



MMST SWIMMER'S CODE OF CONDUCT

As with most sports, swimmers are expected to project an image of being proud, mature and responsible. Expectations for proper conduct by our club are based on reasonable, considerate behaviour. These expectations are described below, all swimmers must read and sign the Code of Conduct as part of the registration procedure.

Swimmers should understand that they represent the Milton Marlin Swim Team at swim practices, Marlin functions and at both home and away meets. Their actions as ambassadors of the swim team directly reflect upon the Milton Marlin Swim Team and the Town of Milton, and they should act accordingly. Swimmers are expected to proudly wear the mandatory team uniforms (**current t- shirt, track jacket, warm up pants**) and MMST swim caps at all swim meets. Most importantly, swimmers must act responsibly while having fun.

General Conduct:

1. All laws of the land **MUST** be obeyed.
2. Swimmers must adhere to the appropriate swimming governing body's rules of competition, ie. FINA, SNC, Swim Ontario. This includes, but is not limited to, the prohibition of use and/or promotion of use of drugs as listed by the Canadian Centre for Ethics in Sport (CCES) and/or the World Anti-Doping Agency (WADA).
3. Appropriate behaviour is mandatory at all times. This includes the pool, pool deck, changing rooms, gym, during travel, in hotels and restaurants. Responsible, orderly and reasonably quiet behaviour is expected of swimmers. Examples of inappropriate behaviour include but are not limited to:
 - a. Pranks of any nature, which may result in damage to property or injury to fellow teammates. This includes practices and at meets.
 - b. Vulgar or bad behaviour.
 - c. Failure to comply with stated rules and curfews as set out by coaches and/or chaperones.
 - d. Any behaviour in violation of the criminal code. i.e. Theft or vandalism.
4. Compete according to the competition conditions and rules. Accept the decision or directions of the referees or officials. If in disagreement with a decision, raise it with your coach or team manager;

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5. Work equally as hard for your team as you would for yourself – your team’s performance will benefit as will your own;
6. Be a good sport. Encourage and support your team members;
7. Show respect and recognition for your opponents, their skills and achievements. Be friendly to all participants;
8. Ensure you have adequate rest to obtain your best performance- keeping late hours will detract from your own and your team’s performance;
9. Take responsibility for your actions – follow the directions of coaches and managers at all times.

Travelling:

1. Proper respect by all swimmers must be shown to the coaches and chaperone(s) at all times.
2. While travelling on rented or public transportation, swimmers are expected to behave quietly and politely to other travellers.
3. While staying at a hotel, etiquette of the highest calibre is mandatory. Hotels are resting places for all guests, not just the MMST.
4. Room curfew and lights out with quiet time, for the swimmers, as determined by the coach and/or the chaperone/s is to be honoured by swimmers. Curfews are set to ensure all swimmers receive the proper amount of rest during competition.
5. The club maintains an ‘open door’ room policy at all times unless the coach/chaperone/s have approved otherwise. Male and female swimmers must at no time be in each other’s rooms with the doors closed.
6. No swimmer is permitted to smoke or chew tobacco.
7. Swimmers will not be allowed to drink or carry alcoholic beverages. For swimmers of a legal drinking age, the club recognizes that the conditions described above may infringe upon some of your legal rights and may limit the freedom you usually enjoy. However, for the sake of unity within the team, your cooperation is required and expected.
8. All swimmers are expected to respect each individual’s needs for rest and study times, which may vary from trip to trip.
9. Swimmers must receive permission from the coach/chaperone before leaving the hotel premises without being accompanied by a coach or chaperone. Again, while we recognize that it may infringe upon the rights of swimmers who are of an age to drive their own vehicles, we still require that they follow the above and ensure they request permission to leave the hotel and inform the coach/chaperone/s of their whereabouts.
10. No guest may be invited to visit our hotel without the permission of a coach or chaperone. At no time will guests from other teams be permitted to be in any Marlin team rooms.
11. Teenaged swimmers may be left alone in their hotel room at the discretion of the coaches or chaperone/s for reasons of minor illness or disciplinary action.
12. The swimmers will be held accountable for their behaviour and actions at all times.

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13. The coach and the club shall deal with unlawful behaviour and any transgressions.
14. Swimmer's unsuitable behaviour will result in disciplinary action as determined by the coach and/or the club

DISCIPLINARY ACTIONS:

A breach of the Member's Code of Conduct requires an immediate response. After consultation with the Board of Directors, the Head Coach will meet with the Team Member and his/her parent(s) to discuss the violation of the Member's Code of Conduct. The Head Coach will determine, from within a range of possible disciplinary actions, an appropriate consequence.

1. Infractions will be dealt with on an individual basis and action may be taken immediately and/or after consultation with the Board of Directors, and in accordance with the MMST Disciplinary and Complaints Procedure.
2. Failure to abide by the coach or chaperone's direction during an away meet may result in the swimmer being sent home by the team at the parent's expense. The cost of the food/hotel/swim fees will still be charged and paid by the parents.
3. Swimmers should consider that it is their responsibility to report behaviour that does not adhere to the Member's Code of Conduct to the coaches or chaperones.
4. Parents will be informed of their child's continued misconduct during workouts. They shall be informed promptly if their child has been asked to leave a workout, the reasons for this action and the conditions which must be met for his/her return.

In addition, the Swimmer may receive:

- a) A letter of reminder of this Code and expected behavioural conduct of the Team Member.
- b) A letter of reprimand to the Swimmer which is held for 3 years or until age of majority, whichever is longer.
- c) Temporary suspension of the member from all Team activities for a specified period of time.
- d) Indefinite suspension of the Swimmer, to be reviewed at a future time.
- e) Permanent suspension of the Swimmer.

Provincial/National Championships:

1. Each season, MMST participates in the Jr/Sr Provincial, Easterns and Age Group National Championships. Although time standards are required for these meets, the selection of the team is not solely based on times. Therefore, it is imperative that Coaches are made aware if a swimmer is not available for these Championships ahead of time.
2. Once qualified for a Provincial/National Championships, the swimmer will be expected to follow all the rules as set out by the Coaches and Board of Directors. This includes staying at the

assigned team hotel with the team for the duration of the meet, attending team meals, purchase/wear team uniform and evening finals.

3. Failure to agree and abide by these rules will result in the swimmer not being considered to participate.

TEAM MEMBER AGREEMENT AND CONSENT TO CODE OF CONDUCT

SWIMMER AGREEMENT

I have read the Code of Conduct carefully, understand its contents, and agree to abide by all the rules set out in it during the 2018/2019 season.

I am available to participate in Provincial/National Championships, and agree to abide by the rules as set out by the Coaches and Board of Directors.

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