



PEAK SWIM TEAM SWIM TEAM CODE OF CONDUCT

The Peak Aquatic Swim Team abides by a strict Code of Conduct governing all coaches, swimmers, and parents. The purpose of the Code is to ensure that all those associated with Peak Swim Team treat others with dignity and respect. The Code of Conduct is a condition of membership for all swimmers, parents and coaches. All members of the Peak Swim Team Swim Team and their parents agree to abide by the Code of Conduct and agree to be subjected to the consequences of violating the Code. All enforcement decisions made by Peak Swim Team are final and are not subject to review. No refunds will be granted to those swimmers dismissed from the team for their or their parents' violation of the Code of Conduct.

COACH CODE OF CONDUCT

The purpose of the following code of conduct for coaches as part of USA Swimming's [Safe Sport program](#) is to establish common expectations for all members of the coaching staff of the club. *Adherence to this code is a condition of employment* and is a guide to promote a positive team environment and good sportsmanship.

1. At all times, adhere to USA Swimming's rules and code of conduct.
2. Always place the well-being, health, and safety of swimmers above all other considerations, including developing performance.
3. Be role models and act with the highest moral character possible.
4. Reinforce the self-image of each swimmer: Be positive and constructive, not derogatory or criticizing.
5. Emphasize the FUN of the sport and the benefits of training, competing, putting forth one's best effort at all times. Do not emphasize winning or beating another team.
6. Respect the sport of swimming. Respect the officials.
7. Teach the rules of swimming and abide by those rules in practices and meets.
8. Teach and practice good sportsmanship.
9. Be modest in victory and gracious in defeat.
10. Continue to seek and maintain their own professional development in all areas in relation to coaching and teaching children.
11. Always maintain a professional separation between coach and athlete.

Additionally...

Each Coach as a Non-Athlete Member of USA Swimming is bound by the Code of Conduct as listed in section 304 of the USA Swimming Rules and Regulations.

- a. The following additions to the Code of Conduct pertain to practices, meets, camps, meetings, and clinics where coaches represent Peak Swim Team, in or outside the LSC.

- i. Coaches shall follow sound principles of teaching, coaching, training, nutrition, rest, and prevention of injuries when planning practices, camps, and while coaching at meets.
 - ii. Coaches shall provide and exhibit appropriate communication and motivation to encourage optimal performances and participation by the athletes.
 - iii. Coaches shall display responsible actions and attitudes, follow rules, and encourage the same actions and attitudes in their athletes.
 - iv. Coaches shall treat all athletes and officials fairly and with respect.
 - v. Coaches will not actively solicit athletes to change their present club affiliation.
 - vi. Coaches shall behave in a responsible manner, and will refrain from using any alcohol, tobacco, marijuana, or illegal substances while acting in any official capacity with athletes present.
- b. Failure to comply with any Code of Conduct rule will result in any or all of these disciplinary actions after filing a complaint with the Peak Swim Team Board Chair.
- i. A coach may not be allowed to participate in any or all practices, meets, camp activities, team events, or meetings.
 - ii. A coach may be requested to leave the aquatic facility and/or lodging for the duration of the event.
 - iii. A coach will be financially responsible for any damage caused by him or her.
 - iv. A coach may be suspended from USA SWIMMING subject to the National Board of Review.
- c. The Peak Swim Team Board can review any appeal forwarded to the Peak Swim Team Board.



PARENTS AND SWIMMERS

As a member of the Peak Swim Team, I am part of a swimming organization that believes in teamwork, integrity, respect and good sportsmanship along with hard work and commitment. By signing this Code of Conduct, I agree to follow the rules for behavior and sportsmanship while I am a member of Peak Swim Team. The following behavior guidelines state the principles Peak Swim Team expects all members to demonstrate and uphold.

PARENT CODE OF CONDUCT

Peak Swim Team is fortunate to have experienced, professional coaches working to develop our children into better swimmers, and more importantly, teaching and instilling important life skills. These skills include perseverance, time-management, self-discipline, and sportsmanship. Your child will reap the benefits of swimming long after his/her participation with Peak Swim Team ends.

As parents, it is absolutely essential that we give our coaching staff the respect and authority they deserve to run our swim team. Our coaches are hired for that purpose and the Head Coach oversees the direction of those coaches.

