



Vallejo Aquatic Club

Swimmer Code of Conduct



Vallejo Aquatic Club (VJO) is committed to a standard of excellence that builds great people, then great people into great athletes, all in a safe and supportive environment. VJO grants the privilege of membership to individuals committed to that mission. The privilege of membership may, therefore, be withdrawn or denied by VJO at any time when the Coaching Staff or Board determines that a member's or prospective member's conduct is inconsistent with the mission of VJO, or the best interest of the sport and those who participate in it.

In order to assist all members in better serving the interests of those who participate in swimming, VJO has adopted this Code of Conduct, which applies to the pool deck, social media, and any and all spaces where a swimmer represents Vallejo Aquatic Club or interacts with any of its members.

- Treat everyone, all swimmers, coaches, spectators, and officials, as you would like to be treated.
- Swim for the “fun of it” and not just to please your parents or coach.
- Never disrespect or argue with a referee or coach.
- Control your temper. Physical or verbal abuse of other swimmers, coaches, officials and/or family members will not be tolerated.
- Bullying or abuse, in any form, including but not limited to, verbal, emotional, or physical harassment, will not be tolerated and is grounds for immediate suspension or removal from our team. Any occurrence of bullying or abuse may result in the swimmer being removed from practice (or any team event) immediately and kept out of future events until the issue has been addressed.
- NEVER use foul, derogatory, or otherwise inappropriate language.
- Be on time to all practices and meets. Let the coach know in advance of any scheduling conflict.
- Appreciate all good efforts: your teammates, your coaches, your opponents, and all volunteers.
- Win and lose with GRACE. Compete with GRACE. A quitter never wins and a winner never quits.
- Give all of your effort all the time, and know that how hard you try is more important than winning, losing, or your final time.
- When unsupervised in the locker room, behave as you are expected to behave on the pool deck.
- Cell phone use is strictly prohibited during practice times. Parking lot policy will be in full effect: once you arrive at the parking lot, cell phones need to be put away in your bag. Once practice is over and you are back in the parking lot, cell phones may be removed from your bag.
 - If a cell phone needs to be accessed for family purposes, please communicate with a coach ahead of time for approval.
 - If a cell phone is out during practice time without coach approval, a coach will hold on to the cell phone until it can be returned to a parent/guardian after practice.
- In accordance with USA Swimming policy, the VJO pool entry rule for practice, meet warm-up, or any team event, is as follows:
 - Swimmers must enter the pool feet first, while maintaining at least one hand on the pool deck, until both feet touch the water (3-point entry).
 - NO DIVING or JUMPING is allowed from the blocks or the edge of the pool.

UNLESS OTHERWISE DIRECTLY INSTRUCTED BY A COACH WHILE UNDER THAT COACH'S DIRECT SUPERVISION



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S.H.A.R.K.S

S – Stay Safe

Follow all pool rules and listen to your coach.

H – Help Others

Encourage teammates and be a good friend.

A – Accountability

Own your actions—show up on time, work hard, and be prepared.

R – Respect Everyone

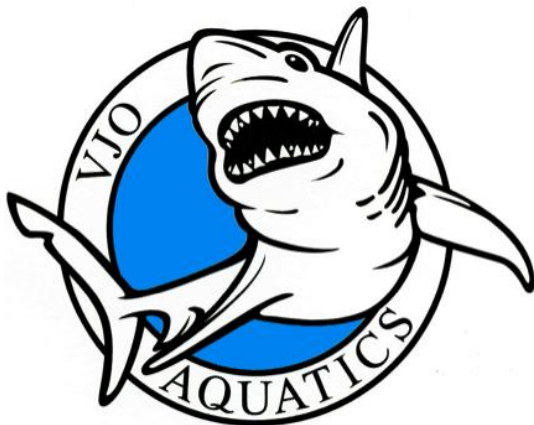
Speak kindly and treat others the way you want to be treated.

K – Keep It Positive

Believe in yourself and lift others up.

S – Show Sportsmanship

Be fair, humble in victory, and gracious in defeat.



In addition to the Vallejo Aquatic Club Parent and Family Code of Conduct, all athletes, coaches, parents/guardians, and officials must conduct themselves in accordance with Safe Sport and Minor Athlete Abuse Prevention Policy (MAAPP).

Athletes who violate this code of conduct may, at the discretion of the coaching staff, be placed on a behavior contract with the goal of monitoring and improving behaviors that are not in accordance with the code of conduct. The behavior contract would be drafted by the coaching staff, reviewed by the athlete and their family, then signed by the athlete, athlete's parents/guardians, and coach. Coaches and the athlete will document progress over time. Athletes who show consistent improved behavior will be removed from their behavior contract. Athletes who continue to violate the behavior contract and code of conduct may face suspension or removal from Vallejo Aquatic Club. Vallejo Aquatic Club reserves the right to withdraw or deny membership at any time due to behaviors that violate the code of code.

I HAVE READ THE VALLEJO AQUATIC CLUB'S SWIMMER'S CODE OF CONDUCT AND AGREE TO FOLLOW THESE RULES AS THEY RELATE TO ME. I UNDERSTAND THAT ONE OR MULTIPLE INFRACTIONS COULD LEAD TO A SUSPENSION OR A COMPLETE DISMISSAL FROM THE TEAM.

PRINT Swimmer's Name

Swimmer Signature

Date

PRINT Parent/Guardian Name

Parent/Guardian Signature

Date