



*To create a safe and productive swim environment,
the following Best Practice Guidelines are strongly recommended for all MAST members.*

1. All swimming practices are open to observation by parents.
2. Two-deep Leadership: One coach and at least one other adult who is not in the water should be present at all practices and other team activities whenever at least one athlete is present.
3. Open and Observable Environment: An open and observable environment should be maintained for all interactions between adults and athletes. Private, or one-on-one situations, should be avoided unless they are open and observable. Common sense should be used to move a meeting to an open and observable location if the meeting inadvertently begins in private.
4. Coaches should not invite or have an athlete(s) to their home without the permission of the athlete's parents (or legal guardian).
5. Athletes should not ride in a coach's vehicle without another adult present who is the same gender as the athlete, unless prior parental permission is obtained.
6. Communications between non-athlete adult members and athletes should not include any topic or language that is sexual or inappropriate in nature.
7. Non-athlete adult members should respect the privacy of athletes in situations such as changing of clothes, showering, etc. Non-athlete adult members should protect their own privacy in similar situations.
8. Relationships between coaches and athletes of a peer-to-peer nature should be avoided. For example, coaches should avoid sharing their own personal problems with athletes.
9. Coaches and other non-athlete adult members should avoid horseplay and roughhousing with athletes.
10. When a coach touches an athlete as part of instruction, the coach should do so in direct view of others and inform the athlete of what he/she is doing prior to the initial contact. Touching athletes should be minimized outside the boundaries of what is considered normal instruction. Appropriate interaction would include high fives, fist bumps, side-to-side hugs and handshakes.