



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Northerns Swim Team

Code of Conduct Agreement

Code of Conduct for Swimmers

I hereby pledge to be a positive, responsible teammate by following the below Code of Conduct:

- I will have fun!
- I will set team goals above personal goals.
- I will be honest, courteous, fair, and display good sportsmanship to all Coaches, swimmers, officials, guardians, and fans at every meet and practice.
- I will be committed to the team. I will attend every practice and meet that I can, and will notify my Coach if I cannot.
- I will use competitions as a learning experience and opportunity to grow as a swimmer.
- I will treat everyone, including Coaches, parents, swimmers and officials, with respect, regardless of race, creed, sexual orientation, nationality or gender.

Pool Practice Rules

- Scan membership card every time you enter the YMCA.
- Be responsible for equipment needed for practice (suit, cap, goggles, water bottle, towel).
- Listen to Coaches:
 - Follow directions and do not talk while a Coach is instructing the team.
 - Stay on task with eyes and ears stay above the water between swim sets.
- Listen to Lifeguards and follow all pool rules:
 - No food, gum, or glass containers.
 - Shower before practice and always walk on the pool deck.
 - Treat equipment with respect and use it for its intended purpose.
 - If you hear whistles, stop swimming and follow Lifeguard or Coach instructions.
 - No diving unless instructed by a Coach in 9 feet of water or more (i.e. not EWC).

Locker Room Rules

- Mind your own business.
- Be a role model and always demonstrate appropriate language and behavior.
- Keep locker rooms clean, organized, and only open lockers that contain your belongings.
- Violence or bullying may result in immediate dismissal from the team.
- Shower quickly and turn off water once done.
- Quickly enter and exit the locker rooms. Other YMCA members use the locker rooms too.
- Be safe! No slamming lockers, running, putting soap floors, standing on benches, etc.

Consequences

- 1st offence = verbal warning
- 2nd offence = sit out and phone call to parents
- 3rd offence = expelled from practice for the night and phone call home
 - Severe or repeated offenses will result in a Conduct Committee review (see below)

The Head Coach, Assistant Coaches, Aquatics Coordinator and Guardians will work with the Conduct Committee to correct the issues depending on severity of inappropriate behavior. The Head Coach reserves the right to place swimmers on probation during which time they aren't allowed to participate in swim meets. In extreme cases, swimmers will be removed from the team without refund and possibly have YMCA memberships suspended and / or terminated.