

BULL Video Code of Conduct and Conferencing Etiquette

- Only registered USA Swimming members may participate in the training.
- Content: All content must be professional in nature.
- For any group setting, at least one other applicable adult must be present and able to view the video activity.
- Be on Time! Punctuality is a virtue.
- Mute yourself when not speaking.

Microphones pick up minor background noises. It's very distracting and can cause annoyance. Make it a practice to mute yourself whenever you're not talking.

- Ensure your technology works correctly.

Practice beforehand... connecting a few minutes early will make sure everything runs smoothly during the meeting.

- Wear appropriate clothing and practice good posture.

Avoid patterns or stripes, which may be distracting on camera. Use good posture...sitting up straight is just a good exercise for all swimmers to do.

- Frame your image correctly and look into the camera. We want to see your whole face. Sit at eye level to the lens. Looking into the camera lens is the equivalent of looking into the person's eyes, so practice doing so until you're comfortable with it.

- Have the right light.

Natural light is the best. Try to sit in front of a window for daylight, or a nice lamp if it's dark inside your place.

- Pay attention.

Focus on the here and now. We all miss each other so show it! Let's respect each other and each other's time. Don't check texts, snap chat, etc. It's just rude to those of us who want to hang with you!

- Clean up the area around you.

Open up the camera on your device and see what's visible in the background before the call. Make sure that you have an appropriate background.

Workout Etiquette:

- Supervision ratio: The Coach/Instructor to athlete ration shall be no greater than 1:8 (1 coach per 8 athletes)
- Recommended exercise: Training shall consist primarily of body weight or lightweight exercises
- Spatial limitations: Minor's legal guardian and coaches shall ensure the athlete is in an open space free from obstruction prior to training.
- Timing of training: All video training must take place between the hours of 8:00 am – 8:00 pm.
- Parent/3rd party Adult involvement: If there is only one minor athlete and coach conducting the training, the minor's legal guardian must be present and able to observe the training and video.

• USA SWIMMING

Covered activities include Virtual dryland training instruction under the direct supervision of a USA Swimming member coach. The training must involve live online streaming/real-time instruction or training via the internet. The instructor should be able to communicate visually and verbally with the participants at all times during instruction. Coverage does not extend to recorded videos/sessions where there is no live or real-time interaction, and the recordings are accessible by someone other than your clients/members.