

2021 – 2022 Swimmer’s Code of Conduct and Participation Agreement

As a member of the Eastside Aquatic Swim Team, I agree to the following:

GENERAL GUIDELINES

- Conduct myself appropriately at the facilities that the EAST team visits.
- Treat coaches, parents, meet staff, and other swimmers courteously and with respect at all times. Let the words I speak be uplifting to that person.
- Exhibit good sportsmanship towards other teams and fellow teammates.
- Encourage my fellow teammates when they are racing by cheering for them and rejoicing with them if they get a best time.
- If I have a complaint, go directly to that person and voice my complaint in clear (yet courteous) and concise terms.
- Set goals I wish to work toward achieving. (If necessary, I can check with my coach to see if my goals are realistic).
- Keep track of my swim times. My best swim times need to be listed on meet entry forms and they also allow me to see my improvement.
- Be on time and prepared for all swimming activities (practices, meets, warm-ups, etc.).
- I will follow all USA policies that apply to swimmers/members (including its policies on bullying and electronic communications).

PRACTICE GUIDELINES

- Be consistent with my attendance. (Coaches expect swimmers to attend as many practices as possible.) My attendance will reflect my expectations of my performance.
- If I am sick, I will not attend practice. (The coaches and the parents do not want swimmers sharing illnesses with each other!)
- I will be prompt! I will make every attempt to be on the pool deck 10-15 minutes prior to practice to stretch out and loosen up so I will be ready to swim when practice starts. I will have my cap and goggles, and other equipment (kickboards, etc.) ready. If I will be late or leave early, I will make arrangements with my coach prior to practice if practical.
- I will listen to the coach. When the coach is talking, I will listen and not distract other team members.
- I will bring my swimsuit, cap, water bottle, sandals and goggles to every practice.
- I will not disrupt or interfere with the quality of my teammate's practice. If a swimmer wishes to pass me, I will be courteous and allow them to pass.

- I will observe all pool rules and policies at all times. Any person not observing the rules, policies, and rights of other users will be asked to leave the pool.

If I do not follow the practice guidelines contained herein, I may be asked to leave practice. If I am asked to leave practice, I will be respectful of the coach and my teammates and leave without disruption.

ADDITIONAL FACILITY SPECIFIC GUIDELINES – All Pools

- **Our swimmers may not use the indoor pool or hot tub, the adult locker rooms, or any gym equipment.** We are restricted to the locker rooms, inside waiting area next to outdoor pool, and the outdoor pool.
- Swimmers must bring their own locks for lockers, or take their bags out to the pool area.
- **Keep noise level down in the facility at all times** - just don't congregate there. Swimmers waiting for their parents to pick them up will either have to wait outside or wait in the inside area next to the pool and have their parents come in to get them. The front door area is very tight and too congested with a group of swimmers waiting.
- **No horseplay in locker rooms, or we will lose their use.**
- Be courteous and respectful of others, and be a good guest.

LOCKER ROOM GUIDELINES

- Be considerate and respectful of other team members and meet staff. I will not be disruptive in the locker room.
- I will observe all locker room policies. I will lock up all personal possessions and not bring valuable items to the locker room.
- I understand that my personal belongings are my own responsibility.
- I understand that the locker room is for showering and changing, and is not a play room.

If I do not follow the locker room guidelines contained herein, I may be asked not to use the locker room facility. If I am asked not to use the locker room, I will be respectful of the facility staff, team members, and facility members and make arrangements to shower elsewhere.

MEET GUIDELINES

- I will be prompt! If I am late, I will let the coach or another parent/swimmer know prior to the meet.
- I will check in & out with the coach at the meet.
- I will notify the coach immediately if I am sick and must be "scratched" from the meet. However, since the coach may not receive these messages in a timely manner, you should consider asking a parent who is attending the meet to notify the coach at the meet.
- I will warm-up and stay with the team in the designated lane and area.

- I will always check if I am in a relay before meet day. I understand that not showing up if I am assigned to a relay causes 3 other swimmers to miss this opportunity and costs EAST money. If I can't swim, **I will let the coach know as soon as practical**, so a substitute can be found.
- I will stay with the team in the team area.
- If a warm up pool is available at the meet, **I will use it to warm up and cool down, NOT for playing.**
- I will pay attention at the swim meet and I will be aware of when my events begin.

By signing this form, I am committing to meeting the guidelines and expectations contained herein. I understand that failing to do so may result in dismissal from practice, restriction of locker room privileges, or other actions may be taken by EAST team coaching staff and/or team leadership deemed appropriate.

Swimmer Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____