**Fast Lane Aquatics Code of Conduct- Coaches**

**Conduct Expected of All Coaches**

• Abide by the rules and regulations of USA Swimming and follow procedures for enforcement of the FSLA codes of conduct. • Maintain professional standing in an honest manner and preserve the reputation of Fast Lane Aquatics and the USA Swimming coaching profession.

Be professional and accept responsibility for all actions.   
Extend professional courtesy to other coaches, athletes and their parents by keeping all parties informed in matters of athletes entering/leaving training programs.   
Keep all relevant qualifications up to date •   
Make decisions based upon the best interest of the swimmer’s all-around education, swimming, school, and future career. Acknowledge the individual talents and potential of swimmers.   
Set appropriate training programs based upon the developmental level of the swimmer   
Maintain a balanced emphasis of swimming involvement with educational and career objectives •   
Direct all observations and recommendations regarding all aspects of swimming to the appropriate persons.   
Be constructive in criticisms and direct comments, observations to the relevant individuals or organizations.   
Respect the efforts of appointed and elected representatives of FSLA and USA Swimming •  
 Reject the use of performance enhancing drugs in swimming and abide by the guidelines set forth by national and international regulatory bodies.   
Respect the health and dignity of swimmers to compete on the basis of their abilities •   
Exercise a standard of care consistent with the professional qualifications as a swimming coach.

Show concern for the health, safety, and welfare of athletes and colleagues • Respect the right, dignity and worth of every human being with the context of the coach’s involvement in swimming

**Basic Responsibilities**

Coaches are responsible for placing swimmers in the appropriate practice groups. This is based on the age, level of commitment, and ability level of each individual. o Coaches have sole responsibility for stroke instruction and the training regimen. Each groups’ practices are to be based on sound scientific principles and geared to the specific goals of that group.

Direct comments at the performance rather than the person. Refrain from public criticism of swimmers or fellow coaches. Refrain from the use of profane, insulting, harassing or otherwise offensive language while coaching Cooperate with registered medical practitioners in the overall management of swimmers’ medical and psychological needs. Consider the swimmer’s future health and well-being foremost. Recognize and accept when to refer swimmer to other coaches or sport specialists. Regularly seek ways of increasing professional development and self-awareness. o Treat members of other teams and officials with respect and encourage swimmers to act accordingly. Cooperate with the swimmer’s parents or legal guardians, involving them in their child’s development. Be aware of the academic pressures placed on student athletes and conduct practices and meets in a manner so as to allow academic success. At meets, the coaching staff will conduct and supervise warm-up procedures for the team.

After each race, the coaches will provide feedback regarding the swimmer’s performance.

• Coaches will discourage the use of drugs, alcohol and tobacco products by swimmers in conjunction with the sport.