



CODE OF CONDUCT: ATHLETES, PARENTS, AND COACHES

The purpose of this code of conduct for coaches is to establish common expectations for all swimmers, parents, and coaching staff of Golds Aquatics Club. It is to be used as a guide to promote a positive team environment and good sportsmanship.

ATHLETES

RESPONSIBILITIES

As a swimmer's level of swimming ability increase so does their responsibility. Our club is designed to encourage all swimmers to be Gold Group members. As swimmers improve, we expect a commitment in all areas. A swimmer has the responsibility to the team, Coaches, parents and most importantly to themselves. Swimmers need to prepare themselves to participate to their best ability each time they are at practice. Thus, all swimmers will be expected to bring all training accessories with them to every practice (swimsuits, goggles, caps, fins).

We want you to come to practice with a positive attitude and willingness to learn. We expect you to be respectful and considerate of all teammates, parents, Coaches, officials, and club members. We will encourage and support each other as individuals and a team. Everyone will benefit in this environment!

SWIMMERS CODE OF CONDUCT

1. At club functions, whether practice, meets or social gatherings, we expect each swimmer to behave in such a way that their actions reflect positively on the team.
2. All members of the club, including swimmers, parents, siblings, and guests, will continue to protect and promote the reputation of the club.
3. Never interfere with the progress of another swimmer during practice or meets.
4. I will set a good example of behavior and work ethic for my younger teammates.
5. I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
6. I will attend all required team meetings and training sessions, unless I am excused by my coach.
7. I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
8. I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
9. If I disagree with an official's call, I will talk with my coach and not approach the official directly.
10. I will obey all of USA Swimming's rules and codes of conduct.
11. Any swimmer who is known to participate in tobacco, alcohol, drug, or sexual misconduct is subject to suspension from the club. This will be decided with athlete, parents, Coaches, and team representative.

Swimmer Signature

Date

PARENTS

RESPONSIBILITIES

Make every effort to have your swimmer at practice on time. Realize that your child is working hard and give all the support you can. Encourage good diet and sleep habits. This will serve them well in all areas of their life.

PARENTS CODE OF CONDUCT

1. I will support the Coaches working with my child and always remember I am not the Coach. All concerns I have will be addressed to the Coaches and club support staff and not my child.
2. I will address Coaches and club staff in a respectful and positive manner. I will utilize email, TeamUnify and the mobile app, to contact my Coaches and club staff, respecting their privacy. Please do not ask for coaches personal phone numbers.
3. I will encourage good sportsmanship through my example of positive support of all athletes, Coaches, officials, and spectators at every practice, meet and team function.
4. I will place the physical and emotional well-being of all athletes, above my desire to win.
5. I will remember that my child is part of this team to learn new skills, build self-confidence and have fun.
6. I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
7. I will respect the integrity of the officials.
8. I will expect my child to be respectful of all athletes, Coaches, officials, spectators, and volunteers.
9. I will support the team through volunteer efforts and team building activities.

Parent Signature

Date

COACHES AND STAFF

RESPONSIBILITIES

1. Coaches are responsible for placing swimmers in practice groups. This is based upon the age and ability level of each individual. Swimmers will be moved into new training groups when deemed appropriate by the coaching staff.
2. Coaches will be responsible for all stroke technique and training regiments. Please refrain from attempting to instruct your child on what to do at practice or meets. This is not only confusing for them but may actually interfere with the Coaches instructions.
3. Coaches will be responsible in ensuring swimmer's environment is supportive of each swimmer's individual mental and physical wellness. Coaches will work with each swimmer to avoid mental crisis and physical "burn-out". Coaches will also provide educational, competitive, and engaging opportunities for each swimmer.
4. The Coaching staff will determine what meets the team will attend, as well as the events each swimmer will be entered into. Coaches will work with each swimmer to meet individual goals. Relay teams will also be at the sole discretion of the Coaching staff.
5. At the meets, Coaches will conduct warm-ups for the team. Before and after each swimmer's event, Coaches will provide individually focused reminders and constructive feedback.
6. The Coaching staff will be responsible for addressing Team parent and swimmer concerns and questions in a timely manner.

COACHES AND STAFF CODE OF CONDUCT

1. At all times, adhere to USA Swimming's rules and code of conduct.
2. Set a good example of respect and sportsmanship for participants and fans to follow.
3. Act and dress with professionalism and dignity in a manner suitable to his/her profession.
4. Respect officials and their judgment and abide by the rules of the event.
5. Treat opposing coaches, participants, and spectators with respect.
6. Instruct participants in sportsmanship and demand that they display good sportsmanship.
7. Coach in a positive manner and do not use derogatory comments or abusive language.
8. Win with humility and lose with dignity.
9. Treat every athlete fairly, justly, impartially, intelligently, and with sensitivity.
10. Always place the well-being, health, and safety of swimmers above all other considerations, including developing performance.
11. Continue to seek and maintain their own professional development in all areas in relation to coaching and teaching children.
12. Always maintain a professional separation between coach and athlete.

Any complaints of a coach, Volunteer or Parent violating this code of conduct will be brought to the attention of his/her supervisor and/or the club's board of directors.

Coach/Staff/Volunteer Signature

Date