

TEAM MANUAL



WELCOME TO OUR TEAM



Welcome to DDST! The Dothan Dolphins Swim Team is a Dothan Leisure Services program that fosters both recreational and competitive swimming, in Dothan, in an effort to enhance the quality of life of our young citizens. Dothan Leisure Services, a division of the City of Dothan, provides the facility and coaching staff for the team, establishes and enforces policies and procedures, and runs practices.

The team philosophy is to give all children who join DDST a chance to have fun, develop themselves both physically and mentally, and reap the rewards that swimming can deliver. Competitive swimming teaches your swimmers how to set goals, work hard, accept defeat, work as a team, and enjoy victory. All of these skills can help your children toward becoming productive adults with good habits. Although we want to offer everyone the chance to excel and reach their highest potential, our most important goal is to provide the opportunity for each child to be able to participate in a recreational swimming program.

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MEET OUR COACHES

Coach Robi Champion-Head Coach

Coach Robert "Robi" Champion, is from Anniston AL. He became the Head Coach of the Dothan Dolphins in June of 2024. Before coming to Dothan, Coach Robi served as the Head Coach of the Anniston Barracudas leading them to two ARPA State Championships. Coach Robi has coached swimmers to compete at Southeasterns and Sectionals, as well as two International Meets in South Florida. Coach Robi is married (Tracy) and has three Children (Seth, Colton, and Madi), all of them have been involved in competitive swimming. Along with his role as Head Coach, Coach Robi oversees our Fitness Club Orientations, Master's Swimming, Mileage Club, and also helps coach our Special Olympics SwimTeam.



334.615.3767 RCHAMPION@DOTHAN.ORG

Coach Sarah-Grace Lockard - Asst. Coach



Coach Sarah-Grace is a Troy University graduate with a degree in physical education. She works as a Recreation Supervisor for our Dothan Aquatics Team and is responsible for training lifeguards, overseeing the City Pools, Camp Junior Lifeguard, and swimming lessons among many other special events and tasks. She swam competitively growing up and this will be her third year coaching a swim team. In her free time, Coach Sarah-Grace enjoys reading, going to the beach, and watching swim meets. Her goal as a swim coach is to make swimming a competitive, fun, and uplifting space for all participants.

334.615.3747 SLOCKARD@DOTHAN.ORG

Coach Tracy Champion - Asst. Coach

Coach Tracy is from Jacksonville, AL. She previously coached the Anniston Swim Team and the Jacksonville State Club Swim Team. She was a part of 2 of Anniston's State Championship Teams. Coach Tracy and her husband, Robi, love coaching together and spending time with family. She has three children (Seth, Colton, and Madi), all of them have been involved in competitive swimming. She also has five fur babies and a bird.

Coach Tracy believes that a winner is not just the one who finishes first in a race. She says it is much more than that. She states that "through the competitive experience, everyone can become a "WINNER" by striving towards individual goals and ultimately achieving them. Being the best is not as important as trying your best."



Swim your own race

**BE IN COMPETITION
WITH NO ONE
BUT YOURSELF**



DOTHAN AQUATICS



CONTACT US



dothanleisureservices.org



334-615-3763



[Dothan Aquatics](https://www.facebook.com/DothanAquatics)



[@dothanaquatics](https://www.instagram.com/dothanaquatics)

ABOUT DOTHAN AQUATICS

The Dothan Leisure Services Aquatics Team covers a variety of activities at different facilities including Westgate Competition Pool, Westgate Wellness Pool, Water World, and oversight of the outdoor city pools. We believe in fostering a love for swim through education, events, training, and fun. Our staff is made up of 11 full-time, 5 part-time, and dozens of seasonal employees. In an average year, over 90,000 people enjoy our pools. We offer all kinds of activities to include lap swim, open swim, aquacise, Dothan Dolphins Swim Team, Intro to DDST swim clinics, swimming lessons, lifeguard training, Camp Junior Lifeguard, water safety classes, and special events like Pumpkin Dunk, movie nights, and Doggie Dip! We love what we do, and take pride in providing quality programs and facilities.



