

SAHUARITA AQUATICS SWIM CLUB

SWIMMER'S CODE OF CONDUCT

All participating members of the Sahuarita Aquatics Swim Club (hereafter referred to as SAQ), must abide by the following Code of Conduct. By joining SAQ, all swimmers agree to follow this code.

The actions of each swimmer reflect upon the entire club. All swimmers are expected to act responsibly and maintain appropriate behavior at all times.

I. PRACTICE SESSION BEHAVIOR:

A. EXPECTATIONS DURING PRACTICE SESSIONS:

A swimmer will:

1. Maintain a cooperative and respectful attitude toward the coach
2. Maintain conversational voice levels.
3. Be escorted to the pool deck by a parent and ready to begin practice on time. Swimmers should be in the pool area with all necessary equipment, ready to begin practice at least 10 minutes before the scheduled time at which their practice is to begin. This will allow for proper stretching and any pre-practice instruction necessary.
4. Observe and comply with the following rules of Rancho Sahuarita Club, Sahuarita Parks and Recreation and any other pool used for practice:
 - a. NO running on pool deck.
 - b. NO diving without a coach's permission at any time.
 - c. NO pushing or shoving another person either in or out of the water.
 - d. NO splashing.
 - e. NO chewing gum.
 - f. NO spitting.
 - g. NO obscene, derogatory, or profane behavior or language.
5. Respect the personal property of teammates or restitution for damage will be expected.
6. Attend regular practice session as determined by the coach.
7. Be responsible for own swim gear and keep all facilities clean.
8. Demonstrate cooperativeness and respect to all persons involved with SAQ.
9. Gladly pitch-in if asked to assist a coach or parent member.
10. Refrain from playfulness as deemed by the coach that can become frightening, harassing, bullying or hurtful to others.
11. Resolve differences through conversation and compromise. Disputes not successfully resolved verbally should be referred to the disciplinary committee member on deck.
12. Practice lane etiquette. Swimmers who stop in the middle of any set for any reason should rejoin their lane as quickly as possible with the least disruption as possible.
13. Avoid unreasonable physical contact. There should not be physical contact between swimmers, which would be considered unreasonable. The SAQ coaching staff and /or disciplinary committee will deal with these actions immediately.
14. Not throw any objects. Any items in the pool area can be dangerous if thrown.
15. Refrain from the use of addictive substances. Any swimmer known to use alcohol, illegal drugs, steroids or tobacco is subject to suspension from the team.
16. Swim warm-up/warm-down as part of the practice. The SAQ coaching staff will announce when warm-up/warm-down begins.

At all SAQ functions, whether it be practice, meets or social gatherings, the SAQ coaching staff expects all members to behave in such a way that their actions reflect positively on the team.

All members of the club, whether they are parents or swimmers, should continue to protect and improve the excellent reputation the club has throughout the state and country.

B. DISRUPTIVE BEHAVIOR DURING PRACTICE SESSIONS:

1. Disruptive behavior during practices will NOT be tolerated. The intent of practice is to improve technique and endurance.
2. Disruptive behavior affects EVERYONE. The coach will handle disruptive behavior during practices.
 - a. Any offending swimmer who compiles three (3) verbal warnings for expectation violations in a practice will be asked to sit-out, or be dismissed, for the rest of that practice.
 - b. If the coach has demonstrated and documented three (3) or more attempts to conform the swimmer's behavior with personal talks and contacts and the swimmer continues the offensive behavior, the swimmer will be assessed a two-day suspension by the coach.
 - c. For major infractions such as using illegal substances and showing aggression towards teammate or coach either verbally or physically, immediate removal from SAQ will occur.
3. If the swimmer has been dismissed from practice, they may NOT leave the pool deck area until the practice session is over and the coach personally speaks with and dismisses the swimmer. Should the disciplined swimmer wish to call his/her parents for immediate pick-up, he/she may do so with permission from the coach.
4. It is the coach's responsibility to inform the parent(s) following a reprimand that dismisses the swimmer from practice. This may be done verbally or in writing. The coach will maintain records of each incident; including date, incident description, and swimmer's signature. The record will be kept on file.

