



Bay Club Swimmers and Parents Code of Conduct

Philosophy

Our primary objective is to help each swimmer realize their full swimming potential. In order to do so, an environment that will encourage accomplishment must be established and maintained. A swimmer's conduct at practices and swim meets should support every other swimmer's ability to learn and the coach's ability to teach other swimmers. With that in mind, we have developed the Swimmer and Parent Code of Conduct and expect all Bay Club swimmers and parents do their best to follow it.

Conduct Expected of All Swimmers

- To remember that at practice, during swim meets and at events sponsored by, or in which, Bay Club Aquatics is represented. Swimmers should represent the Bay Club with excellence, team spirit, good sportsmanship, and politeness.
- To think and act positive at all times.
- To conduct myself with dignity and respect for others and for the property of others.
- To comply with all swim team and Bay Club rules.
- To follow the directions of any member of the coaching staff and any person who is a chaperone. Disrespect or failure to obey instructions will not be tolerated from any athlete.
- To avoid spreading rumor or gossip that could be detrimental to fellow teammates.
- To try their best in practice and competition.
- To follow all practice guidelines.
- As a matter of team pride I will leave the team area in a neat & clean condition at the conclusion of each practice session. I understand this also applies to pool locker/rest rooms, pool decks, etc.
- There shall be no drinking of alcohol or use of tobacco products, illegal drugs or any substances banned by USA Swimming or FINA.
- To be on time for practice, team function and competitions.
- To notify the coach in advance if they are planning to leave practice or swim meets early.
- To wear designated team apparel at all competitions. This includes but not limited to team swimsuit, swim cap, t-shirts, etc...
- To report any sign of illness or injury to a coach or club staff member immediately.
- To follow the attendance policy set forth by the coaching staff.
- If a parent /swimmer has a problem with another swimmer, parent or coach, it is their responsibility to communicate the problem with the swimmer's coach. If the problem escalates or can't be resolved in this manner, the parent/ swimmer is to take the issue up with the head coach and/or the aquatics director, who will help to resolve any issues.
- To be respectful of your teammate's feelings and personal space. Swimmers who exhibit sexist, racist or inappropriate behavior towards another person will be excused from the practice or meet and will be subject to a disciplinary process as determined by



the head coach depending on the severity of the infraction. Any coach at any time has authority to ask a swimmer to exit the pool for disciplinary reasons.

- To be responsible for checking in, checking postings, and heat and lane assignments, reporting to their coach and for being behind their block prior to their race. A swimmer will suffer the consequences (fines, removal from an event or the meet, no show or disqualification) as per the meet sanction or the directive of your coach for missing an event.

Prohibited Behavior

I understand that at no times will the following be accepted or tolerated:

- Destructive behavior. Continual cheating in a practice will be considered a disruption of practice.
- Inappropriate or unruly behavior, including instigating, fighting or striking another athlete.
- Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
- Inappropriate language (swearing or derogatory comments) or lying.
- Use of profane or abusive language or obscene gestures
- Bullying or isolating another swimmer
- Stealing and vandalism.
- Interference with the progress of another swimmer during practice or at any other time.

Consequences for Violation of the Code of Conduct:

This code shall be in force for all Bay Club swimmers during practice, meets, and at events sponsored by, or in which, Bay Club Swim Team is represented. Disciplinary actions can range from, but are not limited to; reprimands, being sent home from practice or meets at the parents' expense, expulsion from the team, being barred from competition, or receiving any other disciplinary action that the Bay Club deems necessary if a member fails to adhere to the Code in part or in whole.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- 1st time: Verbal warning by official, head coach, or Bay Club staff.
- 2nd time: Formal Letter of Complaint will be issued to all parties involved and filed with the Bay Club.
- 3rd time: Practice and/or Meet Suspension (two weeks from practice and one meet suspension) and a formal meeting with the Head coach and Aquatics Director. Written documentation of incident will be kept on file.
- 4th time: Removal of swimmer from the team.



