

## **Saint Lawrence Swim Team (SLST) Code of Conduct**

As a swimmer, coach or parent/guardian member of St Lawrence Swim Team (SLST), we all must abide by the following Code of Conduct and policies.

- Demonstrate good sportsmanship by conducting myself in such a manner that earns the respect of swimmers, other children, parents, coaches and meet officials.
- Maintain self control at all times. Know my role:

**Swimmers – Swim**

**Coaches – Coach**

**Officials – Officiate**

**Board of Director Members (“Board”) – Govern**

**Parents – Parent**

- Enjoy involvement with the St Lawrence Swim Team by supporting swimmers, coaches, officials and parents with positive communication and actions.

The purpose of this policy is to provide rules (code), procedures and to assign responsibility for SLST swimmers, parents, family members, guardians and coaches.

### **Swimmer’s Code:**

- Swim by the rules
- Never argue with an official
- Work equally hard for myself and my team.
- Show respect for the meet officials, even though I will sometimes disagree with his/her call.
- Show good sportsmanship before, during and after the meet or practice.
- Participate for my own enjoyment and benefit, not just to please my parents and coaches.
- Cooperate with my coaches, teammates and opponents.
- Conduct myself with honor and dignity and treat other swimmers as I would like to be treated.
- Control my temper and do not retaliate, even if I believe I have been wronged.
- Do not use or possess tobacco, alcohol, or illegal or performance enhancing drugs.
- Be on time. Be ready to get in the water on time for practice and meet warm-ups. Pool time is very valuable.
- If I am ill with contagious viruses or open wounds; I will notify the coaches before entering the water.
- If I get injured at practice or a meet, I must report to the coaches immediately following the injury

- At swim meets, I am responsible for:
  - Checking in,
  - Checking postings,
  - Heat and lane assignments,
  - Reporting to my coach
  - Being behind my assigned block prior to my race.

**Parent's/Family members/Guardians Code:**

- As a parent/guardian I play a unique role in the development of your son or daughter and of their teammates. My encouragement and good example will do more to ensure good sportsmanship and self-discipline than any other influence.
- Remember that children participate for their enjoyment, not mine.
- Encourage my child to participate in swim meets, but do not force them.
- Never ridicule or yell at a child for making a mistake or getting disqualified.
- Remember that children learn best by example. Appreciate good performances and skillful execution of strokes by all participants.
- Support all efforts to remove verbal and physical abuse from swimming activities.
- Show appreciation for volunteer officials; meet organizers, board members and administrators. Without them, my child could not participate.
- Be mindful of my commitment to volunteer during meets and during fundraisers. My time is a valued resource that helps make this team successful. Without my help the load is heavy on the few.
- I am expected to keep non-swimming siblings from running around on the deck unsupervised during practice, as this is a distraction and of safety concern.
- I understand that the noise level in and around practices is not to exceed a normal speaking voice.
- I am expected to pay my dues and fees on time.
- I am to refrain from coaching during practices and meets. Parental coaching can be detrimental to the success of the child and the coach/swimmer relationship. Role of a parent is to cheerlead and supply positive reinforcement and comments.
- I will be an active participant in all fundraising events, SLST hosted meets and volunteer to time at 'away' meets.
- During meets, any concerns or questions regarding decisions made by meet officials are to be directed to a member of our coaching staff only (not officials directly).
- During meets, any concerns regarding decisions made by our coaches should be brought to the attention of the coach first. If not resolved, the concern may then be taken to the Board President, or other board members (not other coaches directly).

### **Coaches Code:**

- Remember that young people participate for pleasure and winning is only a part of it.
- Never ridicule a young swimmer for making a mistake or getting disqualified. Or use profane, insulting, harassing or otherwise offensive language while coaching
- Be reasonable in your demands on swimmers time, energy and enthusiasm.
- Operate within the rules and spirit of USA Swimming and teach your swimmers to do the same.
- Ensure that the time swimmers spend with me is a positive experience. All young people are deserving of equal attention and opportunities.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all swimmers.
- Display control, respect and professionalism to all involved with swimming.
- Show concern and caution towards sick and injured swimmers. Follow physician's advice when determining a player is ready to recommence training or competition.
- Obtain and maintain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.
- Any physical contact with a young person should be appropriate to the situation and necessary for the swimmers skill development.
- Be professional and direct all observations regarding all aspects of swimming to the appropriate person/family. Do not make public individual swimmer's progress, development and training.
- Regularly seek ways of increasing professional development and self-awareness
- Respond to parent concerns in a timely manner

