

MSS BEHAVIOR CODE FOR COACHES, SWIMMERS, & PARENTS

Our guidelines are founded on the principles of mutual respect and cooperation.

SAFETY

1. Lightning, fire or personal injuries are incidents that require the full cooperation of all members. The Emergency Action Plan is routinely reviewed by the Pool staff. Please be quiet and listen for directions from Pool Staff or Coaches.
2. During an electrical storm, no one can be outdoors. Coaches and locker room attendants must maintain order in the locker rooms and NO SHOWERS can be used.
3. Due to drowning risks and other conditions, children not participating in swim practice or competitions must be accompanied by a responsible adult.
4. No one should ever submerge below a pool cover, nor climb on lane line/cover reels.
5. Running, pushing, or horse play on the deck area or in locker rooms are not permitted.
6. It is unsafe to throw training gear. Weights, surgical tubing and medicine balls should be used with supervision and only in the way they were designed for exercise.
7. Swimmers who are waiting for transportation beyond 15 minutes should always wait in an area monitored by coaches and lifeguards. For practices held at any pool other than the McFarland pool, parents should be at the pool at the end of practice.
8. Persons who seem out of place or unfamiliar and activities of an unsafe, unusual nature should be reported immediately to the locker room supervisor or one of the Coaches.
9. All swimmers are expected to wear appropriate cover-up to and from practice. All practice suits should be respectful and show modesty.
10. Each swimmer should have a current MSS Registration/Emergency Form and Medical Treatment Release Form on file with the team.

CITIZENSHIP = TEAMMANSHIP

1. We will refrain from judging or criticizing others. We will not discuss individuals in a negative way.
2. We are a team that uses "PRAISE AND CORRECTION".
3. We will treat all members of the team (coaches, swimmers, parents) and our opponents with dignity and respect at all times. Retaliation is not appropriate or accepted.
4. We will refrain from using drugs, alcohol, and tobacco. We will refrain from any physically abusive harm to ourselves.
5. We are all responsible for the care and proper use of equipment. Practice is not finished until all supplies are returned to storage. All team members are expected to help.
6. Physically, verbally, or electronically abusive language & behavior is unacceptable for all members of the McFarland Spartan Sharks.
7. We will be dedicated and loyal to our club and teammates. We will be vocally supportive.
8. We will display our team pride by competing in MSS attire at all times. Team caps will be worn when competing.
9. We will remain silent and make an honest effort to listen and look when anyone is speaking.
10. We will arrive to practice allowing enough time to begin on time.

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11. We will be committed to our best effort everyday. An honest effort does not include cutting laps, pulling on the lane line, sitting out during practice or missing send off/sets.

RESPONSIBILITY

1. We will keep accurate records of our official posted times.
2. Swimmers should report to the coach's area before each race. After the race, (1) warm down (2) get dressed (3) see your coach.
3. Coaches and families encourage swimmers to learn how to correctly complete meet sign up and other important team information.
4. All MSS Swimmers, Parents, and Coaches will check the MSS Web Site and emails often as this is an important communication tool for our team.

DISMISSAL STEPS

The above MSS Behavior Code is to be used as a guide for appropriate behavior as a member of the team. If a swimmer or family member does not follow this code, they will begin corrective action up to and including possible dismissal from the team. Steps for dismissal will include a meeting with a Coach and Board Member regarding the issue (s). If this continues, it could result in membership suspension. If warranted, dismissal from the team will occur. Certain violations of the behavior code may result in immediate dismissal from the team. No refunds of membership fees will be given when dismissal from the team is due to a behavior code violation.

I have read and will follow the MSS Behavior Code

Swimmer _____

Parent / Guardian _____

Date _____