Parents Code of Conduct

- I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all swimmers, coaches, officials, and spectators at every meet, practice, or other sporting event.
- I will not engage in any kind of unsportsmanlike conduct with any official, coach, swimmer, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
- I will respect the officials and their authority during meets and will never question, discuss, or confront coaches on the pool deck, and will take time to speak with coaches at an agreed upon time and place. Swimmers and Parents shall not ever confront an official or stroke/turn judge at a meet about a disqualification. This is the coach's responsibility. Swimmers and parents will be respectful and courteous to meet volunteers at all times. If you have a problem, come get your coach.
- I will respect coaches and their authority during practice. I will never question, discuss or confront coaches during practice time. I will take time to speak with coaches at an agreed upon time and place.
- I will refrain from coaching my child or other swimmers during meets and practices, unless I am one of the official coaches of the team.
- Parents are encouraged to join our board, volunteer for team activities and to learn to be a USA Swimming Official.
- I will only be on deck at a swim meet if I am a timer, meet marshal, or official. If I am on deck I will not approach the coaches or swimmers.
- I will respect the Swimmer/Coach relationship and allow my child to be their own advocate for any issues they may have.
- I will not text, email, or phone coaches during a swim meet unless it is to inform them of tardiness or scratches.
- I will not engage in any negative discussions on the pool deck during practice or meets that is detrimental to the swim team.
- I will respect the Coaches time during practice and will contact them outside practice times for any questions or concerns. Coaches are happy to respond to email in a timely manner within 24 hours. Communicating with coaches during practice disrupts the workout for the entire group.
- I will not use any recording devices while on deck during practice hours
- I will not sit behind or stand in front of one of the lanes.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- 1st time: Verbal warning by official, head coach or Bay Club staff.
- 2nd time: Formal Letter of Complaint will be issued to all parties involved and filed with the Bay Club.
- 3rd time: Parental Practice and/or Meet Suspension (two weeks from practice and one meet suspension) and a formal meeting with the Head Coach and Aquatics Director. Written documentation of incident will be kept on file.
- 4th time: Removal of swimmer from the team.



Bay Club Swim Team Travel Policy

I hereby agree to abide by and follow section 305.5D of the USA Swimming Code of Conduct stipulations in the USA Swimming Rulebook. A signature on this document constitutes an unconditional agreement to comply with the team rules and the USA Swimming Code of Conduct.

- Team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming administered back ground check. (305.5B)
- Regardless of gender a coach may not share a hotel room or other sleeping arrangement with an athlete (unless the coach is a parent, guardian, sibling, or spouse of that athlete) (305.5A)
- When only one athlete and one coach travel to a competition, the athlete must have his/her parents (or legal guardian's) permission in advance to travel alone with the coach (305.5C)
- Coaches are not allowed to transport or drive any athlete, at any time without the express written consent of the legal guardian (parent) and the written permission of the Head Coach. This must be filed in advance of transportation with the head Coach. Coaches who drive athletes assume liability, must provide proof of insurance, and understand that they are not indemnified by the club. Parents are not allowed to transport other athletes without a written consent from the swimmer's parent or legal guardian. The Bay Club assumes no liability for transportation of athletes, and all parties agree to hold harmless and indemnify The Bay Club and its agents and directors from liability arising out of any and all claims.
- During overnight team travel, if athletes are paired with other athletes the athletes should be of same gender and should be similar age. Athletes who are 13 and over will have chaperones staying in rooms that are of close proximity. Athletes, who are 12 and under, must be accompanied by their parent or legal guardian. LSC meet conduct and policy shall be followed when team members attend those meets.
- Curfews shall be established by the staff each day of the meet. Athletes agree to abide by curfews.
- When visiting public places, swimmers must stay in groups of no less than 3 and must be accompanied by a chaperone.
- The Head coach shall report any code of conduct violation to the appropriate club/LSC leadership and legal guardian of any affected minor.
- Athletes are to refrain from any inappropriate physical contact at team activities and events.
- Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or would be detrimental to its performance objectives
- Parents and swimmers agree to follow team rules while traveling.
- Team members and parents are reminded that when they are traveling on trips, competing in team meets, and attending other meet-related functions, they are



representing both themselves and The Bay Club. Athlete and parent behavior must positively reflect the high standards of the club and the LSC.

- Failure to comply with the Honor Code and team rules as set forth in this document may result in disciplinary action. Such discipline may include but may not be limited to:
 1. Dismissal from the trip and immediate return home at the expense of the athlete and their parent.
 2. Disqualification from one or more events of a competition.
 3. Disqualification from future team travel meets.
 4. Dismissal from the team
 5. Proceedings for a LSC or USA Swimming Board of Review

I agree that my child (swimmer) and I will follow USA and San Diego – Imperial Swimming procedures and rules. Failure to abide by these guidelines will result in the termination of my swimmer's membership with the swim team and/or The Bay Club.

Swimmer signature_____date_____

Parent signature_____date_____

Coach witness_____date_____