AQUATICS MANAGER

COURTNEY GANZ

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DLS ASST. DIRECTOR-AQUATICS

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BOOSTER CLUB

DDST recognizes the importance of our swim families in the success of our swimmers. No swim team can function without the support of the swim families and swimmers. The Dothan Dolphins Booster Club was organized with this in mind. The booster club is run by parents. The Dothan Dolphins Booster Club is an IRS recognized non-profit 501(c)3 organization that is dedicated to supporting the Dothan Dolphins Swim Team and promoting swimming in the Dothan area.

MISSION

The Dothan Dolphins Booster Club's mission is to assist Dothan Leisure Services in providing a positive environment where athletic excellence and good sportsmanship are encouraged. Through a quality swim program, swimmers will learn skills in leadership, teamwork, respect, self-discipline and good character.

GOALS and ROLES

The goals of the Dothan Dolphins Booster Club are to advance swimming as a lifetime sport, provide financial support for the swim team in the form of practice equipment, awards, and parties as well as organize and host events that support the team and local community. The DDST Booster Club organizes and hosts all home meets as well as collects meet fees and quarterly dues.

To contact the current booster board, please email them at dolphinsdothan@gmail.com.

BENEFITS OF BOOSTER CLUB

- 1 Reduced entry fees for home meets.
- 2 Ability to vote on how fundraising money is distributed.
- 3 Gives you a voice in important matters that effect every swimmer on the team.
- 4 Support the swimmers by purchasing new equipment, awards, and sponsoring activities.

The Dothan Dolphins Booster Club is a volunteer parent organization that is vital to the team. The fee to join the Boosters is just \$50.00 per quarter per family, which is billed and paid through the team's billing system should you choose to participate. It is not required, but we encourage you to join the DDST Booster Club to help support your child and the team and to give yourself a voice. The Booster Club allots funds, plans activities, and assists the team. They also organize and run all of our home swim meets. These events could not happen without our DDST Booster Club.

“

Never doubt that a small group of thoughtful, committed citizens can change the world: indeed, it's the only thing that ever has.

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TEAM LEVELS

Factors considered for advancement include attendance, attentiveness, attitude, and progression. Our coaches also consider the athletes maturity and endurance. Age is not a factor in their progression. The coaches have the final say on team-level progressions. No exceptions.

LEVEL 1

Red

This level works on the basics of freestyle and backstroke, stamina, and core strength.

Black

This level includes progressive basics of free and back, and also introduces fly and breast. Stroke fluidity, breathing, and balance are the focus.

LEVEL 2

This level requires the ability to do all four strokes. It also stresses advancing technique in all strokes, as well as consistent endurance and discipline.

LEVEL 3

This level requires swimming all four strokes efficiently while participating in high-intensity aerobic workouts.

DDST FEES

After a free two-week trial period, the Department of Leisure Services charges quarterly (every three months) team dues. These dues are collected at the beginning of each quarter on January 1st, April 1st, July 1st, and October 1st. These fees are billed and paid by direct billing. Any fees not paid on time will be subject to a \$10 late fee.

- Level I \$90/quarter (\$30/month) for the first child
 - \$50/quarter additional child(ren)
- Level II \$120/quarter (\$40/month) for the first child
 - \$75/quarter additional child(ren)
- Level III \$150/quarter (\$50/month) for the first child
 - \$100/quarter additional child(ren)

Note: First child is always the one in the higher level, and the additional child discount is in the lower level. Those who are enrolled Medicaid and/or the Free/Reduced School Lunch Program, the team fees will be 50% off with annual proof of program enrollment. Fees will not increase in the middle of a quarter if your swimmer moves up a level. Your fee increase will be effective the next billing cycle.

