

CODE OF CONDUCT

ATHLETES

A sporting club's reputation is primarily that of its members. Every athlete is therefore an important promoter of their Club. As a member of the Club, every athlete must agree to always offer their best in the respect of their peers, coaches, the officials and the rules of the sport. More specifically, athletes must:

- Attend practices on time (this means be on deck 5-10 mins before the start of practice) and inform the coaches beforehand of any expected absence or lateness.
- Respect teammates, coaches, officials and rules of the Club/sport.
- Participate in all competitions, demonstrations and pre-swims for which they are selected, unless they are seriously ill or injured.
- Demonstrate a will to improve by performing their training seriously.
- Represent the Club and the team in a positive manner, including through the use of electronic devices and social media platforms
- Refrain from smoking, vaping and using any illegal or banned substances in sport.
- Abstain from saying or doing things that might be considered harassment, bullying, racism, sexism, or anything else that might offend others

Participating in sports is one of the best training schools for personal development, and it is in this light that athletes must commit themselves to follow these rules. If an athlete breaks the code of conduct, they may be asked to leave the practice until they are ready to follow the rules. In this situation, the athlete's parent(s) will be informed of the incident and a meeting with the athlete, coach and parent may be arranged. The athlete at fault might be asked to sign a contract which will state the consequences if another situation occurs.

All athletes must understand that the Club does not tolerate smoking, vaping or the use of any banned or illegal substances. If we suspect that this rule has been broken we will contact the parent immediately. An athlete that is caught using a banned substance puts themselves and the entire Club at risk. The athlete will be expelled from the sport for a period of time and the Club will not be allowed to enter competitions in the year following the incident. Please advise your coaches of any medications you are required to take. A doctor's note explaining the medication will be required when attending competition. For a list of banned substances (as well as allowed substances), please refer to the cces.ca website (Canadian Council for Ethics in Sport).

PARENTS

Parents/Guardians of an athlete of the Club are vital in building a positive environment and relationship with and for the coach and athlete. The Club has established the following guidelines to help reach these goals:

- Parents are urged to attend the club's annual AGM and team meeting at the beginning of the season in order to obtain important information. They should introduce themselves to the coaching staff to help build positive relationships.
- Parents must pay all fees within the specified deadlines and keep their account in good standing to allow the Club to run smoothly.
- Parents are strongly encouraged to attend all club shows and their child's competitions in order to offer support and become involved in team spirit.
- Parents are not permitted on the pool deck at any time. Should a parent wish to attend a practice they must watch from the stands and abide by all the Sports Complex's pool rules.
- While it can be rewarding to watch your child practice and improve it is important to remember how your presence can affect your child, the coach and the entire team. Therefore, parents should not attend practice on a regular basis. A parent's role is to provide

support and encouragement. Despite the best of intentions, attending a practice can lead to “sideline coaching” which can confuse and stress your child. Your presence can also inhibit your child from becoming fully immersed in their practice as their focus naturally shifts towards winning your approval and could distract the coach away from their responsibilities.

- Coaches need to be appreciated and supported. Trust their efforts and abilities as their intentions are always in the best interest of the athletes.
- Should a parent have any concerns they should first contact their team coach by email. All emails will receive a response within 24 hours, except on weekends. Should concerns persist the parent can contact the Club’s head coach of their child’s level. The club’s executive board can also be contacted as needed.
- Provide your athlete with positive support. Encourage them in the development of their abilities by focusing on the positive aspects of their practice or performance to help build their confidence.
- If your athlete has an upsetting practice or competition, try to listen and empathize with them, as they need your support. All sports are faced with obstacles. Athletes and coaches will learn from their mistakes and grow stronger from their experiences.
- Notification of any absences or tardiness from practice should be sent by email to the athlete's coach.
- At competitions it is important that parents respect the coach’s and chaperone’s responsibilities.
- At competitions the team will usually eat together, train together and share accommodations at away meets. Parents must encourage athletes to follow competition schedules set forth by their coach. Having athletes follow the team schedule helps to promote bonding, leading to a stronger team unit and assures that athletes are on time.
- At competitions time spent with parents, family and friends may be scheduled at the discretion of the coach and in line with the age and level of the athlete.
- Parents are asked to attend the length of competitions, as outlined in individual schedules, to help instill a philosophy of support and encouragement for the entire club.
- Respect the Club and the team values, including through the use of electronic devices and social media platforms.

Athlete's nam

Parent or tutor's name

Athlete's signature

Parent or tutor's signature