



Code of Conduct

The purpose of this [code of conduct](#) is to establish common expectations for all members of the coaching staff, parents, and swimmers of the club. It is to be used as a guide to promote a positive team environment and good sportsmanship.

Coaches

Coaches occupy a unique place in a swimmer's life - part parent, part teacher, part friend. ACA coaches take these roles seriously and strive to be good role models, leaders and listeners.

All ACA coaches must meet high criteria set forth by USA Swimming. Each coach holds a current certification in First Aid and CPR training for the Professional Rescuer certification. Coaches are also required to complete the USA Swimming Safety Training for Coaches Course. ACA coaches have all passed a background check run both by USA Swimming and The Arena Club. All the above requirements must be kept up to date for a swim coach to remain in good standing with USA Swimming and The Arena Club.

ACA coaches' main responsibility is to mold all of our swimmers into the best swimmer that they can be. In addition, coaches mentor swimmers in life skills and positive values.

Coaches:

- instruct swimmers in all aspects of the sport: technique, training methods, mental preparation, competitive strategy, etc.
- offer encouragement, constructive criticism, and honest assessments with suggestions for improvement
- demonstrate and encourage values and behaviors consistent with the principles of developing responsible young athletes
- lead the team at competitions
- make decisions about group placement; meet opportunities, and events for swimmers
- communicate with swimmers and parents about plans, issues, and philosophy within the program

Points to Keep in Mind:

- Individual swimmers develop at different rates. This fact by itself may cause stress for swimmers and external pressure cannot quicken or slow the pace of natural development.
- Excessive pressure can, however, contribute to burnout.
- Coaches, swimmers, and parents are human. Mistakes are inevitable. The most productive response is to admit them, excuse them, and move on. Grudges help no one.
- Let the coaches coach, let the swimmers swim, let the parents support.
- The *process*, not the awards, is the most valuable part of competitive swimming. The friendships, lessons, skills, and memories gained from participating in the sport last forever and help create a healthy, happy and strong person. It is important to look at each child's long-term development. Instant gratification is only temporary and often leads to problems later in life.
- As stated before, parents, swimmers and coaches may not always agree but honest and open communication maintains mutual respect and a positive relationship.



Code of Conduct for Coaches

The purpose of this [code of conduct](#) for coaches is to establish common expectations for all members of the coaching staff of the club. It is to be used as a guide to promote a positive team environment and good sportsmanship.

- At all times, adhere to USA Swimming's rules and code of conduct.
- Set a good example of respect and sportsmanship for participants and fans to follow.
- Act and dress with professionalism and dignity in a manner suitable to his/her profession.
- Respect officials and their judgment and abide by the rules of the event.
- Treat opposing coaches, participants, and spectators with respect.
- Instruct participants in sportsmanship and demand that they display good sportsmanship.
- Coach in a positive manner and do not use derogatory comments or abusive language.
- Win with humility and lose with dignity.
- Treat every athlete fairly, justly, impartially, intelligently, and with sensitivity.
- Always place the well-being, health, and safety of swimmers above all other considerations, including developing performance.
- Continue to seek and maintain their own professional development in all areas in relation to coaching and teaching children.
- Always maintain a professional separation between coach and athlete.

Any complaints of a coach violating this code of conduct will be brought to the attention of his/her supervisor and/or the club's board of directors.