



ATHLETE CODE OF CONDUCT

I. ELMHURST Aquatics (EA) strives to promote the following opportunities for its members:

- A. The development of basic and advanced swimming, water polo and dive skills;
- B. The enhancement of physical and mental abilities through individual effort and teamwork;
- C. An environment which supports and encourages all members of the club, regardless of age or ability; and
- D. An atmosphere that encourages friendships and social activities among the swimmers, players, divers, parents and coaches.

II. As a member of ELMHURST Aquatics, each athlete will be expected to conduct himself/herself in accordance with the following provisions at practices, meets, social activities and all other occasions where the member is representing the club:

- A. All EA members shall exhibit good sportsmanship in and out of the pool;
- B. All EA members shall follow the coaches, officials and other administrator's rules and instructions at all times;
- C. All EA members shall behave in a responsible manner, including not using or possessing alcohol, illegal drugs, tobacco, or other banned substances;
- D. All EA members shall respect and take care of all property and facilities whether the property belongs to the member, a teammate, opponent or any other person; E. Bullying (as defined in the USA Swimming Code of Conduct Section 304.3.7) by any EA member is prohibited;
- F. All EA members shall not use profane language or be disrespectful to any other person;
- G. No form of photography or videotaping of any kind (including cell phones and social media) shall be allowed in locker rooms; and
- H. All EA members shall not participate in horseplay, running on deck, or any other activity that would create a danger to themselves or others.



III. Failure to comply with the Code of Conduct will result in the following disciplinary actions:

A. A disciplinary letter will be sent home which explains the misconduct. Prior to the member returning to practice and/or competition, the disciplinary letter must be signed by the member's parent/guardian and returned to the Head Coach.

B. In the event of repetitive and/or excessive misconduct, the Head Coach, the coaching staff and/or the Board reserve the right to decide upon and enforce an appropriate consequence for the member's misconduct.

C. If the Board believes that suspension or expulsion from the club is an appropriate consequence based on the member's misconduct, the member's parents/guardians, the member, and the Head Coach must meet with the board to discuss the misconduct prior to the suspension or expulsion being enforced. Any expelled swimmer will not receive a refund.

IV. The Board's decisions are final.

The EA Board and coaching staff endorse and support this Code of Conduct. Any questions concerning the policy or actions that result from this Code of Conduct shall be directed to the Board.



PARENT CODE OF CONDUCT

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects the “six pillars of character.” (Arizona Sports Summit Accord)

I therefore agree:

- 1) I will remember that children participate to have fun and that swimming/ playing water polo/diving is for youth, not adults.

- 2) I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a race or his/her performance. 3) I will praise my child for competing fairly and trying hard and make my child feel like a winner every time.

- 4) I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others. I (and my guEAs) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all swimmers/players/divers, coaches, officials, and spectators at every meet, practice or other swimming event.

- 5) I will demand that my child treat other swimmers/players/divers, coaches, officials and spectators with respect regardless of race, creed, color, sex, or ability. 6) I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.

- 7) I will respect the officials and their authority during meets and will never question, discuss, or confront coaches on the pool deck (from the stands during practice or meets), and will take time to speak with coaches at an agreed upon time and pEAe.

- 8) I will resolve conflicts with other parents, coaching staff and board members in an open and amicable manner. I will keep communication open with all parties involved.

- 9) I will wait 24 hours when voicing a complaint from an incident before bringing it to the



attention of the coach, club official or administrator to provide a cooling off time for all involved.

10) I will drop off my child no earlier than 10 minutes prior to the start of practice. I will make every effort to have my child at practice on time. I will pick them up from practice no later than 10 minutes after practice has ended. I understand that if I have not picked up my minor after 15 minutes of the conclusion of practice, an emergency contact will be called.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- 1) Parental meet suspension with written documentation of incident kept on file by ELMHURST Aquatics.
- 2) Verbal warning by official, head coach, and/or board of directors.
- 3) Written warning.
- 4) Parental season suspension.