II. SWIM MEET BEHAVIOR:

A. EXPECTATIONS FOR SWIM MEETS:

1. It is expected that each swimmer will participate in the USA sanctioned swim meets as determined by their group coach and parent.
2. During a swim meet, we are the guests of the host team. We MUST follow the host team's rules. When hosting a meet, practice session rules apply.
3. Each family member attending any swim meet should display exemplary behavior. Parents (adult/guardian) are responsible for their children's conduct as well as their own.
4. Swimmers must wear the team swim suit unless approved by the coach.
5. Swimmers must stay in the designated area to insure they do not miss their event.
6. Swimmers must meet with the coaches both prior to and immediately following each event.
7. Swimmers must check with the coaches prior to leaving the swim meet.
8. Swimmers will display proper respect and sportsmanship toward coaches, officials, meet administrators and fellow competitors.

B. DISRUPTIVE BEHAVIOR DURING SWIM MEETS:

1. Disruptive behavior can result in an individual's expulsion from the meet and is usually handled by the meet director or meet referee. If serious enough, the entire club could lose their opportunity to compete. The swimmer represents SAQ. Poor manners, poor sportsmanship and poor behavior

- reflect negatively upon ALL SAQ swimmers and could jeopardize our invitation to future meets.
Infractions should be brought to the attention of the meet director for possible disciplinary actions.
2. Expulsion from any meet requires the swimmer to be suspended from the club until further notice.

Sahuarita Aquatics Swim Club Code of Conduct Signature Form

One form can be completed for each family with each swimmer signature below and a parent's signature.

I recognize my responsibility to abide by the rules and guidelines of the Sahuarita Aquatics Swim Club, which I am representing; and I acknowledge that I have received and read the rules and guidelines of the Sahuarita Aquatics Swim club.

I have read the Sahuarita Swim Club Code of Conduct and agree to abide by these guidelines.

Signature of Swimmer

Date

Signature of Swimmer

Date

Signature of Swimmer

Date

Signature of Swimmer

Date

I have read and discussed the SAQ Swim Club Swimmer's Code of Conduct with my swimmer and agree with its guidelines. I have also read the SAQ Swim Club Parent's Code of Conduct and understand that abiding by it is a requirement for my child(ren) to be a member(s) of the SAQ Swim Club.

Signature of Parent/Guardian

Date

Thank you for your cooperation. The code of conduct is very important for maintaining a safe, fun and competitive environment for our swimmers.

Please return with registration packet.

SAHUARITA AQUATICS SWIM CLUB PARENT'S CODE OF CONDUCT

All participating members of the Sahuarita Aquatics Swim Club (hereafter referred to as SAQ), must abide by the following Code of Conduct. By joining SAQ, all parents/guardians agree to follow this code.

The actions of each parent/guardian reflect upon the entire club. All parents/guardians are expected to act responsibly and maintain appropriate behavior at all times.

I have read and will support the SAQ Swimmer's Code of Conduct and will support the positive development of my child's swimming career by:

- a. Reading and supporting my child's practice group requirements and goals.
- b. Encouraging my child to attend the recommended number of practices.
- c. Communicating with my child's coaches in the event that any problems arise.

I will make sure my child is escorted to the pool deck by an adult (Rancho Club Rule)

I will not coach my child or any other SAQ swimmer, unless assigned such responsibilities by a SAQ coach.

I will not interfere with the coaches on deck during practices or swim meets.

I will maintain an open line of communication with the coaches and my athlete about goal setting, practice attendance, and work ethics.

I will demonstrate good sportsmanship by conducting myself in a way that is respectful of my child and other swimmers, parents, coaches and officials, both at practices and at meets

I understand that criticizing, name-calling and the use of abusive language or gestures directed toward coaches, officials and/or any participating swimmer (including my own) will not be permitted or tolerated.

I understand that if I miss a meet entry deadline for a SAQ team emphasized meet (a meet that our team is attending), I may not contact the host club to gain entry for my swimmer into the meet.

I understand that if I do not comply with this Parent's Code of Conduct, my entire family will be suspended from all SAQ activities with no refund of fees.

I understand that the length of the suspension will be determined by the coaching staff, but repeat offenses may result in my expulsion from the club.

I understand that my child's practice fees cover only a portion of my child's expenses, and that revenue derived from fundraising activities contribute significantly to our swim club's financial health while helping to reduce swimmer fees for EVERY family in the Club.