PAYMENTS & MEETS

Signing Up for a Meet

Start by signing in to your Dothan Dolphin swim team account, next you will click on Team Events & Competition, you will then find the meet you want to compete in, next you click on Edit Commitment, select Yes I want to declare my swimmer.

Swim Seasons

Club swimming in the US has two major seasons. During the short-course competitive season, swimmers swim in 25-yard pools. This season lasts from August to mid February. The long-course competitive season takes place in 50-meter pools and lasts from April to mid July.

Travel

Except for the championship meets the team attends local swim meets that are generally within 4 hours driving distance - for example Panama City, Pensacola, Columbus, GA, Tallahassee, Birmingham, Auburn, Opelika, Destin.

Paying Dues and Meet Fees

Our main form of payment is through ACH, automatically debiting your checking account, or by entering your credit card information into team unify for auto-drafting each month. If you decide to leave the team it is your responsibility to notify us before the next billing cycle. We do also accept check and cash payments in the black box by the team bulletin board. A typical meet can cost between \$5-90 in meet fees depending on how many events your child is swimming.



DLS is a member of the Alabama Recreation and Parks Association (ARPA). This enables our team to participate in ARPA District and State Championships each summer season. The District Championship is held here in Dothan in mid-July. Swimmers must qualify at the District Meet in order to swim at the State Meet, which is always held in late July. You are not required to be registered with USA Swimming to swim ARPA Meets. The fees vary based on the meet. The City of Dothan covers meet entry fees for ARPA District and State.

USA SWIMMING

There are very few recreational teams in our area during the fall, winter, and spring months, which limits the number of recreational meets that we can participate in. For this reason, the Dolphins are also registered under USA Swimming, which is a national organization that sanctions its own swim meets and establishes rules, regulations, and qualifying times for all members. Swimmers must be USA Swimming registered in order to swim in USA Swimming sanctioned meets. It is not required that you join in order to be on the team, but is required to participate in most swim meets.

USA SWIMMING FEES

- **Premium** (valid for the year)- **\$82**
- **Individual Season** (valid for 150 days from registration)- **\$50**
- **Flex** (12 & under ONLY and only up to 2 swim meets)- **\$30**

USA SWIMMING REGISTRATION

STEP 1: Create a Login

- Request Team Link from Booster Board- dolphinsdothan@gmail.com
 - **YOU MUST USE THIS LINK TO COMPLETE REGISTRATION**
 - This link is unique to our team, so that your swimmer is correctly registered for DDST. Please do not share this link with anyone else.
- After clicking the link, you will first have to create a new login:
 - Click 'Login'
 - Then Click 'Create Login'
 - After you enter your email address, it will email you a verification code.
 - Find that verification code in your email (it will be from the account: swims@usaswimming.org)
 - Then create your username and password.

STEP 2: Register Your Swimmer

- After you have created your Username and Password, you will then be taking back to the login page. Use the username and password you just created.
- When you login this time, it should confirm that you are registering for our team.
- After you click 'continue' it will ask you who you are creating the membership for. You will select 'the membership is for someone other than the logged-in user'
- Then select whether the swimmer has ever been USA swimming registered before (are you renewing or a new member?).
- If you are renewing your swimmers registration, you will be able to look your swimmer up with their name and birthdate.
- Follow the prompts, filling in your swimmer's information.

TEAM GEAR



The Dothan Dolphin Swim Team believes in looking like a team and showing team pride at meets. We do require everyone to wear a team cap while competing. The first cap when you join the team is a gift from our DDST Booster Club, each additional cap is \$10 which can be purchased by contacting our DDST Booster Board. We strongly suggest having at least 2 DDST swim caps on hand at a meet because you never know when one might break or get misplaced. We also highly encourage team suits at every meet, but we do require them for competing in the ARPA District and State Swim Meet. Tech Suits are allowed on a case by case basis by the approval of Coach Robi. Please speak to him if you have any questions about tech suits. We also open a team store once seasonally during long course and short course season. This is a great chance to order your team merch like shirts, hats, bags, and shorts!