1. Teach and practice good sportsmanship at all meets and practices. You are role models!
2. Respect the sport. Respect the officials. Respect the coaches. Respect the swimmers. Respect other parents, who often serve as volunteers.
3. Do not coach your child. Let swimmers swim and coaches coach, and support both positively.
4. NEVER criticize other swimmers, coaches or officials regardless of the circumstances.
5. Follow the "24 Hour Rule". If you have a complaint resulting from a meet (or practice) situation, speak with the coach on the following day.
6. Emphasize the FUN of the sport and the benefits of training, competing and putting forth effort at all times.
7. You are welcome to watch practice, but USA Swimming insurance guidelines require that parents and other non-staff/swimmers sit in designated seating and are not on-deck
8. Be an active participant in all fundraising events and other team activities
9. Support your child by ensuring they are on time to practices and meets, and they are picked up on time, as well.
10. Maintain open and honest communication among all members of the Peak family. We reach our common goals by working together.
11. Support your professional coaches as they strive to do what is best for each Peak swimmer. Our expectations and methods are based on USA Swimming, the American Swim Coaches Association and other recognized swimming authorities. Your unconditional love and support of your athlete is the greatest thing you can give your child.

12. Insist that your child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct, or any other behavior deemed dishonest, discourteous, offensive or disrespectful of others.
13. If you have concerns, you will address it with the appropriate coach in private.
14. Pay your fees on time.
15. Know and uphold Peak Swim Team rules, regulations, management and coach directives, and by-laws that are designed to maximize the experience for all swimmers and parents.
16. Time at meets, as required and assigned by the host team.

SWIMMER CODE OF CONDUCT

1. Respect your teammates, coaches, officials and opponents at all times.
2. Give 100% effort at each practice and meet.
3. Support and encourage your teammates.
4. Set a positive example.
5. Make every team practice, meet participation and activity an opportunity to learn.
6. Follow the directions of the coaching staff , respect instructions by
7. Be punctual and arrive on time for all practices and meets and team events
8. Swimmers are expected to wear Peak Swim Team team caps and shirts at swim meets (in addition to their competitive/performance suits and goggles). This displays team pride and makes it easier to identify swimmers on the blocks and in the water.
9. Focus on every drill and every set. Be committed to putting forth your best effort everyday. An honest effort does not include cutting laps, pulling on lane lines or missing send offs/sets.
10. Disruption of practice by an athlete will be grounds for removal.
11. Swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
12. There shall be no drinking of alcohol, use of tobacco, marijuana products, or illegal drugs or any substances banned by USA Swimming
13. Dishonestly, theft, and/or vandalism will not be tolerated. Swimmers will respect the facilities.
14. Display good sportsmanship at all times both on and off the pool deck.
15. Swimmers should be an active participant in all team practices, competitions, fundraising events and other team activities.
16. Don't be afraid to make a mistake; that's part of learning.
17. Listen to and learn from your coaches.
18. Be modest in victory and gracious in defeat.

19. Remain in the competitive pool of the Aquatics Center: Athletes must change in the locker rooms, not in the family changing cabanas. Athletes may not swim in the leisure pool without checking in with the Aquatic Center and paying the daily rate (or provide your pass).

20. Importantly: HAVE FUN!

Swimmers are expected to follow the spirit of the rules as well as the specific rules. The coach must adapt this philosophy to an infinite number of situations. Swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive practice environment and competitive environment for all.

VIOLATION OF THE CODE

The coaches have the authority to impose the following penalties for violation of the Peak Swim Team Code of Conduct. The penalties include, but are not limited to, the following:

- The swimmer will be given a verbal warning.
- The swimmer will be pulled out of practice in addition to a verbal warning and the coach will contact the parent.
- The swimmer will need to be accompanied by a parent at practice for four (4) consecutive days.
- If misconduct continues, swimmer will be suspended for one (1) week. (There will be NO prorated fee for monthly dues.)
- If the swimmers disciplinary problem continues, the swimmer and parent will meet with the coach to discuss the problem further.

I agree that if I violate any of these rules, I will be subject to disciplinary action determined by the coaches, which may include expulsion from the team.