

## Coastal Aquatic Club CODE OF CONDUCT

The Coastal Aquatic Club (CAC) seeks to provide:

- Swimming skill development of our athletes
- Life skill development of our athletes
- A competitive environment in which our athletes push themselves to realize their full potential
- A nurturing and safe environment for our participants
- An opportunity for fellowship among our families

All participants are to be mindful of their roles:

- Swimmers ... SWIM
- Coaches ... COACH
- Officials ... OFFICIATE
- Parents ... PARENT

For simplicity, we will follow the Golden Rule. That is, we treat others as we expect to be treated ourselves. Fellow swimmers, coaches, officials, and parents deserve our respect. And, our actions reflect on the broader CAC community. Each of us accepts the responsibility to uplift the CAC brand. Ultimately, we will be regarded as a well-respected Swim Club producing high-performing athletes, well-mannered and supportive participants (swimmers, coaches, and parents), and a nurturing community.

The undersigned athlete and parent/guardian of that athlete participating on the Coastal Aquatic Club (CAC) agrees to abide by the standards of conduct outlined below in addition to those established by the coaching staff for both the short, long and open water course seasons.

All team members are expected to:

1. Offer congratulations to opponents, win or lose, and cheer on their teammates.
2. Display proper respect and sportsmanship toward team members, coaches, officials, and administrators, fellow competitors, parents, volunteers and the public.
3. Promote positive team spirit and morale, which includes being humble in victory and courageous in defeat. Deal justly, kindly, impartially, and intelligently with all fellow team members.
4. Follow the directions of the coaching staff during practice, meets, and other team activities.
5. Refrain from all illegal or inappropriate behaviors that would detract from a positive image of the team or be detrimental to its performance objectives.
6. Wear the designated team suit, cap, and other clothing as prescribed by the coaches.
7. Not remove or take any article that does not belong to them, such as clothing, jewelry, or money.
8. Respect the property of host pools for all practices and meets. No swimmer shall tamper with or cause damage to any such facility.
9. Be 100% financially responsible for any damage to any part of their room or hotel when out-of-town meets require staying at a hotel.
10. Obey the directions of the coaches and chaperones at travel meets. And, specifically, remember that male and female swimmers may not be in the same hotel room at any time during a travel meet unless it is a fully chaperoned meeting held by the coach or chaperone in charge.

11. Avoid 'deck changes' of clothing as a courtesy to fellow swimmers.
12. Avoid excessive use of Smart Phones and social/mobile media during swim practices. There will be ample time for using such devices and services after practice.
13. Respect the rights of others when using cameras and video recorders. This includes smart phones, iPods, and related devices. Posting images of team mates (such as video, pictures, etc.) without their consent is strictly prohibited.

The following are strictly prohibited by CAC swim team members at Club functions (Practices, banquets, meets, travel trips and any other Club sponsored activities):

- A. Cursing, swearing, racial remarks or any other form of verbal abuse.
- B. Fighting or any other form of physical abuse.
- C. Use or possession of any non-prescription controlled substance or intoxicants.
- D. Use of alcohol and tobacco products.
- E. Use or possession of any weapon.

Failure to comply with these guidelines will result in disciplinary to be determined by the coaching staff and the Board of Directors. Such discipline may include, but is not limited to, any or all of the following:

1. Immediate removal from a practice session, swim meet or other team activity and notification of parents.
2. Temporary removal of privileges such as practice, meet participation, socials, etc.
3. Swimmers subject to disciplinary action will be responsible for all costs incurred as a result of their actions.
4. Any member or prospective member of CAC may be denied membership, censured, placed on probation, suspended, fined or expelled from CAC if such member violates the provisions of the CAC Code of Conduct, or aids, abets, or encourages another person to violate any of the provisions of the CAC Code of Conduct.