

Section 1: PRIME AQUATICS ON-DECK POLICIES

PARENTS:

Practice sessions are closed. Parents must remain outside of the pool deck area or in their vehicles in the parking lot if they wish to remain on the premises during practice time. Parents must pick up swimmers immediately after the conclusion of practice. See “Prime Aquatics Reopening Guidelines” for specific guidelines when dropping off and picking up your child before and after swim practice.

We encourage you to ask questions and talk to your child’s coach, but, during this COVID-19 pandemic, please send messages via text at least 15 minutes before your child’s workout is set to begin. Your coach will make every effort to give you a quick text reply in a timely manner. Please understand that your coach may not be able to respond quickly due to on-deck coaching responsibilities. If it is an emergency, please CALL your coach. In-depth discussions between parents and coaches will have to occur on in person/Facetime/phone call/Zoom/texting after practice hours. The exact time frame of a parent-coach conference will be set up directly between a parent and the child’s lead coach. Please be patient and respect your coach’s time away from the pool.

Any children not swimming must be with their parents or a supervising adult AWAY from the pool and the pool deck. There will absolutely be NO persons in the pool area who are not parent volunteers or participating in the workout. No one other than a coach or a registered swimmer may be in the water or on the pool deck at any time (other than parent volunteers).

Once national and state-wide Covid-19 regulations subside, practice sessions will remain closed, details to be determined by the coaching staff.

SWIMMERS:

Following “Prime Aquatics Reopening Guidelines”, enter through and exit through the appropriate and designated entrance and exit points. Walk to your lanes 3-5 minutes before your practice time with your suits, caps, and goggles on.

Swimmers must put on their suits before arriving to the pool and leave the pool in their suits.

Bring your swimming gear and filled water bottle to your assigned lane for every practice.

Please tell your coach before practice if you have to leave early.

Place your backpacks or shoes or towels on the designated chair or area your coach assigns you.

Be considerate of other swimmers' belongings, and do not touch anything that is not yours.

Once the practice session is complete, the swimmer has five minutes to get his or her belongings and leave the pool and pool deck area. This is for the safety of the group coming in behind them.

Absolutely no deck changing is allowed. All clothes and suit changing during COVID-19 pandemic must be done at home. **Locker rooms are not permitted for changing or showering at this time. Locker rooms are reserved for toileting purposes only.**

Section 2: Basic Responsibilities of Prime Aquatics Swimmer:

- 1) Swim for the fun of it, not just to please your parents or coach.
- 2) Encourage and support your teammates during practice and meets.
- 3) Treat all coaches, parents, and teammates with respect.
- 4) Be punctual for all practices and meets. Pool time is very valuable.
- 5) Plan on attending all meets unless you have made special arrangements with your coach.
- 6) Wear Prime Aquatics approved swimsuits and team caps at meets. This displays team pride and also makes it easier to identify you on the blocks and in the water.
- 7) Be an active participant at all team practices, competitions, fundraising events, and other team activities.
- 8) Focus on every drill and every set. Be committed to putting forth your best effort every day.

9) An honest effort does not include cutting laps, pulling on lane lines, missing send offs and set, or walking along the bottom of the pool.

10) Pay attention to and follow all of the coach's instructions completely and exactly. The coach is there to help you; if any clarification is needed, ask politely.

11) The coaches 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 and competitive environment for all.

I understand the expectations of a Prime Aquatics Swimmer listed above and will do my best to abide by them.

Swimmer's Signature

Date

Parent's Signature

Date

Section 3: USA Swimming Code of Conduct for Athletes:

1) I will respect and show courtesy to my teammates and coaches at all times.

2) I will demonstrate good sportsmanship at all practices and meets.

3) I will set a good example of behavior and work ethic for my younger teammates.

4) I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.

5) I will attend all team meetings and training sessions, unless I am excused by my coach.

6) I will show respect for all facilities and other property, including locker rooms when used, during practices, competitions, and team activities.

