

PASS Code of Conduct

Please read the information below. Once you have agreed to swim on the Palos Area Swim Sharks you must abide by these rules throughout the season. Failure to abide by these rules will result in a meeting with the coach and/or Board. **If the behavior continues multiple times/or the behavior is severe enough following a first offense, the swimmer or parent will be removed from the swim team.**

PASS MEMBERSHIP REQUIREMENTS :

- Swimmers must meet minimum swimming requirements as set forth by the coaching staff.
- Parents must register and pay applicable registration fees for each swim session.
- Parents must pay USA Swimming Insurance. Payment is due at registration. The insurance covers swimmers from January 1-December 31. The USA fee registers the swimmer in the Illinois and United States Swimming Associations, which allows an individual to compete in swim meets. It also serves as insurance for swimmers when they are participating in swim meets and at swim practices.
- Swimmers must be registered for the current year with USA Swimming. Swimmers transferring from another club within Illinois must pay a transfer fee. Please note that these fees are payable to the Palos Area Swim Sharks. Fees are set forth by Illinois Swimming.
- Parent/guardians must have a current signed copy of the Code of Conduct form on file.
- All members and their parents/guardians are expected to help fundraise/volunteer at hosted swim meets and other fundraising events during the year, or make a full payment waiving their volunteer hours.
- Members shall keep current on payment of all fees and register for swim meets by the stated deadlines. Swimmers will not be allowed in the water with outstanding balances unless all past and present fees are paid, or prior arrangements have been made.

Swimmer Expectations:

- Be respectful to others and their belongings. This includes but is not limited to coaches, teammates, fellow competitors, officials, swim meet volunteers, swim team parents, and other patrons at the swimming pool.
- Avoid any derogatory remarks concerning teammates, competitors, coaches, parents, etc. and avoid use of derogatory language based on gender, race or impairment.
- Refrain from any/all hurtful behaviors, including but not limited to pinching, scratching, hitting, kicking, fighting, pushing, teasing, name calling or ignoring.
- **Arrive to all practices and meets on time!! If you do not communicate with the coaching staff regarding a permanent need to arrive at practice late, and you are late to practice more than one practice weekly, you will not be ineligible to swim for 3 days (including swim meets). If your late arrival needs to be continually addressed your swimmer will need to be removed from the team altogether.**
- Bring all necessary equipment/supplies, wear appropriate swimwear and be responsible for your belongings.
- According to USA Swimming Safe Sport Rules, all swimmers are NOT ALLOWED to use a cell phone, camera, or any other video device in locker rooms. Change into and out of swimwear only in the locker room or designated area.

Parent/Guardian Expectations:

- Help your swimmer(s) understand and adhere to the Athlete Code of Conduct
- Keep informed by regularly checking email, the Coach and Board sends out.
- Register your swimmer(s) by the stated deadline for swim sessions and meets. Bring your swimmer(s) to practices and meets at the time specified and notify the coach if your swimmer(s) can no longer attend a meet within 12 hours.
- Be an active part of the Palos Area Swim Sharks Swim Team by volunteering at meets, participating in other fundraising for the team, and attending any scheduled parent meetings.
- Act in a sportsmanlike and respectful manner towards members of the team, their family members, fellow competitors, coaches, meet volunteers, and officials.
- Do not use inappropriate language or gestures.
- Avoid the use of derogatory language based on gender, race or impairment
- Refrain from any/all hurtful behaviors including name calling, criticism, exclusion, teasing.
- Set a good example by your own conduct, behavior, manners and attire. Children learn best by example.
- Communicate with coaching staff only at an appropriate time, not during practice. Express any concerns or frustrations in an appropriate manner that does not cause a scene in front of the swimmers.
- Follow the USA Swimming rule that states, "No parents are allowed on the pool deck at any time during practices or meets, unless it is in an official/swim meet volunteer capacity."
- **According to USA Swimming Safe Sport Rules, parents are not allowed in the swimmer locker rooms at any time.**

PRACTICE INFORMATION/CANCELLATIONS

There will be a weekly email sent out to your current email address regarding the week of practice and/or swim meets and their deadlines. You need to have your swimmer signed up on the website portal on time for all the meets. **There will be no exceptions. All swimmers have to be registered via the website. No swimmer's entry will be accepted after the deadline through text or the coach's personal email.**

The calendar will be available on the website, but is subject to change.

From time to time, it may become necessary to cancel a daily practice due to weather, maintenance issues with the school or pool, etc. Whenever this becomes necessary, an email will be sent. Please make sure your email address on TeamUnify is current. Any changes to the schedule will be posted on the team website.

ATHLETE HEALTH CONCERNS:

In an effort to keep coaching staff well informed of athlete health history and/or conditions, please email any concerns or speak to the Head Coach.

Parent Signature

Date

Swimmer Signature

Date