TEAM SUITS



swimoutlet.com

TEAM CAPS



dolphinsdothan@dothan.org

SWIM MEET BASICS

What does my child have to do to compete?

Your child will need to be registered with USA Swimming if they are planning to compete in year around meets (with the exception of districts and state which are ARPA meets). You will register for USA Swimming online.

What if my child does not want to compete?

We understand that children swim for reasons other than competition. While it is highly encouraged, your child does not have to compete. They can also compete in as many or as few meets as they would like.

What things should my child bring to a swim meet?

You will want to make sure your child has their competition suit, goggles, and DDST team cap AND a spare set. Too often, goggles and swim caps will break during competition. It's always better to be safe than sorry. A full meet checklist is available on team unify under the "Meets" tab.

How long do swim meets last?

Plan for a swim meet to last 4+ hours. Most meets are set up with a morning session and an afternoon session. Your child will be grouped into a session based on their age. Your child will spend a great deal of time cheering on their teammates on and waiting to race, so you will want to bring things to keep them occupied.

When should I arrive at the meet?

Coach Robi will let you know our scheduled warm-up time the week of the meet. You will want to arrive at least 20 – 30 minutes prior to warm-ups. This will give your swimmer an opportunity to get ready and it will give you time to find a place to sit. At most pools you will need to purchase a heat sheet that will tell you what events your child is swimming. Once your swimmer is ready, they will need to check in with Coach Robi. It is very important to check in with Coach as he decides who swims in the relays once everyone is checked in.

How will I know which race is my child's?

You will find your child's event numbers in the heat sheet which will be available for purchase. All events have an event number (e.g. Event #7, Girls 8 & Under - 25 Yard Freestyle). Many swimmers write their event numbers on their leg or arm with a Sharpie. Pay attention to the announcer as he/she announces what event is in the water or what event is coming up. If your child is 12 & under, they are often sent to the "bull pen". This area of chairs or benches is set up near the starting blocks. Your child will go to that area where a volunteer will make sure they make their race. **Parents are not permitted in the area behind the blocks or on deck.** You will want to send your child to the bull pen area at least two events prior to their event (e.g. Event 4 Heat 3 is in the water and your child is Event 6 Heat 1). A volunteer will place your child in the correct order for their swim. Make sure you remind your child of the event/heat and the stroke/distance they will be swimming. Feel free to ask any coach, parent or older swimmer if you have questions or concerns.

What does my swimmer do after the race?

Talk to their Coach! Our Coach is there to tell your child how well they did and to give them pointers on how they can improve their times. Find a towel and get dry and warm. Go back to the team area and relax. Drink plenty of fluids and munch on a healthy snack. Your child will need lots of energy for their next race.

How do I volunteer at a home meet?

It is vital to the success of our home meets that all of our parents volunteer. Home swim meets are our largest fundraisers for the team. Our team will teach you how to complete any role you might be interested in whether it is hospitality, heat tags, concessions, or timing. They will even pay for your certification to be a USA Swimming Official if you are interested. We encourage you to get involved!!

We all have specific roles....