7) I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.

8) If I disagree with an official's call, I will talk with my coach and not approach the official directly.

9) I will obey USA Swimming's rules and codes of conduct.

I understand that if I violate this USA Swimming Code of Conduct, I will be subject to disciplinary action determined by my coaches and the swim club's board of directors.

Swimmer's Signature

Date

Parent's Signature

Date

Section 4: Prime Aquatics Code of Conduct for Athletes at Home and Away

1) Team members will display proper respect and sportsmanship toward coaches, officials, administrators, teammates, fellow competitors, and the public at all times during practice, competitions, team activities, and training trips.

2) Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.

3) The possession or use of alcohol or tobacco products by any athlete is prohibited.

4) The possession, use, or sale/distribution of any controlled or illegal substance or any form of weapon is strictly forbidden.

5) Team members are reminded that when competing in meets, traveling on trips, and attending other meet-related functions, they are representing both themselves and Prime Aquatics. Athlete behavior must positively reflect the high standards of the club.

6) Any damage or thievery at the dormitory/hotel will be the responsibility of the offending swimmer. No loud or obnoxious behavior will be tolerated in hallways or public areas during any team-related activities.

7) Team members are expected to behave in an exemplary manner at all times during practice, at competitions, team activities, and during training trips. When

visiting public places, swimmers should be polite and courteous to employees and other visitors.

8)The coaching staff may establish any other rules deemed necessary. The instructions and decisions of coaches and chaperones are final.

I will obey the Prime Aquatics Code of Conduct for Athletes Home and Away. I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the swim club's board of directors.

Swimmer's Signature

Date

Parent's Signature

Date

Section 5: Consequences for Athlete's Violations of USA Swimming or Prime Aquatics Code of Conduct

Failure to comply with MAAPP or the Prime Aquatics Honor Code for Home and Away as stated in this document may result in disciplinary action. The coaches have the power to impose the following penalties for any action or inaction they determine to be a violation. The penalties include, but are not limited to the following:

- 1)The swimmer may be given a verbal warning.
- 2)The swimmer may be sent home with a verbal warning and request for a coach-parent conference.
- 3)The swimmer may be disqualified or dismissed from events, travel meets, team activities, or team trips or a combination thereof at the parent's expense.
- 4)The swimmer may incur financial penalties.
- 5)For repeated or severe violations, the swimmer may be suspended for one week. There will be no prorated fee for monthly dues. Repeated or severe violations may result in the swimmer and parent being required to meet with the coach and the board to determine appropriate disciplinary action.
- 6)Swimmer may be suspended from the team for a period of time or indefinitely.

7)Possible proceedings before an LSC Board or USA Swimming National Board of Review.

I understand that if I violate the USA Swimming Code of Conduct or if I violate the Prime Aquatics Athletes Code of Conduct at Home and Away, that I will be subject to disciplinary action determined by my coaches and the swim club's board of directors in the form of the afore mentioned consequences .

Swimmer's Signature

Date

Parent's Signature

Date

Section 6: Basic Responsibilities of a Prime Aquatics Parent

- 1)Please assist the coaches in conducting effective practices by ensuring that swimmer arrive and leave on time with the proper swimming equipment.
- 2)Please arrive at meets on time for volunteer or swimmer check in, stretching, and warm-ups.
- 3)Know your role as a parent. Swimmers will swim; coaches will coach; officials will officiate; parents will parent.
- 4)Please do not interrupt or confront the coaching staff on the pool deck during meets, and do not be present on deck competition unless you are working at the meet. Coaches are available before and after training away from the pool deck, before and after meets and competitions for feedback or to discuss issues.
- 5)Please do not speak harshly or directly to a child who is not your own. Please contact a coach or board member if you have an issue with another parent's child. The Prime Aquatics board member or coach will approach the child's parent, if necessary.
- 6)Please maintain self-control at all times. Refrain from inappropriate behavior that detracts from a positive image of the team or is detrimental to our performance.
- 7)Please be an active participant in fundraising events and other team activities and encourage and support your child by ensuring your child is timely for all Prime Aquatics events.

