



Sunkist General Code of Conduct

At Sunkist we are proud of our sporting ability and our reputation as an organization of good sports. Our society expects high standards of behavior from all people involved in sport, and it is vital the integrity of sport is maintained. At every level of sport, the principles of fairness, respect, responsibility and safety should be maintained. Sunkist is at all levels, committed to upholding the principles of:

Fairness Operating within the spirit of the rules, never taking an unfair advantage and making informed and honorable decisions at all times.

Respect Recognizing the contribution that people make to sport, treating them with dignity and consideration, as well as caring for the property and equipment they use.

Responsibility Taking responsibility for one's actions and being a positive role model at all times.

Safety Encouraging healthy and safe procedures, preventing and reporting dangerous behavior, while demonstrating concern for others.

Sunkist Swim Team promotes the following codes of conduct to all people involved in any way with the sport of swimming, particularly those responsible for activities involving members under the age of 18 years. These codes of conduct highlight the principles and values of Sunkist and are the core principles of USA Swimming and Safe Sport policies. As a person involved in any way with the sport of swimming, the following standard of behavior is expected.

- Respect the rights, dignity and worth of others.
- Be ethical, considerate, fair and honest in all dealings with other people and organizations.
- Be professional in and accept responsibility for your actions.
- Make a commitment to providing quality service.
- Be aware of USA Swimming standards, rules and policies.
- Operate within the rules and spirit of the sport, including the national and international guidelines that govern USA Swimming
- Understand the possible consequences of breaching USA Swimming and Safe Sport Policies.
- Immediately report any breaches of the USA Swimming Policies to the appropriate authority
- Refrain from any form of abuse towards others.
- Refrain from any form of harassment toward others.
- Refrain from any form of discrimination toward others.
- Refrain from intimate relations with members whom they have a supervisory role or power over.
- Refrain from any form of victimization toward others.
- Provide a safe environment for the conduct of activities in accordance with any relevant USA Swimming policy.
- Show concern and caution toward others that may be sick or injured.
- Be a positive role model



Coach Code of Conduct

- Abide by the General Codes of Conduct.
- As a non-athlete coach member of USA Swimming, understand you are held to a higher standard and you will remain fully committed to following USA Swimming's Code of Conduct and Safe Sport policies at all times.
- I understand it is our duty to foster a positive culture for our members and you shall remain vigilant to ensure everyone is abiding by USA Swimming Code of Conduct.
- You will in no way exhibit, support or condone any behavior that is unscrupulous, detrimental to the team
- You will in no way act on behalf on the program including, contracts, emails, texts, mail without prior approval from the BOD or Head Coach.
- Be responsible for matters concerning the coaching, training and development of members.
- Help each person (athlete, official etc.) reach their potential – respect the talent, developmental stage and goals of each person, and compliment and encourage with positive support and feedback.
- Be honest and do not allow your qualifications to be misrepresented.
- Maintain a 'duty of care' towards others and accountability for matters relating to training and competition.
- Maintain the required standard of accreditation and/or licensing of professional competencies.
- Have a sound working knowledge of USA Swimming policies, rules and coaching techniques.
- Ensure that any physical contact with others is appropriate to the situation and necessary for the person's skill development



Swimmer Code of Conduct

- Abide by the General Codes of Conduct.
- Follow the rules of USA Swimming at all times.
- Give your best at all times.
- Never argue with an official. Use the appropriate rules and guidelines to resolve a dispute.
- Control your temper. Verbal or physical abuse is not acceptable. ☹
- Work equally hard for yourself and/or your team.
- Be a good sport. Applaud good performances whether they are made by your team or the opposition.
- Treat all swimming participants, as you would like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coaches, team mates, opponents, management, event staff and officials.
- Participate for your own enjoyment and benefit, not to satisfy the expectations of others.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, ethnicity, cultural background or religion.



Officials Code of Conduct

- Abide by the General Codes of Conduct.
- Maintain the required standard of accreditation and/or licensing of professional competencies.
- Help each person (athlete, official etc.) reach their potential - respect the talent, developmental stage and goals of each person, and compliment and encourage with positive support and feedback.
- Be honest and do not allow your qualifications to be misrepresented.
- Have a sound working knowledge of USA Swimming's policies and rules.
- Ensure that any physical contact with others is appropriate to the situation and necessary for the person's skill development. *This also applies to team support staff



Parents Code of Conduct

- Abide by the General Codes of Conduct.
- Encourage your child to participate in sport for their individual enjoyment, personal satisfaction, and improvement.
- Focus on your child's effort and performance, rather than winning or losing.
- Encourage your child to abide by the rules and accept judgements made by officials.
- Never ridicule or yell at a child for making a mistake or performing below expectation.
- Be an example to your child and others. Appreciate good performances by all participants.
- Support all efforts to remove verbal and physical abuse from the sporting environment.
- Show appreciation and respect for all people involved in your child's swimming.
- Respect the rights, dignity and worth of all participants, regardless of their gender, ability, ethnicity, cultural background or religion