

Coastal Maine Aquatics Anti-Bullying Policy for athletes 9 and over and adults (see next page for 8 and under athletes)

At Coastal Maine Aquatics, we are committed to providing a caring, friendly and safe environment for all our members, so they can swim in a secure atmosphere. Bullying of any kind is unacceptable, and if it does occur, swimmers and parents should be able to tell and know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is occurring is expected to tell a coach, board member or athlete/mentor.

What is Bullying?

Bullying is the use of aggression which hurts another person whether intentional or not. Bullying results in pain and distress.

- Name calling and spreading rumors of many kinds. The focus may be on personal or family characteristics including disability, race, religion, gender, sexual orientation, family income, intelligence, body shape, or appearance.
- Exclusion or ostracism in many forms, all of which may have the effect of stopping someone from having friends or social connections.
- Tormenting such as hiding goggles/floats/kickboards, threatening gestures, or taking and breaking property.
- Physical aggression, including sexualized aggression.
- Digital and online behaviors that parallel most of the above list.

Why is it important to respond to bullying?

Bullying hurts and no one deserves to be mistreated in any form. Everybody in CMA has a right to be treated with respect, and we have a responsibility to respond quickly and effectively to any form of bullying.

Objectives of CMA Anti-Bullying Policy

1. The CMA Swim Team will not tolerate bullying in any form.
2. All board members, coaches, parents and swimmers should have an understanding of what bullying is.
3. All parents, swimmers and coaching staff should know what the club policy on bullying is and what they should do if bullying arises.
4. CMA as a team takes bullying seriously. All swimmers and parents should be assured that they will be supported when bullying is reported.

Procedure

Swimmers should report incidents to their coach, parents, or any trusted peer or older swimmer. Parents are expected to contact the Head Coach or a Board Member if ANY CMA member is being bullied.

Discipline Policy

Depending on the seriousness of the occurrence or prolonged bullying activities, the following sanctions will be taken:

- 1) Parents will be informed of the incident and a verbal warning will be issued to the swimmer.
- 2) A formal warning will be given in the form of a letter to the parents and/or swimmer and disciplinary action will be taken which may include suspension from the team.

Anti-Bullying Policy Signatures

I, _____, swimmer of CMA have read and agree to abide by this Anti-Bullying Policy.

Signature

Date

I, _____, parent of above swimmer of CMA have read and agree to abide by this Anti-Bullying Policy.

Signature

Date

I, _____, adult member of CMA have read and agree to abide by this Anti-Bullying Policy.

Signature

Date

**Coastal Maine Aquatics Anti-Bullying Policy
for athletes 8 and under (see previous page for 9 and over athletes and adults)**

All athletes 8 years of age and younger who are part of Coastal Maine Aquatics - Swim School and Competitive Groups, need to follow the rules below. Parents, please read over these rules with your children and check them off as they understand them. Please sign below to indicate that you have gone over these rules with your child. It is our objective to make CMA a safe place for all children.

_____ I will be kind to my teammates.

_____ I will use my hands and feet for swimming and not for touching or hitting other children.

_____ I will not use my words to hurt someone's feelings.

_____ If I see someone getting hurt I will go get a coach or a parent to help.

_____ I will not take or use anything that does not belong to me.

_____ I will always try to do my best.

Child #1 _____

Child #2 _____

Child #3 _____

Child #4 _____

Parent Signature: _____ **Date** _____

Parent Signature: _____ **Date** _____