

## **ALPHA Aquatics Parent and Swimmer Code of Conduct**

The Alpha swimmers and parents represent many different ages and swimming abilities. Despite the differences, all of our swimmers and parents must show respect for other swimmers, swim coaches, swim officials, volunteers and the facilities, whether at practice or at a swim meet. The following is a CODE of CONDUCT, which shall generally outline the type of behavior, which all swimmers, as well as their parents, are expected to follow at all times. The club recognizes that it is difficult to document all possible situations and therefore empowers the coaches to discipline for any instances that are disruptive to the productivity of the overall group at practices or meets.

The board of Alpha Aquatics is committed to the parents, the swimmers and the coaches all having great experiences. We believe in an open, thoughtful discussion between the parents, the board and the coaches, and that within that discussion there is ample room for multiple opinions. If you have a question, a concern or a suggestion about team administration, it is most effective to directly bring it to a board member. We promise we will respectfully listen and do our best to address it.

The swimmer code of conduct and the parent code of conduct are a set of rules we believe help and assist everyone in having a great experience.

### **Swimmer Code of Conduct**

- Swimmers shall respect and show courtesy to his / her teammates and coaches at all times. Swimmers who exhibit any inappropriate behavior towards another person will be dismissed from the practice or meet and will be subject to a disciplinary process. Any coach at any time has authority to ask a swimmer to exit the pool for disciplinary reasons.
- When at a meet, swimmers shall respect and show courtesy to all meet volunteers. Swimmers who exhibit any inappropriate behavior towards any volunteer will be dismissed from the meet and will be subject to a disciplinary process.
- Swimmers shall make his / her best effort to be on time for practices and meets. If possible, please let the coach know if you will be late by email, if possible.
- If a swimmer has a problem with a coach, it is his / her responsibility to communicate the problem with that coach in a thoughtful, respectful manner. If the problem can't be resolved with the group coach, the swimmer is to take the issue up with the head coach. In the rare event that the issue cannot be resolved with the head coach, the issue should be resolved in a joint meeting between swimmer, parent(s), head coach and the board.
- Proper equipment is required for practice. This includes proper swimwear, fins, snorkels, paddles, buoys and water.

- Swimmers are expected to exhibit good sportsmanship at practice and meets.
- Swimmers shall not confront an official or stroke/turn judge at a meet. This is the coach's responsibility. Swimmers will be respectful and courteous to meet volunteers at all times. If you have a problem, work through your coach.
- A swimmer who is injured at practice or a meet must report this to their coach immediately following an injury.
- A swimmer who is injured at an outside (non swim team related) activity will report this to his/her coach.
- Swimmers who are entered in a relay(s) at a meet are required to be at the meet on time for warm up. Understand that when a relay swimmer arrives late or does not arrive at all, it unfairly affects (at least) three other swimmers.
- Swimmers are required to consult with his / her coach before and after each swim.

I understand that the failure to comply with these rules will subject me to immediate contact by the coaches to my parents, and disciplinary action as deemed appropriate by the coaches and the Alpha Board. Such discipline may include dismissal from practice(s), suspension from meets and/or practices for a period of time and termination of the swimmer's membership at Alpha Aquatics.

### **Parent Code of Conduct**

Alpha Aquatics is fortunate to have highly experienced professional coaches working to develop our children into better swimmers and disciplined young people. As Parents it is essential that we give our coaching staff the respect and authority they deserve to run our swim team and coach your children. As a parent, I will abide by the following guidelines:

- Parents will not interfere with coaches on the pool deck, either at a practice or at a meet.
- Parents will demonstrate good sportsmanship by conducting themselves in a manner that earns the respect of the children on the team, other swimmers, parents, officials and the coaches at practices and meets. Lead by example!
- Parents will not disrupt practice. Parents will only interrupt practice in an urgent situation or if there is an immediate safety concern.
- If a parent has a concern, they will communicate that concern with their child's coach in a respectful, thoughtful manner. The best idea is to schedule an appointment or to visit with your child's coach after practice.
- Parents are expected to time and volunteer for jobs at swim meets.

- Parents are encouraged to volunteer for team activities and to participate in our team fundraising.
- Parents are expected to maintain self-control at all times.
- Parents are to understand that abusive behavior directed toward the coaches, officials, meet volunteers and/or any participating swimmer or their family will not be permitted or tolerated and will be subject to a disciplinary process.
- During competitions, questions or concerns regarding decisions made by meet officials are to be directed to a member of the coaching staff. Parents address officials via the coaching staff only.
- During competitions, the coach's main concerns and responsibilities are to the swimmers. While at a meet a coach will attempt to be social and inclusive, however, it is not an appropriate time to discuss non time-sensitive issues. If you have questions or concerns that are not of an immediate nature, it is best to schedule an appointment after the meet.
- Parents agree to let the coach know of any other activity that involves rigorous physical activity that my child may be involved in order to prevent injury, exhaustion or illness.
- Parents are expected to provide their child with sensible nutrition before and immediately following practice.
- At meets, parents are expected to support the coach by encouraging their child to seek the coach's advice on all swimming matters. It is not appropriate for parents to coach their children.
- Parents are expected to support their swimmer through regular attendance at practices and by arriving on time to meets and practices.

The penalty for violation of these rules include exclusion of the parent(s) from any/all team activities to, in extreme cases, termination of the family's membership at Alpha Aquatics.

I agree that my child (swimmer) and I will follow USA and Southern California Swimming procedures and rules. Failure to abide by these guidelines will result in the termination of my swimmer's membership with Alpha Aquatics.