expectations that are considered binding on any person who is a member of a particular group

During training and sport events, we want to observe the following:

1. Participants/athletes having fun and enjoying themselves.
2. Practice sessions and activities that, by design and by implementation, promote self-esteem in participants/athletes.
3. Participants/athletes learning the fundamental technical abilities of the sport.
4. Participants/athletes making new friends by demonstrating positive attitudes and tolerance.

Participants/athletes having fair and equal opportunity to participate in practice activities and games/competitions, regardless of skill level. Consequently, parents of children who are more skilled should not expect that their child receive greater attention and/or playing time.

Our code of conduct can be summarized as follows

- Listen: Listen carefully to those who are talking with you
- Respect: Others (coaches, team-mates, officials, opponents, parents)
- Environment: The equipment and facilities loaned to you for your use
- Work: Give your best effort at all times, both in individual work and in team work

Coach's Responsibilities (may include, but is not limited to):

1. Be the program leader and be aware of all that is happening in the LBD swim team
2. Plan and lead fun, safe, and purposeful practice sessions.
3. Involve parents in the program, and clearly communicate what is expected of them (parents entrust their children to the program leaders during practice sessions and competitions, and should not intervene with their children during these times).
4. Create an environment that will promote all the values identified in this code, in training and in competition
5. I am expected to follow the posted or verbal schedule of activities and assignments agreed upon with Head Coach and or LBD Board members
6. I will promote all the values identified in this code, in training and in competition. I will do my best to be on time and wearing the appropriate uniform for all events.\*

***\*Associate Coaches are expected to exemplify conduct as athlete (swimmer) and in coaching assignments.***

7. Be sensitive to their position as a role model for athletes even in personal behavior and private activities.



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- a. If under 21, I may not use or possess any alcoholic beverages or illegal substances or engage in illegal activities. If found or detected, my parents (and/or the police, if necessary) will be notified immediately. Action may include immediate dismissal from LBD swim team in ALL capacities, including coaching responsibilities and swim team activities and team functions.
- b. If over 21, I may not use or possess any illegal substances or engage in illegal activities. If found or detected, the police, if necessary will be notified immediately. Action may include immediate dismissal from LBD swim in ALL capacities, including coaching responsibilities and swim team activities and team functions.
- c. Forbid use of alcohol by minors; report such use to head coach and LBD president at earliest opportunity
- d. Exemplify the highest moral character, behavior and leadership, adhering to strong ethical and integrity standards
- e. Set a good example for players and spectators to follow
- f. Lead by example in demonstrating fair play and sportsmanship
- g. Present a clean and professional image in terms of personal appearance and provide a positive role model in terms of personal habits, language and conduct
- h. Do not tolerate the use of performance-enhancing drugs and support athlete's efforts to be drug-free.

8. I will take responsibility for any property owned by the LBD swim team, Del Oro High School, Placer Union High School District. This also applies to any offsite meets that we participate in.
9. The use of profanity or abusive language will not be permitted.
10. When I become aware of a practice or situation that endangers the health, safety, or well-being of children, I have an ethical responsibility to protect children or inform parents and/or others who can.
11. All coaches are primarily responsible for the behavior, safety, and welfare of our members at all LBD Swim meets and team-sponsored events.
12. Proper ethics in sports implies a standard of character which affords confidence and trust.
13. Winning is a consideration, but not the only one, nor the most important one. Remember, swimmers are involved in our LBD swim team for fun and enjoyment.
14. Instruct participants and spectators in proper sportsmanship responsibilities and demand that they make sportsmanship the No. 1 priority.
15. Do not improperly discriminate against, harass or demean any person based on age, gender, race, ethnicity, national origin, disability, language, socioeconomic status or any basis protected by law.
16. Refrain from sexual solicitation, physical advances, and verbal or nonverbal conduct that is unwelcome, offensive, or creates a hostile environment or is sufficiently severe to be considered abusive to a reasonable person in the context.
17. Follow the advice of a physician when determining when an injured athlete is ready to swim again.

Coach Signature

Parent's Signature if Coach is under 18

Date \_\_\_\_\_

Date \_\_\_\_\_