



**UTAH VALLEY AQUATICS
TEAM CODE OF CONDUCT**

Each member of Utah Valley Aquatics is required to review and comply with the following:

SWIMMER CODE OF CONDUCT

BE A SWIMMER

- Attend practice and meets throughout the season according to the expectations of your workout group and Coach.

BE SUPPORTIVE

- Swimmers will support all team members by behaving in positive ways towards each other. Never interfere with the progress of another swimmer during practice or otherwise.

BE RESPECTFUL

- Swimmers will be respectful of peers, coaches, volunteers, and facilities. Swimmers will demonstrate good sportsmanship and respect for other teams.
- Disrespectful, indiscreet, or destructive behavior will not be tolerated. It is the responsibility of each swimmer to make every effort to avoid guilt by association with such activities at any time during the year.

BE HELPFUL

- Consistently help prepare the pool for practice and/or clear the pool and deck afterward.

BUILD TEAM UNITY

- Each participant will wear a Utah Valley Aquatics cap during all competitions.
- All athletes will participate in the designated end-of-season championship meet(s) for which they are qualified, including, but not limited to: Beehive and State Championship meets. To remain in good standing, alternate arrangements must be made with the swimmer's coach in advance of the championship if the swimmer cannot attend.

BE HEALTHY

- The use of alcoholic beverages is unacceptable at any time.
- The use of drugs other than those prescribed by your physician and the misuse of over-the-counter substances is unacceptable at any time.
- Smoking is unacceptable at any time.



PARENT CODE OF CONDUCT

As a member of the Utah Valley Aquatics family, I will foster a successful swimming program by understanding and complying with the following:

BE A PARENT, NOT A COACH

- Parent(s) will leave the coaching of their swimmer(s) to the coaches.
- Parent(s) will not advise the coach on how to do their job.
- Parent(s) will work through the coach if a meet procedure or call is disputed.

BE CONSIDERATE

- Parent(s) will try to refrain from talking to a coach during the practice time and at meets when the coach is interacting with swimmers or observing races. Parents may use email or non-practice time to converse with coaches.

BE HELPFUL

- Parent(s) will time or otherwise assist at away meets where their swimmer competes.