



Sea Tigers Safety Rules & Codes of Conduct

- 1 Think SAFETY. If it could hurt you or somebody else, DON'T DO IT.
- 2 Protect each other. Older kids should help younger kids stay safe.
- 3 Show RESPECT and CONCERN for your teammates. Don't say or do anything that will hurt somebody else. If another teammate is bothering you, tell your coach.
- 4 LISTEN to and RESPECT your coach.
- 5 Keep your hands to yourself. Do not push, hit, trip or pick up anyone else. NO HORSEPLAY.
- 6 Do not throw any object at anybody else.
- 7 No snapping towels, goggles or caps.
- 8 Always walk. The deck, office and locker rooms can be slippery. No running or chase games.
- 9 No bikes, scooters, skateboards or any other wheel toys on the deck.
- 10 Stay out of the water unless your coach is present.
- 11 No diving in the shallow end of the pool. Enter feet first.
- 12 ALWAYS look for other swimmers before getting in pool. NEVER jump or dive near other swimmers.
- 13 No dunking or splashing.
- 14 STAY off tarps and lane lines.
- 15 NO swimming under tarps. (We won't be able to see you if you get hurt.)
- 16 Only older kids, approved by the coach, may move and operate the tarp spool.
Keep hands and fingers away from spool when it is spinning. NO climbing on tarp spool.
- 17 Video taping or picture taking in the locker rooms is prohibited.
- 18 The front door is to remain closed during practice times.
- 19 3 Strikes Discipline Rule:

- First Offense – The Coach will speak to the swimmer.
- Second Offense – The swimmer must perform a dry land exercise as directed by the Coach – such as push-ups or sit-ups. Additionally, the Coach will speak to the swimmer and the swimmer’s parents.
- Third Offense – The swimmer will be dismissed from practice and put on probation. The Coach will have a formal meeting with the swimmer and his or her parents. If the problem continues, the Coach has the discretion to seek the Board’s approval to expel the swimmer from the team.

20 Bullying:

- Swimmers must not bully other swimmers.
- Swimmers shall help those who are bullied.
- Swimmers must let a coach or board member know about swimmers that are being bullied and those that are being the bully.

Bullying of any kind (physical, emotional/psychological, cyber) will not be tolerated. Swimmers accused of bullying will be subject to the following:

- 1) Swimmers will be counseled about the incident.
- 2) Parents will be contacted by a coach or board member for a meeting with the involved parties.
- 3) Depending on the severity of the bullying, swimmers will be suspended for a duration of time or expelled from the team.
- 4) The appropriate law enforcement authorities will be notified if necessary.