SWIMMERS SWIM
COACHES COACH
OFFICIALS OFFICIATE
PARENTS PARENT



DDST RULES & REGULATIONS

SWIM TEAM RULES AND ETIQUETTE

1. Demonstrate good sportsmanship during all practices, competitions, and team activities. DDST WINS GRACEFULLY, LOSES GRACIOUSLY, AND CONGRATULATES OPPONENTS.
2. Swimmers will not be allowed to be in the pool until the coach is present.
3. No diving in the shallow end of the pool at any time.
4. No swimmer is allowed on starting blocks unless given specific instructions by the coach.
5. No gum.
6. No running on the pool deck.
7. No eating or drinking (other than clear liquids) allowed on the pool deck or bleacher area.
8. No pushing, fighting, horseplay, or profanity in the pool area or locker rooms.
9. Parents are not allowed on the pool deck during practice.
10. Please do not call your child to the door or talk to them during practice. In the event of an emergency, alert the coaches.
11. Do not engage in a conversation with the coach during practice. If you wish to meet with the coach, please set up a meeting by emailing Coach Robi at rchampion@dothan.org or Coach Sarah-Grace at slockard@dothan.org.
12. Be courteous and respectful to staff personnel, coaches, parents, other swimmers, facilities, and equipment.
13. Swimmers must enter and leave practice through the locker room doors.
14. Swimmers will dress in the locker rooms. No street clothes or shoes are permitted on the pool deck.
15. A swimmer may not leave the deck without permission from a coach.
16. Engaging in activities which disrupt practice will not be tolerated.
17. Swimmers who are dropped off for practice and then leave the building or do not swim will face disciplinary action.
18. It is the policy of Dothan Leisure Services to maintain a respectful and caring environment that is free from harassment and bullying. Report any events to the coaches or DLS staff immediately.
19. The swimwear policy outlined in this manual must be adhered to at meets and practices. DDST swim caps and coach approved suits are required for meets.
20. If a swimmer misses an event at a swim meet or is made to leave a meet due to behavior no fees will be refunded.

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Being considerate of others will
take your children further in life
than any college degree.

-Marian Wright Edelman

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SWIMMER EXPECTATIONS AND RESPONSIBILITIES

- Come to practice prepared, with all necessary equipment.
- Be punctual for practices and meets.
- Respect your coaches, DLS staff, and teammates.
- Be an active participant at all team practices, competitions, and other team activities.
- Pay attention to your coaches and work hard.
- Focus on every drill and every set. Be committed to putting forth your best effort every day.
- An honest effort does not include cutting laps, pulling on lane lines, missing send offs and sets, or walking along the bottom of the pool.
- Pay attention to and follow all the coach's instructions completely and exactly. The coach is there to help you; if any clarification is needed, ask politely.
- Encourage and support your teammates during practices and meets.
- Bathroom breaks must be approved by coach prior to exiting the pool, and should be limited and reasonable.
- Swimmers are responsible for assisting the coaches with lane lines.
- Swimmers are to abide by facility and Dothan Leisure Services rules.
- There is to be no vandalism, spitting on the deck or floors, or messes left in the locker rooms or pool deck. Each swimmer is expected to clean up after themselves.
- DDST Athletes are always expected to behave in an exemplary manner, during practice, at competitions, team activities, and during trips. When visiting public places, swimmers should be polite and courteous to employees and other visitors.
- **Swimmer's Rules of Etiquette at Meets:**
 - Know the rules of the meet, the schedule of events, your event heat and lane assignment. If you are in a relay you should know your spot on the relay, and the strokes you are swimming.
 - Perform to the best of your ability at all times.
 - Talk to coaching staff when questions or concerns arise regarding meet line up. Meet with your coach before and after each event.
 - Be courteous, respectful, and polite to all officials, coaches, competitors, parents, staff, volunteers, observers, and hosts.
 - Abide by all USA Swimming rules. It is mandatory that swimmers and parents stay out of restricted areas and competition walkways unless they are competing or serving in an official capacity.
 - Similarly, all questions that swimmers or parents may have concerning meet results, an officiating call, or the conduct of a meet must be referred to the coach. They, in turn, will pursue the matter through proper channels.
 - The coaching staff may establish any other rules deemed necessary. The instructions and decisions of coaches are final.

SWIMMER DISCIPLINE POLICY

The coaches have the power to impose the following penalties for any action or inaction they determine to be a violation. The penalties include, but are not limited to the following:

- The swimmer may be given a verbal warning.
- Swimmer is asked to do push-ups or wall sits.
- Swimmer sits out for 10-15 minutes, and is told why behavior is unacceptable.
- Swimmer will be asked to leave the activity or event for the day. Swimmer must remain in pool area until the parents arrive to pick them up. Parents will be notified of the violation, be required to attend a parent, swimmer and coach conference.
- The swimmer may be disqualified or dismissed from events, travel meets, team activities, team trips or a combination thereof at the parent's expense.
- If the behavior continues, parental attendance will be required at practice until the Aquatics Manager deems the problem under control.
- If the situation does not improve, the swimmer will be temporarily suspended from the team. The length of suspension depends on the infraction, and will be determined by the Aquatics Manager.
- The final stage of discipline is expulsion from the team.

