

Athlete Code of Conduct

The purpose of this conduct policy is to ensure that every swimmer is provided an environment, which allows him or her the opportunity to reach his or her individual goals. Therefore, underlying this policy are the following assumptions:

- 1). A swimmer conduct should provide a healthy physical and emotional environment for themselves and others.
- 2). A swimmer conduct should support every other swimmer ability to learn.
- 3). A swimmer conduct should support the coach's ability to teach other swimmers.
- 4). Each swimmer should be committed to striving for their goals and for the good of the team.

Conduct Expected of All Swimmers

Swimmers are encouraged to learn because they choose to do what is in their best interest, not to avoid punishment for "breaking rules." However, it is in everyone's best interest for basic rules to be clear and unambiguous.

1. PCST swimmers are expected to remember that they are representing PCST at all times. Swimmers, coaches, and parents should represent the PCST name with excellence, team spirit, good sportsmanship, and politeness. This conduct extends to all facets of a swimmer life, including their activity in digital media.
2. PCST swimmers are expected at all times to follow the appropriate directions of any member of the coaching staff, Aquatic Center Staff, and any person who is a chaperone. Disrespect or failure to obey appropriate instructions will not be tolerated from any athlete.
3. Specifics
 - a. PCST swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
 - b. There shall be no drinking of alcohol, use of tobacco products, illegal drugs, or any substance banned by FINA or the IOC.
 - c. PCST swimmers are expected to respect each other. Fighting, intentional touching, or striking another athlete will subject the swimmer to the most severe discipline.
 - d. PCST swimmers are expected to respect and care for the property of others. Vandalism, intentional damage to property, or theft of property will not be tolerated.

- e. Swimmers may leave team activities early only with the permission of a member of the coaching staff.
- f. Changing of clothes (either into or out of swimsuits), other than in a designated dressing area or bathroom, is strictly prohibited. No swimmer shall change clothes while on the pool deck or in other public areas.
- g. Any kind of physical or emotional abuse is strictly prohibited.

4. Other Expectations

- a. Follow all of the coach's, pool staff, or chaperone's appropriate orders completely and exactly. If any clarification is needed, inquire politely.
- b. PCST swimmers are expected to support their teammates in a positive way through their words and actions at all times.

5. Discipline

Failure to follow the above rules may result in disciplinary measures, including:

- a. Suspension from events or practices.
- b. Removal from any trip. In this case parents will be required to pick their child up immediately.
- c. Suspension from the team.
- d. Expulsion from the team.

The coaching staff reserves the right to use these examples of discipline in order to protect the team as a whole. The uses of discipline will be administered based on the severity of any offense. Any suspension or expulsion from the team may be appealed to the board of directors in writing.

Swimmers are expected to follow the spirit of the rules as well as the specific rules. The coach must adapt the philosophy to an infinite number of situations. Swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive environment for all. The spirit of the above rules is to provide a safe and effective training and competition situation.

Parent Code of Conduct

As a parent of a swimmer and member of Panama City Swim Team, I will abide by the following guidelines:

- I. Practice *teamwork* with all parents, swimmers and coaches by supporting the values of II. *Discipline, Loyalty, Commitment and Hard Work*.
- III. As a parent, I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck.
- IV. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at meets and practices.
- V. Maintain self-control at all times. Know my role.

Swimmers – Swim

Coaches – Coach

Officials – Officiate

Parents – Parent

- VI. As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated.
- VII. Enjoy involvement with Panama City Swim Team by supporting the swimmers, coaches and other parents with positive communication and actions.
- VIII. During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff. Parents address officials via the coaching staff only.
- IX. Make sure that both a coach is present, and a practice is scheduled before leaving athletes at the pool.
- X. **Sanctions.** Should I conduct myself in such a way that brings discredit or discord to Panama City Swim Team, or USA Swimming, I voluntarily subject myself to disciplinary action. PCST maintains the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.

Inappropriate behavior by a parent member will not be tolerated.

The PCST Board of Directors will review all incidents involving parent/member violations of the PCST Code of Conduct. Violations of the PCST Code of Conduct by a Parent may be subject to the families' dismissal from the team with no refund given. PCST's BoD decision will be final.