



## **CODE OF CONDUCT**

### **PHILOSOPHY**

The purpose of this conduct policy is to ensure that every swimmer is provided an environment in which they are allowed the opportunity to reach their individual goals. Therefore, underlying this policy are the following assumptions:

- 1) A swimmer's conduct at practice and at swim meets should support every other swimmer's ability to learn.
- 2) A swimmer's conduct at practice and at swim meets should support the coach's ability to teach other swimmers.
- 3) Each swimmer should be committed to striving for their goals and for the good of the team.

### **Conduct Expected of All Swimmers**

Swimmers are encouraged to learn because they choose to do what is in their best interest and not to avoid punishment for "breaking rules." However, it is in everyone's best interest for basic rules to be clear and unambiguous.

1. Summer Hill Orcas Swim Club swimmers are expected to remember that at practice, during swim meets, and in public, that they are representing the Summer Hill Orcas Swim Club. Swimmers, coaches, and parents should represent the Summer Hill Orcas Swim Club name with excellence, team spirit, good sportsmanship, and politeness.
2. Summer Hill Orcas Swim Club swimmers are expected at all times to follow the directions of any member of the coaching staff and any person who is a chaperone. Disrespect or failure to obey instructions will not be tolerated from any athlete.
3. Summer Hill Orcas Swim Club swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
4. There shall be no drinking of alcohol, use of tobacco products, illegal drugs, or any substances banned by FINA or the IOC.
5. Summer Hill Orcas Swim Club swimmers are expected to respect each other. Fighting, intentional touching, or striking another athlete will subject the swimmer to the most severe discipline.
6. Bullying of another swimmer, in any form or fashion, will not be tolerated.
7. Summer Hill Orca Swim Club swimmers are expected to respect and care for the property of others. Vandalism, intentional damage to property, or theft of property will not be tolerated.
8. Swimmers may leave practice only with the coach's permission.
9. Disruption of practice by an athlete will be grounds for removal. (Continual cheating in a practice will be considered a disruption of practice.)
10. Changing of clothes (either into or out of swimsuits), other than in designated dressing areas or bathrooms, is strictly prohibited. No swimmer shall change clothes while on the pool deck or in other public areas.



### **DISCIPLINE**

Failure to follow the above rules may result in disciplinary measures, including:

1. Suspension from practice.
2. Suspension from the team.
3. Expulsion from the team.

A swimmer's first offense may warrant a one-day suspension from practice and the notification of the swimmer's parents.

A second offense may warrant a three-day suspension from the team, and the swimmer and parents will have to meet with the coach at the coach's earliest convenience to be reinstated.

A third offense may result in expulsion from the team. Furthermore, suspension from school may constitute grounds for suspension from practice during the term of any such suspension. Expulsion from school may also warrant suspension or expulsion from practice or from the team.

As the spirit of the above rules is to provide a safe and effective training situation, swimmers are expected to follow not just the rules but the spirit of the rules. The coach must adapt this philosophy to an infinite number of situations and swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive practice environment for all.

**This code shall be in force and in effect for all Summer Hill Orcas Swim Club swimmers during practice, during swim meets, and at events sponsored by, or in which the Summer Hill Orcas Swim Club participates.**