PARENTS ROLE IN SWIMMING

You play a large part in the success of your child's swimming career by helping them set their personal goals. You can do this by supporting your swimmer, and instilling respect, discipline, and teamwork in them. The coaches are dedicated to your children, and your support will make their job easier and enhance your swimmer's experience. We encourage you to support your child, regardless of their performance. Teach your child to be humble and gracious whether they win or lose.

It is the coaches' job and duty to help each swimmer achieve their goal as only swim coaches can. Please trust them to do that job. By standing back and allowing them to do this, you show your child that the coaches are worthy of their trust and that they should be comfortable to form a solid coach/swimmer relationship. We know that the skills, discipline, and integrity that your child will gain from participating in this program will have life-long benefits.

PARENT RESPONSIBILITIES

- Respect and follow all facility/DLS rules and regulations, including all rules stated in this manual.
- Set the right example for our children by showing respect and common courtesy at all times to the team members, staff, coaches, competitors, officials, parents, and for all facilities and other property used during practice and competition.
- Be courteous and respectful to swimmers, coaches, other parents, officials, and facility staff.
- **Please get involved**...be an official, volunteer at meets, work on a committee, help plan a fundraiser, help plan a group social. Find something you enjoy!
- Respect all coaching decisions. The coaches have the final say in practices, team progression, and meet events and line-ups.
- Trust and support your swimmer's and coach's decisions around goal setting, training commitments, swim event entries, and meet schedules.
- Parents should not talk to the coaches or swimmers during a practice except in an emergency.
- Supervise your swimmer at meets when they are not on the pool deck. Parents are responsible for the supervision and discipline of their children when they are off of the deck. This includes before and after practice and at swim meets (i.e. in the locker rooms, lobby, gym, etc.).
- Volunteer to assist at home meets. When you help at home meets you will always be relieved to allow you to watch your children swim. Please return to your area after your child's race to ensure the same courtesy to other parents.
- Have your swimmer(s) at swim meets on time for team warm ups. Missing warm ups is unacceptable and could result in your swimmer not being entered in meets.
- Do not interrupt or confront the coaching staff on the pool deck during meets, and do not be present on deck during competition unless you are working at the meet. Coaches are available before and after meets and competitions for feedback or to discuss issues.
- Refrain from inappropriate behavior that detracts from a positive image of DDST or is detrimental to our performance.
- Any questions about disqualifications, judging, etc., should be directed to your swimmer's coach. Respect the integrity of swim officials by assuming decisions are based on honest, objective evaluations of performance. Only coaches may approach meet officials for clarification of rulings.
- **We strongly suggest that parents and swimmers attend a scheduled conference with the coaches each season to talk about goals and overall performance.**

COACHES RESPONSIBILITIES

- Act professionally and maintain a professional separation between coach and athlete.
- Adhere to USA Swimming's rules and code of conduct at all times.
- Adhere to all U.S SafeSport and Minor Abuse Prevention Policies (MAAPP) at all times.
- Set a good example of respect and sportsmanship for participants and fans to follow.
- Instruct participants in sportsmanship and demand that they display good sportsmanship.
- Help each swimmer establish goals each season.
- Demonstrate positive reinforcement and apply calculated, strategic training sessions.
- The coaching staff will supervise swimmers during practice.
- Coaches will determine what events your child will swim in each meet and inform parents of selections.
- Coaches will always place the well-being, health, and safety of swimmers above all other considerations, including developing performance.
- Respect officials and their judgment and abide by the rules of the event.
- Treat opposing coaches, participants, and spectators with respect.
- Treat every athlete fairly, justly, impartially, intelligently, and with sensitivity.
- Continue to seek and maintain their own professional development in all areas in relation to coaching and teaching children.
- The coaching staff has the authority to take disciplinary action when necessary. Please refer to DDST Discipline Policy for disciplinary action steps.

