

Chinook Code of Conduct

The purpose of this conduct policy is to insure that every swimmer is provided an environment that allows them the opportunity to reach their individual goals.

Swimmer Code of Conduct

A swimmer's conduct at practices and swim meets should support every other swimmer's ability to learn and the coach's ability to teach other swimmers.

Each swimmer should be committed to striving for their own goals and for the good of the team.

Conduct Expected of ALL Swimmers

- Chinook swimmers are expected to remember that at practice, during swim meets and in public they are representing Chinook Aquatic Club. They should represent Chinook with excellence, team spirit, good sportsmanship, and politeness.
- Chinook swimmers are expected at all times to follow the directions of any member of the coaching staff and any person who is a chaperone. Disrespect or failure to obey instructions will not be tolerated from any athlete.
- Chinook swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
- There shall be no drinking of alcohol or use of tobacco products or illegal drugs or any substances banned by US Swimming or FINA.
- Chinook swimmers are expected to respect each other. Fighting, intentional touching or striking another athlete will subject the swimmer to the most severe discipline.
- Chinook swimmers are expected to respect and care for the property of others. Vandalism, intentional damage to property or theft of property will not be tolerated.
- Swimmers may leave practice or swim meets early only with the coach's permission.
- Disruption of practice by an athlete will be grounds for removal. Continual cheating in a practice will be considered a disruption of practice.

Basic Responsibilities

- Swim for the fun of it, not just to please your parents or coach.
- Swimmers should be punctual for all practices and meets. Pool time is very valuable.
- Swimmers should plan on attending all meets unless they have made special arrangements with their coach.
- Swimmers are expected to wear Chinook swim suits and team caps at meets. This displays team pride and also makes it easier to identify swimmers on the blocks and in the water.
- Swimmers should be an active participant in all team practices, competitions, fundraising events and other team activities.
- Focus on every drill and every set. Be committed to putting forth your best effort everyday. An honest effort does not include cutting laps, pulling on lane lines or missing send offs/sets.
- The coach is there to help you. You are expected to pay attention and follow all of the coach's instructions completely and exactly. If any clarification is needed, inquire politely.

Swimmers are expected to follow the spirit of the rules as well as the specific rules. The coach must adapt this philosophy to an infinite number of situations. Swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive practice environment and competitive environment for all.

Coach Code of Conduct

Conduct Expected of ALL Coaches

- Abide by the rules and regulations of US Swimming and FINA and follow procedures for enforcement of the Chinook Aquatic Club codes of conduct.
- Maintain professional standing in an honest manner and preserve the reputation of Chinook and the US Swimming coaching profession
- Be professional and accept responsibility for all actions
- Extend professional courtesy to other coaches, athletes and their parents by keeping all parties informed
- Make decisions based upon the best interest of the swimmer's sports, education and vocational careers
- Acknowledge the individual talents and potential of swimmers
- Set appropriate training programs based upon the developmental level of the swimmer
- Maintain a balanced emphasis of swimming involvement with educational and career objectives
- Direct all observations and recommendations regarding all aspects of swimming to the appropriate persons
- Be constructive in criticisms and direct comments, observations to the relevant individuals or
- Respect the efforts of appointed and elected representatives of Chinook and US Swimming
- Reject the use of performance enhancing drugs in swimming and abide by the guidelines set forth by national and international regulatory bodies
- Respect the health and dignity of swimmers to compete on the basis of their abilities
- Exercise a standard of care consistent with the professional qualifications as a swimming coach
- Refrain from any form of sexual harassment toward athletes and colleagues
- Show concern for the health, safety, and welfare of athletes and colleagues
- Keep all relevant qualifications up to date
- Respect the right, dignity and worth of every human being with the context of the coach's involvement in swimming
- Refrain from any discriminatory practices on the basis of gender, race, religion, or ethnic background

Basic Responsibilities

- Coaches are responsible for placing swimmers in the appropriate practice groups. This is based on the age, level of commitment and ability level of each individual.
- Coaches have sole responsibility for stroke instruction and the training regimen. Each groups' practices are to be based on sound scientific principles and geared to the specific goals of that group.
- Direct comments at the performance rather than the person. Refrain from public criticism of swimmers or fellow coaches.
- Refrain from the use of profane, insulting, harassing or otherwise offensive language while coaching
- Cooperate with registered medical practitioners in the overall management of swimmers' medical and psychological problems. Consider the swimmer's future health and well-being foremost.
- Recognize and accept when to refer swimmers to other coaches or sport specialists.
- Regularly seek ways of increasing professional development and self-awareness.
- Treat members of other teams and officials with respect and encourage swimmers to act accordingly.
- Cooperate with the swimmer's parents or legal guardians, involving them in their child's development.
- Be aware of the academic pressures placed on student athletes and conduct practices and meets in a manner so as to allow academic success.
- At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will provide feedback regarding the swimmer's performance.
- Coaches will discourage the use of drugs, alcohol and tobacco products by swimmers in conjunction with the sport.
- Matters of athletes entering/leaving training programs organizations special ability/disability.

Parent Code of Conduct

The Chinook Aquatic Club is fortunate to have highly experienced, professional coaches working to develop our children into better swimmers, and more importantly, teaching and instilling important life skills. These skills include time management, self-discipline, and sportsmanship. Your child will reap the benefits of swimming long after his/her participation with Chinook ends.

As parents, it is absolutely essential that we give our coaching staff the respect and authority they deserve to run our swim team. Our coaches are hired for that purpose and the Board of Directors oversees the direction of the staff.

Conduct Expected of ALL Parents

- Set the right example for our children by showing respect and common courtesies at all times to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice or competition.
- Demonstrate good sportsmanship during all practices, competitions and team activities.
- Be an active participant in all fundraising events and other team activities and encourage and support your child by permitting them to be timely for practices and competitions.
- Recognize that Chinook coaches are professionals and allow them to coach your child without interference during workouts and meets, including not being present on deck during practice or competitions unless you are working at the meet.
- If you have concerns, you will address it with the appropriate coach in private.
- Insist that your child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct, or any other behavior deemed dishonest, discourteous, offensive or disrespectful of others.

Basic Responsibilities

- Practice teamwork with all parents, swimmers, and coaches by supporting the values of Discipline, Loyalty, Commitment, and Hard Work.
- See that your swimmer is on time for practice and arrives on time for meet warm-ups.
- Maintain self-control at all times.
- Know your role: Swimmers Swim / Coaches Coach / Officials Officiate / Parents Parent
- Call or meet with coaches during normal business hours before or after practice/meets to discuss issues.
- Do not coach your child at practice or during meets, that is the coach's job.
- Do not interrupt or confront the coaching staff on the pool deck during practice or meets.
- Trust and support your swimmer's and coach's decisions around goal-setting, training commitments, swim event entries, and meet schedules. Do not impose your ambitions on your child.
- Any questions about dissatisfactions, judging, etc should be directed to your swimmer's coach.
- Get involved - be an official, work on the board, help plan a fundraiser, be a membership chair, help plan a group social. Find something you enjoy!
- Share the burden among parents by volunteering to help at our club-hosted meets, and be a timer at 'away' meets.
- Pay your fees on time.