



# MOR CODE OF CONDUCT

## Philosophy

The Marlins Of Raleigh Swim Team has established a Code Of Conduct for swimmers, parents, and coaches to ensure a safe and nurturing environment for our swimmers, families and coaches where swimmers can achieve and coaches can work in a supportive environment.

### General Code

#### Swimmer Code of Conduct

- Show respect to teammates, coaches, and meet personnel at all times.
- Demonstrate good sportsmanship at all practices, meets and team functions.
- Follow directions of all staff and chaperones.
- Abstain at all times, whether on team time or not from alcohol, tobacco, illegal or non-prescribed drugs, vaping, or any substances banned by FINA or the IOC. Being in the presence of those breaking the above rules for alcohol, drugs, vaping etc. is a violation and subject to the same consequences.
- Bullying in person (or on social media) will not be tolerated.
- Deck changing is prohibited.
- Set a good example of behavior and work ethic for younger teammates.
- Respect teammates' feelings and personal space.
- Show respect for all practice facilities, lodging areas and team vehicles at all times including locker rooms. Keep team areas clean during meets.
- On Team Travel Meets, coaches will collect cell phones at lights out and return them at breakfast.
- Wear appropriate MOR attire at competitions.
- Compete in only Speedo suits at all meets.
- Refrain from violence, dishonesty, and offensive language.
- Obey all USA Swimming rules and codes of conduct.
- The Head Coach will determine disciplinary action for violation of this code. This may include:
  - Being scratched from events
  - Removal from practice
  - Loss of Team Travel privileges
  - Being sent home from a meet at parent's expense

#### Parent Code of Conduct

- Set a good example for your children by showing respect to team members, competitors, officials and other parents. Take care of the facilities we use
- Respect the integrity of the officials. Only coaches should approach and communicate with officials-if you have a concern then speak to your coach who will follow up. Parents are also not permitted to contact meet directors or to enter meets without coach approval
- Promote good sportsmanship by example. Defending your child when they have made a mistake robs them of the opportunity to grow. Let them own it and fix it. Trust them and they will become more confident young people.
- Do not coach your swimmer. They become easily confused when they are getting direction from

multiple different sources. It puts a strain on the swimmer/parent relationship and puts pressure on the swimmer who is trying to please their parent. This will result in less enjoyment by the swimmer in the sport of swimming. It should be fun!

- Parents will not video practices. Parents may video their own child in competition but shall refrain from video taping other swimmers unless asked to do so by the child's parent. • Insist that your child refrain from using alcohol, tobacco, vaping, drugs or other prohibited substances during swimming time or travel or away from swimming. It is against the law and will not be tolerated. It is a violation of USA Swimming Code of Conduct.
- If you have concerns with your child's coach, arrange a meeting at the MOR office where you can have the coach's full attention and a resolution can be reached. If after meeting with your coach, you do not get a satisfactory resolution of the issue, then you can request a meeting with Coach Silver.
- Arrive on time for swimmers to get on deck at the designated warmup time for meets. • Volunteer at MOR hosted meets which allow us to not have to travel.
- Do not compare your swimmer with other swimmers to them or other parents. It undermines their self-confidence as all they want to do is please you.
- Feel free to speak positively about MOR, but do not entice or recruit other year round swimmers from local clubs. We would not want other parents recruiting our swimmers. If you are asked about MOR by a year round swimmer on another team then feel free to share your positive experiences and direct them to speak to a MOR coach.
- Uphold these rules/responsibilities at all times. MOR reserves the right to dismiss a family that is not living up to this code.

In the event there is a violation of these Codes of Conduct, please follow the MOR Grievance Procedure .