

PARENT & SWIMMER CODE OF CONDUCT

As a parent/guardian, I recognize that parents/guardians are the most important role models for their children, and that sports help to develop a sense of teamwork, self-worth and sportsmanship. As such, I agree to abide by the following:

1. Encourage good sportsmanship by demonstrating positive support for all swimmers, coaches, fans volunteer and officials at meets, practices and other events. Only coaches may approach meet officials for clarifications of rulings.
2. Place the well being of my child before a personal desire to win.
3. Assist the coaches in conducting effective practices by ensuring swimmers arrive and leave on time, and bring the proper equipment. Also assist in arriving at meets in time for check in, stretching and warm-ups.
4. Assist the coaches by not talking with or motioning to swimmers during practices unless clearing it with a coach first. PARENTS ARE RESTRICTED FROM BEING ON DECK DURING PRACTICE OR SWIM MEETS BY USA SWIMMING RULES.
5. Coaches reserved the right to dismiss a swimmer from practice due to inappropriate behavior.
6. Refrain from calling or texting coaches while they are on deck at practice or at a meet unless it is an emergency.
7. Any swimmer competing under the FAST name will work out with the FAST team under the direction of the FAST coaches. An example of this would be recruiting swimmers to move to another team.
8. Advocate a sports environment for my child that is free of drugs, tobacco, alcohol, and abusive language, and refrain from their use during swimming events.
9. Refrain from illegal or inappropriate behavior that detracts from a positive image of the team or is detrimental to our performance objectives. THIS INCLUDES BUT IS NOT LIMITED TO: VERBAL ABUSE TO A COACH, PARENT, VOLUNTEER OR SWIMMER; FORCEFULLY SHOVING OR OTHERWISE TOUCHING ANOTHER PARENT, COACH OR SWIMMER SO AS TO THREATEN OR CAUSE HARM.

PROCEDURES FOR PARENTS REGARDING COACHING CONCERNS:

1. Parents with swim related concerns should talk first directly with the coach of their child. If the issue remains unsolved and further discussion is needed, the parent may discuss the issue with the head coach. At no time should a parent be disrespectful to a coach.
2. Discussions regarding swim related concerns should take place before or after practice times. No discussions should take place during practice time, on the pool deck, or at a meet on the pool deck.
3. In the event that a problem should arise that a parent must call or send an email to the head coach because they are unable to meet before or after practice, discretion should be used before sending an email or calling (for example, consider the time you are calling).
4. In the event that a parent feels the concern is still not resolved with the child's coach and with the head coach, then the parent may address the concern by emailing all Board Members. Email addresses can be found on the FAST website under the FAST BOARD. The board will work quickly to help resolve the issue.

DUE PROCESS PROCEDURE FOR VIOLATIONS OF THE CODE OF CONDUCT

Violations of the above code of conduct will result in:

1st Offense: Verbal and written warning from the Board

2nd Offense: Restriction from attendance at practices and/or meets

3rd Offense: Dismissal from the team. **All** fees for the season will be due and payable in full upon dismissal.

* Any action deemed severe enough by a 2/3 vote of the FAST Board can, and will, be subject to immediate dismissal of the swimmer and family from the FAST organization.

SWIMMER CODE OF CONDUCT

As a swimmer, I understand that I must follow these rules to stay in good standing:

1. I will respect the sport, swim fairly and follow its rules and regulations.
2. I will show respect for authority to the officials of the sport.
3. I will demonstrate good sportsmanship before, during and after practices and meets.
4. I understand that bullying is not acceptable and will not be tolerated by my teammates or coaches.
5. I will respect and support our professional coaches, and strive to be my best through practices and meets. The use of foul language is never acceptable and is cause for removal at practice and meets.
6. I understand that the FAST coaches have the right to dismiss me from practice based on my attitude, work effort, and/or behavior. I further understand that it is my responsibility to be truthful to my parents as to the reasons why I was dismissed from practice.
7. I will be courteous to opposing teams and treat all swimmers and coaches with respect.
8. I will be modest when successful and be gracious in defeat.
9. I will respect the privilege of the use of public facilities.
10. I will refrain from the use of drugs, tobacco, alcohol and abusive language.

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2nd Offense: Restriction from attendance at practices and/or meets

3rd Offense: Dismissal from the team. All fees for the season will be due and payable in full upon dismissal.

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