

ANNAPOLIS SWIM CLUB  
Code of Conduct and Rules

All swimmers and parents are required to sign the Annapolis Swim Club (ASC) Code of Conduct and Rules. ASC is a privately owned, not for profit organization.

Swimmers, parents and coaches of the ASC shall at all times support the values of Respect, Discipline, Loyalty, Commitment and Hard Work. Friendly competition is encouraged, but disrespect for opponents, coaches, officials, meet staff or other swimmers is un-sportsmanlike and lessens the value of healthy rivalries. Swimmers and parents shall behave properly in the pool areas and in the locker room at all times during practice and at any swim meet or swim team function. All swimmers shall be treated equally irrespective of gender, ethnic origin, and disability, religious or political beliefs.

**Practice**

- Practice groups will be determined by the coaching staff. This includes lane assignments and order of swimmers in each lane.
- Parents are not allowed on the pool deck during practice or while attending a Maryland Swimming, Inc (MD Swim) or USA Swim meet.

**Swim Meets**

- All meet entry requests will be made through the team web portal (Splash Central), unless **otherwise directly by the Head Coach**. Parents and swimmers are responsible to log into the portal and select the individual events the swimmer would like to swim for each meet. The coaching staff will determine the final meet entries for all swimmers. The swimmer(s) will **NOT** be entered in any meet for which this process is not completed by the predetermined deadline.
- Warm-ups are mandatory for all swimmers. Any swimmer late for warm-ups (without prior notification to the coach) is subject to a violation of this Code of Conduct. Swimmers shall arrive 15 minutes prior to warm-ups for all meets.
- During a meet, the swimmers should remain in the designated team area to minimize the risk of a swimmer missing an event. It is not the coach's responsibility to look for a swimmer that has left the designated team area. All swimmers are encouraged to see the coaches after each event they swim.
- Once entries for a meet have been submitted, a swimmer's failure to attend that meet will still result in the deduction of the meet fees in that swimmer's escrow account.
- Parents are not permitted on deck during a meet unless he/she is volunteering at such meet (regardless of the meet location/facilities).

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- All families are required to comply with our Volunteer Policy as stated in our Membership Agreement.
- Please attempt to notify the respective coaches at least twenty-four hours or as soon as you are aware that your swimmer will not be able to participate in a meet they have signed up to attend. Failure to do so may result in the swimmer not being able to swim in the next scheduled meet.

**Rules**

- All swimmers will adhere to the pool and team rules.
- All swimmers will listen while the coaches are speaking/coaching/teaching; arguing with the coaches at any time will not be permitted.
- All swimmers will adhere to the lane assignments and order as determined by the coach.
- All swimmers will demonstrate good sportsmanship by conducting themselves in a manner that earns respect of you, other swimmers, parents, officials and coaches.
- Any demonstration of sexual activity or inappropriate or un-welcomed physical contact, sexual or otherwise, with another person at practice/practice area or meet is not permitted and will be considered a violation of this Code of Conduct and Rules.
- No swimmer shall intentionally/maliciously push, shove, hit or direct any other physical action to another swimmer.
- Maintain self control at all times. Know your role:
  - Coaches: Coach
  - Swimmers: Swim
  - Officials: Officiate
  - Parents/Guardian: Parent
- Criticizing, name calling, use of abusive language or gestures directed toward the coaches, officials and/or any participating swimmers will not be permitted or tolerated. This applies to both parents and swimmers.
- Vandalism or theft of property belonging to team members, coaches or meet venue will be grounds for immediate expulsion from the team.
- All swimmers shall take care of the pool equipment. The use of such equipment to hit another swimmer is not permitted.
- The use of alcohol, tobacco or drugs by any swimmer on the pool grounds/grounds of an away meet will result in immediate expulsion from the team.
- Parental and swimmer misconduct at meets and practice will be considered a violation of this code of conduct.

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**Parents**

- I will inform the coaching staff of any physical or mental disability or ailment that may affect the safety of my child or the safety of others. ASC will follow and adhere to Maryland Swimming Inc., Inclusion Policy for Swimmers with a Disability ([www.mdswim.org](http://www.mdswim.org)).
- I will not engage in any unsportsmanlike conduct with any official, coach, swimmer or parent at practice, meets (home or away).
- I will respect Maryland Swim Officials/USA Swim Officials and their authority during swim meets and will not discuss, question or confront coaches on deck and will take time to speak with coaches at an agreed time and place.
- I will refrain from coaching my swimmer or another swimmer during practice or meets unless I am one of the official coaches of the team.

**Consequences:**

If a swimmer or parent fails to comply with the pool rules or those defined in this code of conduct, the following consequences may be imposed:

Swimmers disrupting swim practice will be issued a verbal warning. Swimmers continuing to ignore the warning can/will be asked to leave practice. A letter can/ will be sent home by the respective coach and the swimmer will only be allowed to attend subsequent practices with a parent present, while the problem continues.

More serious breaches of this Code of Conduct and Rules will be reported to the Head Coach and the matter will be discussed by the coaching staff. The failure to comply with this agreement will result in sanctions being taken by the coaching staff which may result in permanent expulsion from ASC.

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**AGREEMENT: (Effective for the duration of membership with ASC)**

By signing below, I agree that I understand the rules as outlined in this Code of Conduct and Rules. The original signature agreement will be on file with the Head Coach.

Swimmer Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Swimmer Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Swimmer Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Swimmer Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parents Signature: \_\_\_\_\_ Date: \_\_\_\_\_