



CODE OF CONDUCT: ATHLETES, PARENTS, AND COACHES/STAFF

The purpose of this code of conduct for the Club is to establish common expectations for all swimmers, parents, and coaching staff of Gold's 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).
- To come to practice with a positive attitude and willingness to learn.
- 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. It is my commitment to be present at all mandatory team gatherings and training sessions, unless excused by my coach.
4. I promise to adhere to all regulations and standards of conduct outlined by USA Swimming.
5. Should I disagree with an official's decision, I will address the matter with my coach rather than directly confronting the official.
6. Never interfere with the progress of another swimmer during practice or meets.
7. I will place the physical and emotional well-being of all athletes, above my desire to win.
8. I will set a good example of behavior and work ethic for my younger teammates.
9. I pledge to honor my teammates' emotions and personal boundaries, ensuring a safe and inclusive environment. Sexist, racist, homophobic, or any form of inappropriate conduct will not be tolerated.
10. I will demonstrate respect for all facilities and property, including locker rooms, utilized throughout practices, competitions, and team functions.
11. I vow to abstain from using profanity, engaging in violence, or any conduct that is deceitful, offensive, or unlawful.
12. 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.

I understand the above responsibilities and that my failure to adhere to any of these expectations may result in disciplinary action.

Swimmer Signature

Date



PARENTS

The purpose of the parent code of conduct is to establish consistent expectations for behavior by Club parents. The participation of a child in a sport is beneficial to his/her growth and development. It is also important to recognize the necessity of treating the coaching staff with respect and allowing them the opportunity to coach.

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, Team Unify 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 remember that my child is part of this team to learn new skills, build self-confidence and have fun.
5. Any form of criticism, name-calling, abusive language, or gestures aimed at coaches, officials, volunteers, and/or any participating swimmer is unacceptable.
6. I will honor the call of the officials. Should I disagree with an official's decision, I will address the matter with the coach rather than directly confronting the official.
7. I will require my child to show respect towards all athletes, coaches, officials, spectators, and volunteers.
8. I will assist and support the team through volunteering and participating in team-building events.

I understand the above responsibilities and that my failure to adhere to any of these expectations may result in disciplinary action.

Parent(s) Signature

Date



COACHES/STAFF

RESPONSIBILITIES

- 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.
- 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.
- 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.
- 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.
- 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.
- 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. Follow the regulations and code of conduct outlined by USA Swimming consistently.
2. Set a positive example of respect and sportsmanship for both participants and spectators.
3. Demonstrate professionalism and dignity in behavior and attire appropriate to the profession.
4. Honor officials' decisions and adhere to event rules.
5. Show respect towards opposing coaches, participants, and audience members.
6. Educate participants about sportsmanship and insist on its observance.
7. Employ constructive coaching methods, refraining from derogatory remarks or abusive language.
8. Display humility in victory and grace in defeat.
9. Treat every athlete equitably, impartially, and with sensitivity.
10. Prioritize the well-being, health, and safety of swimmers above all other considerations, including performance enhancement.
11. Pursue and sustain professional growth in coaching and instructing children.
12. Maintain a professional boundary between coach and athlete consistently.

Should there be any complaints regarding a coach, staff, or volunteer, or breaching this code of conduct, they will be reported to their supervisor and/or the Club's Team Representative.