



Athlete Code of Conduct

As our organization grows and we continue to expand our programs, we seek to establish or clarify our policies. Our policies help to guide the organization and ensure continued success. The Billings Aquatic Club is fortunate to have experienced, professional coaches and volunteers working to develop our children into better swimmers and more importantly, disciplined people. As a BAC swimmer, it is absolutely essential that you give our coaching staff, parents and all volunteers the respect and authority they deserve to run our swim team.

BAC as an organization expects the following behavior:

- Swimmers will be on time for practice and meets
- Swimmers need to notify their coach if they will be arriving late or need to leave practice or meets early.
- Swimmers should notify their coach if they will be missing practice due to another event or activity and notify their coach if they will be missing practice for a substantial amount of time. *Note: Younger swimmers can have their parents make these arrangements.*
 - Every swimmer will respect the coaches and be willing to accept the coach's direction and practice instructions
 - Every swimmer is responsible for bringing and picking up their own equipment
 - All swimmers need to help with setting up and putting away practice equipment (this includes lane lines, backstroke flags, kick boards, flippers, etc.)
 - Each swimmer should accept, encourage and respect their teammates. Positive reinforcement of all swimmers in all situations - team spirit, team loyalty
 - Swimmers are responsible for safe behavior in the pool, on deck, and in the locker rooms.
 - Enjoy swimming, have fun and respect the opportunity you have.

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 and give all board members, coaches, parents and swimmers a good understanding of what bullying is.
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 clear and understandable.
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 from the team.



This Code of Conduct was developed as a standard to emphasize our organization's commitment to making everyone's involvement with our club a positive experience. My(our) signature below indicates that I(we) have read and understand all of the information provided.

Swimmers' signatures:

Signature _____
Date

Printed Name

Signature _____
Date

Printed Name

Signature _____
Date

Printed Name

Signature _____
Date

Printed Name