



Swimmer Code of Conduct

The goals of the Windsor Aquatic Club are to develop a strong team and community spirit founded upon teamwork and good sportsmanship. Our Club must strive to project an image that will make all of its members proud of the team and of the sport of swimming, and to represent our community responsibly when at home or traveling.

1. Swimmers are expected to conduct themselves in a manner that shows respect for fellow swimmers, coaches, lifeguards, all officials and facilities, and everyone's personal property, at all times.
2. Swimmers are expected to attend work-outs scheduled by the coach and to be on time. If they know in advance that they will be missing a practice session, or will be late, they must inform the coach.
3. Swimmers are expected to refrain from acting in a way that could result in injuries (no horseplay) during dryland, in the pool, in locker rooms and on the pool deck.
4. Bullying (a form of repeated, persistent, aggressive behavior that is directed at an individual(s) that is intended to cause (or should be known to cause) fear, distress, and/or harm to another person's body, feelings, self-esteem or reputation) in any form will not be tolerated.
5. Swimmers are expected to help create a supportive atmosphere in both training and competitive settings. Treat all athletes as you would like to be treated.
6. Swimmers are expected to refrain from using profane, disrespectful or threatening language both in person and while using social media, towards other swimmers, coaches and officials. This includes interaction on social media platforms.
7. Swimmers are expected to refrain from being under the influence or possession of alcohol, social, non-prescription drugs. This includes the possession or use of cigarettes and e-cigarettes.
8. Swimmers are expected to have permission from the coach to leave the deck during practice or meets. (For safety reasons, the coach must know where swimmers are at all times.)
9. Swimmers must represent the Windsor Aquatic Club in a positive manner at all times. This applies to practice, during swim meets, team travel events and when interacting with teammates on social media platforms.
10. Be a good sport. Cheer your teammate's performances and treat other athletes, parents, officials and coaches with courtesy and respect at all times. This Code of Conduct is in effect during all WAC activities. Breach of the code can result in, but is not limited to, suspension from practice, suspension from competition, formal verbal or written apologies and any other form of disciplinary measure considered appropriate by the club.

Please note that it is the parents responsibility to make sure that your child/swimmer is aware of and abides by the Swimmer's Code of Conduct.