

PRACTICE AND COMPETITION ETIQUETTE

COACHES:

1. General Behavior Guidelines
 - A. Mutual respect is shown among coaches
 - B. Attend all scheduled or announced Coaches meetings
 - C. Cooperate with officials during practice and events
 - D. Stay clear of music and scoring tables during events
 - E. Follow guidelines for practice provided in the information package and at coaches meetings
 - F. Exemplify behaviour they wish their athletes to adopt - they display sportsmanship, dress appropriately, and behave appropriately
 - G. Conduct land drills away from competition poolside
 - H. Accept responsibility for their athletes' behaviour
 - I. Ensure that athlete's make up is appropriate and jewelry is removed for all competitions and suits have been checked by referee if questionable.
2. During Music Practice
 - A. Have the right to forbid other clubs/Federations to be in the competition pool during their scheduled music time.
 - B. May grant permission to other clubs/Federations to practice figures along the sides of the pool during their scheduled music time. No banging, tapping or underwater noises.
 - C. Have athletes clear the pool as soon as their practice time is over (this applies to both music and figure warm-up practices)
 - D. No banging tapping or underwater noises are allowed during another club/ Federation's music time or during competition.
3. During Open Practice (no music)
 - A. When there is open pool spacing for an event, only those athletes in that event will be allowed in the competition pool.
 - B. Are allowed to utilize empty pool space between events.
4. During Figure Competition
 - A. Will observe the "no coaches on deck policy".
 - B. Once figure competition has begun there will be no additional figure training in the practice pool for that age group.
5. During Routine Competition
 - A. Observe the designated spot where they may stand in order to communicate with the music person directly and watch their athletes compete during routine competition.
 - B. If space is available, practice is allowed in the practice pool provided it is not disruptive to the competing athletes. No banging, tapping or underwater noises are permitted.
 - B. Observe the designated spot to video routines.
 - C. Observe the 2 coach maximum on deck while their athletes are competing in routine competition

- D. Ensure that their athletes report to the Clerk of Course 2 routines prior to competing and have Accreditation ID badges checked.
 - E. For Finals, coaches ensure athletes assemble at the starting end of the pool 5 minutes prior to the scheduled "Parade of Athletes" in order of draw.
 - F. Ensure music has been handed in on time
6. Award Ceremony: Coaches ensure that their athletes are on time for awards and are dressed appropriately in track suites (jackets, at a minimum) and something on their feet.