**Fast Lane Aquatics Parents Code of Conduct**

Fast Lane Aquatics has created the Code of Conduct below to help guide our program towards knowing what “right looks like”. This creates a culture that not only develops swimmers as swimmers and swimmers as future leaders, but also parental boundaries that enable your swimmers to succeed. It takes a three (3) team effort to help our swimmers exceed their goals: parents, swimmer and coach. Each has their role in ensuring these goals are exceeded. When in doubt: Swimmers swim. Coaches coach. Parents parent.

Fast Lane Aquatics has experienced, professional coaches working to develop our children into better swimmers and at the same time teaching and instilling important life skills. These skills include time management, self-discipline, perseverance, and sportsmanship. Your swimmer will reap the benefits of swimming long after their participation with FSLA ends. As the parent of an FSLA swimmer, you agree to follow the rules for behavior and sportsmanship.

Set a good example. Show respect and be polite to EVERYONE. • Follow USA Swimming Safe Sport Policies located under the Safe Sport tab on the website. • Have your swimmer arrive on time for practices and meets. • Help your swimmer to organize their time so that they will be successful in school and in the pool. Attendance is essential to experiencing success in the pool. • Demonstrate good sportsmanship. Win gracefully. Lose graciously. Congratulate our opponent(s). • Assume the best from coaches and officials. We all want to see your swimmers succeed and meet their individual goals. • While at FSLA functions, facilities and meets always represent the team in a positive and respectful manner. • Know your role • Swimmers swim. Coaches coach. Officials officiate. Parents parent. • Love your kids with positive reinforcement and encouragement. • Do not coach your child at practice or during meets. • Do not distract the swimmers or coaches by interfering in practices or meets, observe practice from the approved viewing areas. (not behind the coach or in direct line of the swimmers) • If you have a concern about how your swimmer, please make arrangements to meet with the coach privately during normal business hours.

Meet Etiquette • Respond in a timely manner for meet entries, before stated deadline. The coaching staff has final approval on each swimmer’s meet entries. • Show up to the meet early to ensure your swimmer has time to check in with their coach and be prepared to enter the water at the specified warm up time before the meet. • Questions about a disqualification? Direct your questions to the coach. Do not approach officials at a meet. • Do not step onto the pool deck, unless registered with USA swimming and you are officiating or timing. • Hold a positive image for our team. Wear our Logo! Keep setting that good example. • Pay your meet fees and travel expenses on time. • Get Involved! • Become a USA Swimming Official. • Help plan a group social. • Volunteer at meets. Every meet requires a number of volunteers from each team to operate smoothly. Typically, they will call for timer volunteers before the start of the meet. This is an easy job and allows you to watch the meet from right at the water’s edge.

If you should conduct yourself in a manner that brings discredit or discord to Fast Lane Aquatics or USA Swimming, you subject yourself to disciplinary action. Fast Lane Aquatics maintains the right to suspend or terminate any membership with or without cause.