### **Responsibility:**

The decision to remove a swimmer for the balance of an individual practice, event or swim meet for disciplinary reasons is at the sole discretion of the Head Coach. If the Head Coach is not in attendance, this decision rests with the coach placed in charge of the practice or swim meet.

The decision to suspend a swimmer from one or more practices or swim meets (up to one week in total) shall be based on the recommendation of the Head Coach and is at the sole discretion of the President, in consultation with the school administrator and members of the Board as deemed necessary and appropriate by the President.

The decision to suspend a swimmer for more than one week or to expel a swimmer from the swim team shall be based on the recommendation of the Head Coach, the President, and the school administrator and is at the sole discretion of the Board.

### **Enforcement:**

1. Should the Head Coach (or coach placed in charge by the Head Coach) remove a swimmer for the balance of an individual practice or swim meet for disciplinary reasons, the Head Coach shall notify a parent or legal guardian of the swimmer as soon as possible. The Head Coach shall then advise both the President and the parent/legal guardian of the reason(s) for dismissal. Any swimmer suspended for the balance of an individual practice or swim meet shall not be released from the pool area until completion of that practice or swim meet, unless accompanied by a parent, legal guardian or other authorized adult.
2. Should the President suspend a swimmer for up to one week from the swim team for disciplinary reasons, the President shall notify the Board and a parent or legal guardian of the swimmer as soon as possible on the day of the occurrence. The President shall advise the Board and the parent/legal guardian of the reason(s) for dismissal.
3. Prior to the Board making a final decision to suspend a swimmer for more than one week or to expel a swimmer from the swim team, the Board shall provide an opportunity to both the swimmer and to the parents or legal guardians of the swimmer to meet with the Board to provide any relevant facts or circumstances that may impact the Board's decision. After taking such information into consideration, the decision of the Board will be final.
4. The severity and frequency of the swimmer's misconduct will determine the appropriate level of suspension or expulsion from the team. Actions resulting in repeated suspensions by a swimmer will result in longer suspensions or expulsion from the team.

#### **Grounds for Disciplinary Action:**

A swimmer or parent/guardian may be disciplined for any of the following:

- Not following the posted swimming pool rules at a practice or swim meet.
- Acting in a manner in or around the pool that presents an unsafe condition to the swimmer or to other individuals.
- Not following the instructions of any Coach or Meet Officials.
- Use of or being under the influence of alcohol, drugs, or any other controlled substance at a practice, swim meet or other team event.
- Possession or use of tobacco at a practice, swim meet or other team event.
- Possession of a firearm, knife or other dangerous object at a practice, swim meet or other team event.
- Causing damage to the property of SLST, of the St Lawrence School or Parish or any other individual's property.
- The use of profanity, intimidation, bullying or harassment of others.
- Criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, volunteers, parents and/or any participating swimmer.
- Any other action that is deemed to be detrimental to SLST, including to individual members, swimmers or coaches of SLST, as determined by the Head Coach or the President.
- Any criminal activity, including vandalism, intentional damage to property or theft of property on SLST grounds or any sanctioned events.

#### **Sanctions:**

Should any swimmer or parent/guardian conduct themselves in such a way that brings discredit or discord to Saint Lawrence Swim Team they are subject to disciplinary action. SLST maintains the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.

**Acknowledgement**

**I have read, understand and hereby agree to abide by and support this SLST Code of Conduct.**

**Please print/sign the appropriate place holder as defined in the Code.**

Swimmer's name: \_\_\_\_\_ Date: \_\_\_\_\_

Swimmer's signature: \_\_\_\_\_

Parent's name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's signature: \_\_\_\_\_

Coach's name: \_\_\_\_\_ Date: \_\_\_\_\_

Coach's signature: \_\_\_\_\_