



Athlete Code of Conduct

This Code of Conduct ensures that everyone's involvement with BAC is a positive experience and that our swimmers are representing BAC in the proper and mature way that we can all be proud of. Your signature below indicates that you have read and understand all of the information provided along with what is expected from you as a member of the Billings Aquatic Club.

BAC as an organization expects the following behavior:

- Swimmers will refrain from foul language.
- Swimmers will refrain from violence.
- Swimmers will refrain from bullying behaviors.
- Swimmers will refrain from all behavior that casts a negative light on BAC.
- Swimmers will control their emotions and handle disappointments with maturity and grace.
- Swimmers will always respect and show courtesy to everyone.
- Swimmers will demonstrate good sportsmanship at all practices and meets.
- Swimmers will be respectful of other's feelings and personal space.
- Swimmers will show respect for all facilities used during practices, competitions, and activities.
- Swimmers will always be coachable.
- Swimmers will be on time for practice and meets.
- Swimmers will notify their coach if they will be arriving late to practice or meets.
- Swimmers will notify their coach if they will be leaving early from practice or meets.
- Swimmers will assist with setting up and putting away all practice equipment.

Action Plan of the Billings Aquatic Club to Address Bullying:

Bullying of any kind is unacceptable at the Billings Aquatic Club and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. The Billings Aquatic Club is committed to providing a safe, caring, and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, board member, or athlete/mentor.

Objectives of the Billings Aquatic Club's Bullying Policy and Action Plan:

1. To make it clear that the BAC will not tolerate bullying in any form.
2. To define bullying as the use of aggression, whether intentional or not, which then hurts another person resulting in pain and distress.
3. To make it known to all parents, swimmers, and coaching staff that there is a policy and protocol should any bullying issues arise.
4. To make how to report bullying streamlined by immediately informing your Coach.
5. To spread the word that the BAC takes bullying seriously and that all swimmers and parents can be assured that they will be supported when bullying is reported.

Unacceptable behavior will result in the following, but may not be limited to these steps:

1st Time: Warning (verbal or written)

2nd Time: Asked to leave practice, the function, or meet immediately. You will need to call your parent (or find them if they are at the event) and wait on the side of the pool until your parent(s) arrive and talk to the coach.

3rd Time: Suspension or Termination of Membership from the Billings Aquatic Club.



Swimmers' signatures:

Signature _____
Date

Printed Name

Signature _____
Date

Printed Name

Signature _____
Date

Printed Name

Signature _____
Date

Printed Name