

## Swimmer's Code of Conduct and Ethics

### Purpose

The purpose of this Code of Conduct and Ethics is to ensure a safe and positive environment for everyone by making you aware that there is an expectation, at all times, of appropriate behaviour inline with CBS Bluefins core values.

### Core Values

**Respect:** Treating each other with dignity and kindness.

**Honesty:** Being truthful and fair in all actions.

**Teamwork:** Working together towards common goals.

**Commitment:** Being dedicated to personal and team goals.

**Integrity:** Doing what is right and being trustworthy.

**Courage:** Standing up for what is right and facing challenges.

**Unity:** Building a sense of belonging and support within the team.

**Care:** Showing kindness and concern for others.

### Code of Conduct and Ethics

The Club Executive and coaches have the responsibility to ensure that all swimmers are treated with respect and that members maintain a positive reputation for our Club.

All swimmers have the responsibility to follow the rules listed below while participating in any Club sponsored function including meets, practices, travel to swim meets, and social activities. Failure to do so will result in disciplinary action, which could include suspension from the Club.

1. I will treat everyone with fairness, honesty, and integrity.
2. I will ensure my comments are appropriate and avoid criticizing others, including the coaches.
3. I will show respect to all athletes, parents, guardians, officials, coaches, and pool staff at all times.
4. I will not use foul language.
5. I will not participate in any form of harassment\* against others.  
(\*harassment is considered comments or actions against another person which is known or ought to be reasonably known to be unwelcome).
6. I will not engage in destructive gossip regarding coaches, staff, parents, guardians, athletes, or officials.
7. I will not use banned substances, illegal drugs, and alcohol or tobacco products.
8. I will not engage in any activities that could endanger or hinder other athletes or cause damage

to property.

9. I will not leave practice or Club functions without permission from the coach, official, or chaperone.
10. I will listen to my coach.

### Swimmers' Commitment to the Coach

1. I will know my practice schedule and will be on time. This means being on deck at least 10 minutes before practice starts.
2. I will help with pool set-up and deck clean-up as requested by my coach.
3. I will bring the required equipment to practice as outlined by my coach.
4. To avoid dehydration, I will bring a bottle of water to practice and to meets.
5. I will maintain a healthy lifestyle, including nutritious food choices and ensuring I get enough rest.
6. At swim meets, I am responsible for remembering which event/heat I am in, and will report to the marshalling area on time before each swim.
7. I will wear CBS Bluefins team attire at meets as required; this includes, at minimum, the CBS Bluefins official cap, Head Coach approved swimsuit, and CBS Bluefins t-shirt.
8. When travelling for meets, I will follow rules outlined by the coaches and chaperones. When the coaches and chaperones deem behaviour unacceptable, I can be penalized, up to and including removal from the competition and being sent home at my family's expense. In extreme cases, dismissal from the Club could result.
9. Internet Web sites, such as, but not limited to Facebook, Instagram, and Snapchat, etc. on which people socialize and exchange information, shall not be used to post remarks or pictures that can be considered inflammatory, degrading, or in poor taste toward any other swimmer (CBS Bluefin or otherwise), coach, or volunteer.
10. I will have fun and promise to advise my coach or parents/guardians if this is not the case.
11. I am representing the CBS Bluefin's Swim Club and will always support my team and be a positive role model.

I am aware that failure to fulfill these obligations could result in dismissal from practices and/or meets, up to and including, termination of membership.