

East Code of Conduct:

Swimmers and parents shall respect and show courtesy to swimmers, parents and coaches at all times.

- Be on time. Be ready to get in the water on time for practice and meet warm-ups. Be prepared to swim. Have your equipment ready. Bring extra caps and goggles
- Be respectful of your teammate's feelings and personal space. Swimmers or parents who or inappropriate behavior towards another person will be excused from the practice or meet and will be subject to a disciplinary process as determined by the head coach and or the board depending on the severity of the infraction. Any coach at any time has authority to ask a swimmer or parent to exit the pool area for disciplinary reasons. If the swimmer or parent objects to this ruling they shall talk to the coach for reprieve. If they are not able to find agreement then they shall appeal to the board.
- Swimsuits are required for practice. No bikini's as a primary practice suit, no cut offs or under garments are allowed to be used as primary swim wear in the pool. Deck changing is forbidden (per USA Swimming Rules) as is shaving at swim meets (prevention of communicable diseases).
- Skateboards, scooters, glass, tobacco, alcohol, roller blades, pets, electrical appliances, and bicycles are not allowed on deck.
- Swimmers and parents are expected to exhibit good sportsmanship at practice and meets.
- Swimmers and parents shall not ever confront an official or stoke and turn judge at a meet about a disqualification. This is the coach's responsibility. Swimmers and parents will be respectful and courteous to meet volunteers at all times. If you have a problem, talk to the coach.
- Destruction of locker rooms and theft of property will be prosecuted under the law. The swimmer and family of swimmer will be responsible for all damages and fees incurred upon collection or prosecution of damages.
- Swimmers who are ill with contagious viruses and open wounds must tell their coach before entering the water.
- A swimmer who is injured at practice or a meet must report this to their coach immediately following an injury. The coach must subsequently inform the parents.
- Swimmers are responsible for checking in, checking postings, and heat and lane assignments, reporting to their coach and for being behind their block prior to their race.
- If a parent or swimmer have a problem with a coach, it is their responsibility to communicate the problem with that coach. If the problem escalates or can't be resolved in this manner, the parent or swimmer is to take the issue up with the head coach, who will help to resolve any issues. If the problem is not resolved with the head coach, then the parent or swimmer contact the board president who shall have final authority over the disagreement.