SWIMSUIT COVERAGE

Dothan Leisure Services has adopted the National Federation of State High School Associations swimsuit coverage policy. Our expectation is that suits will be worn in the manner in which they were designed. During both practice and competition, swimmers will wear one-piece suits. They shall be worn in the appropriate size as dictated by that manufacturer's specifications for the athlete's body type and shall remain unaltered. In addition, boys shall wear suits which cover the buttocks, and girls shall wear suits which cover the buttocks and breasts. Please read and understand the regulations below. Swimmers who do not adhere to this policy will be asked to exit the practice or competition until they change into compliant swimwear.

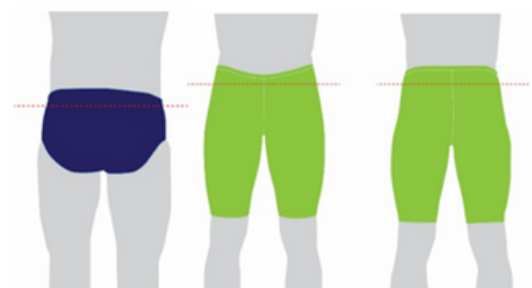
NFHS Swimming and Diving Suit Coverage Excerpt

The NFHS is dedicated to providing a safe environment for its members and the swimming and diving community. During practice and competition suits shall be worn in the appropriate size as dictated by that manufacturer's specifications for the athlete's body type and shall remain unaltered. Boys shall wear suits which cover the buttocks, and girls shall wear suits which cover the buttocks and breasts.

Example of Appropriate and Inappropriate Female Suit Coverage (red dotted lines)



Example of Appropriate and Inappropriate Male Suit Coverage (red dotted lines)



SAFESPORT- USA SWIMMING

Our Dothan Dolphins Swim Team utilizes and follows the standards provided by USA Swimming with the SafeSport Code. The following are excerpts from a larger document. The full document is available through the QR code featured to the right.

[You can also view the SafeSport Manual HERE](#)



IX. PROHIBITED CONDUCT

This section of the Code sets forth expectations for Participants related to Emotional, Physical, and Sexual Misconduct, including Bullying, Hazing, and Harassment. The privilege of participation in the Movement may be limited, conditioned, suspended, terminated, or denied if a Participant's conduct is or was inconsistent with this Code or the best interest of sport and those who participate in it.

It is a violation of the Code for a Participant to engage in or tolerate: (1) Prohibited Conduct, as outlined in the Code; (2) any conduct that would violate any current or previous standards promulgated by the U.S. Center for SafeSport, an NGB, an LAO, or the USOPC that are analogous to Prohibited Conduct and that existed at the time of the alleged conduct; or (3) any conduct that would violate community standards analogous to Prohibited Conduct that existed at the time of the alleged conduct, including then applicable criminal or civil laws.

Prohibited Conducts include:

- A. Criminal Charges or Dispositions
- B. Child Abuse
- C. Sexual Misconduct
- D. Emotional and Physical Misconduct, including Stalking, Bullying, Hazing, and Harassment
- E. Other Inappropriate Conduct
- F. Aiding and Abetting
- G. Misconduct Related to Reporting
- H. Misconduct Related to the Center's Process
- I. Retaliation
- J. Violation of Minor Athlete Abuse Prevention Policies / Proactive Policies

USA SWIMMING RULEBOOK

Our Dothan Dolphins Swim Team also utilizes and follows the standards provided by USA Swimming Rulebook. The complete USA Swimming Rulebook can be found on the USA Swimming website or by following the QR Code featured to the right.

[You can also view the USA Swimming Rulebook HERE](#)

