

WEY RACERS CODE OF CONDUCT

Racers Swimming has defined safety and personal conduct policies that help maintain the identity of the swim team and each of its members. These policies are to be upheld by swimmers, parents and coaches at practices, meets, and outside of the Y.

Safety Policies:

- Swimmer drop-off no earlier than 15 minutes prior to the start of practice.
- Swimmer pick-up no later than 15 minutes from the end of practice.
- Running, rough-housing, and any other behavior deemed harmful to you, other swimmers, the Y or the community is strictly prohibited.

Personal Conduct Policy:

As a Racers swimmer, you make a commitment to your teammates and community. You demonstrate that commitment by giving your best effort at every practice and competition as well as encouraging teammates to also give their best.

- Swimmers must demonstrate respect for all facilities, coaching staff and YMCA staff members.
- Racers' swimwear must adhere to the West Essex YMCA's conditions of membership.
- Obscene language and/or actions which embarrass or reflect poorly on the team, coaches, swimmers, parents, or community are strictly prohibited.
- Swimmer use of tobacco, alcohol, or other drugs is not tolerated; parents should refrain from drug, alcohol and tobacco use while at the Y or other swim-team related events/activities.
- Swimmers will present a positive attitude and approach to practice and competitions.
- Swimmers and families will practice healthy living habits which includes proper nutrition, sleep, and life-balance to encourage swimmer development.
- Swimmers and parents must abide by the locker room rules that include (but are not limited to): no food in the locker rooms, keep the locker rooms neat by picking up and throwing out trash, respecting the privacy of others also using the locker rooms, staying away from others belongings, no running or rough-housing, and keeping the noise level to a minimum.
- Swimmers are responsible for maintaining, taking care of, and cleaning up swimming equipment when not in use.
- At competitions, only team equipment is to be worn (i.e. team suit, team cap)

Failure to comply with these policies will result in disciplinary actions as determined by the coaching team or the West Essex YMCA's Leadership team. These may include (but are not limited to):

- Loss of locker room privileges.
- Benched/suspended from practices or competitions.
- Suspended from team activities or events for a certain amount of time as determined by coaches.
- Ejection from swim team program and/or revocation of YMCA membership with forfeiture of all fees

Disciplinary Behavior

The Racers have a "Three strikes you're out!" policy for practice behavior. Swimmers will be given three chances of being spoken to at practice before they are dismissed for the rest of practice. After being sent home for a third time the swimmer and their guardian will sit down with Coach James and another member of the YMCA staff for a disciplinary meeting about the athletes behavior.