8) Please 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.

9) Any questions about disqualifications, judging, etc., should be directed to your swimmer's coach.

10) Please get involved...be an official, volunteer at meets, work on a committee, help plan a fundraiser, help plan a group social. Find something you enjoy!

11) Know and uphold Prime Aquatics rules, regulations, management, coach directives, and swimmer and parent code of conduct, all of which are designated to maximize the experience for all swimmers and parents.

I understand the expectations of a Prime Aquatics Swimmer listed above and will do my best to abide by them.

Parent's Signature

Date

Section 7: Prime Aquatics Code of Conduct for Parents

As a member of the Prime Aquatics, I am a part of a swimming organization that believes TEAMWORK, INTEGRITY, RESPECT, and GOOD SPORTSMANSHIP are more important than winning. By signing this Prime Aquatics Code of Conduct for Parents, I agree to follow the rules and sportsmanship while I am a member of Prime Aquatics. The following guidelines state the principles that Prime Aquatics expects all members to demonstrate and uphold.

Prime Aquatics is fortunate to have 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 good sportsmanship. Your child will reap the benefits of swimming long after his/her participation at Prime Aquatics comes to an end. 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 Head Coach oversees the direction of the staff.

1) Set the right example for our children by showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice and competition.

2) Respect the integrity of swim officials by assuming decisions are based on honest, objective evaluations of performance. Only coaches may approach meet officials for clarification of rulings.

3) Understand the opposing teams, including their swimmers, coaches, and fans, want the same positive experiences for their swimmers that we do. Help Prime Aquatics achieve our goals by avoiding criticism either verbally or by gesture. Look for opportunities to build rapport with teams with which we compete and work.

4) Demonstrate good sportsmanship during all practices, competitions, and team activities. Prime Aquatics wins gracefully, loses graciously, and congratulates opponents.

5) Support your professional coaches as they strive to do what is best for each Prime swimmer. Our expectations and methods are based on USA Swimming, the American Swim Coaches Association, and other recognized authorities. Realize that swimmers become easily confused when coached by parents at the same time as their coaches; swimmers benefit most from positive reinforcement through professional coaching staff's instructions and advice. Your unconditional love and support before and after races will help your kids best.

6) Represent Prime with excellence, respect, team spirit, sportsmanship, and politeness.

7) If you have any coaching concerns, address it with the appropriate Prime Aquatics coach in private. If you have club concerns, address those with the Prime Aquatics Board in private. *Please follow the appropriate chain of command.*

8) Maintain an open and honest line of communication with all Prime Aquatics family members. We reach our common goals more easily by working together.

9) Ensure that responses on any of Prime's communication channels (texts, voicemails, emails, Instagram, Facebook, Twitter, GroupMe, Zoom, TeamSnap, Team Feed, etc.) remain professional.

10) Insist that your child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct, bullying, or any other behavior deemed dishonest, discourteous, offensive, or disrespectful to others.

I will obey the Prime Aquatics Code of Conduct for Parents. I understand that if I violate this code of conduct, I will be subject to consequences deemed by the Prime Aquatics Board.

Parent's Signature

Date

Section 8: Consequences for Violations of Parents' Code of Conduct

- 1)The Prime Aquatics Board will give the parent a written warning.
- 2)The Prime Aquatics Board will request an in-person conference with the parent(s) and coach(es).
- 3)The Prime Aquatics Board will request an in-person conference with a board member, the parent(s), and the coach(es) to determine the best course of action for the parent(s) and family going forward.

I will obey the Prime Aquatics Code of Conduct for Parents. I understand that if I violate this code of conduct, I will be subject to consequences deemed by the Prime Aquatics Board.

Parent's Signature

Date