

- **Parent/Guardian Code of Conduct**

*Preamble*

The essential elements of character building and ethics in sports, including swimming and diving 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 these “six pillars of character.”

*I therefore agree:*

- I will not force my child to participate in swimming/diving.
- I will remember that children participate to have fun and that swimming/diving is for youth, not adults.
- I will inform the coach of any physical disability, medication or ailment that may affect the safety of my child or the safety of others.
- I will comply with the policies of RAC, SAL and USA swimming to the extent my son/daughter participates in such activities.
- I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every meet and practice.
- I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, swimmer/diver, or parent such as taunting, refusing to shake hands, or using profane language or gestures.
- I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
- I will teach my child to follow the team rules and to resolve conflicts without resorting to hostility or violence.
- I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability on any other protected status.
- 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 meet or his/her performance.

- I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
- I will never ridicule or yell at my child or other participants for making a mistake, having an off-meet or being disqualified.
- I will emphasize skill development, practice and personal bests.
- I will promote the emotional and physical well-being of the swimmers/divers ahead of any personal desire I may have for my child to win.
- I will never question, discuss, interrupt or confront coaches at the pool during meets or practices; if I have any questions or concerns, I will arrange for an alternate time/place to speak with the coaches.
- I will demand a sports environment for my child that is free from illegal drugs, controlled substances or other substances not being used for their intended purpose (“substances”), tobacco, and alcohol, and I will refrain from their use at all RAC events.
- I will refrain from coaching my child or other swimmers/divers during meets and practices, unless I am one of the official coaches of the team.

In general, where a parent/guardian does not adhere to these standards, one warning will be given. However, because unacceptable conduct has different levels of seriousness, a warning may not be provided prior to the RAC Board and/or the coaching staff taking further disciplinary action. Further, RAC reserves the right to immediately suspend or expel a swimmer or diver from the program and/or immediately remove a parent/guardian from observation of and/or participation in the program where violation(s) of the Parent Code of Conduct discredits, disrupts or interferes with the RAC coaching staff and/or program and, in such situations, a swimmer/diver/parent/guardian will not be relieved of the obligation to pay outstanding fees nor will be eligible for reimbursement of monies paid to date.