



## CVAC Swimmers Code of Conduct

### Purpose

The purpose of this Code of Conduct is to ensure a safe, respectful, and positive environment for all swimmers. This policy outlines the expectations for behavior and conduct both in and out of the pool.

### Expectations

#### 1. Good Sportsmanship:

- I will demonstrate good sportsmanship at all times. This includes being gracious in victory and defeat, encouraging teammates, and respecting opponents.
- I will be an active participant in all team events and activities and will wear CVAC team apparel to team events and activities when requested by the coach.

#### 2. Respect and Inclusion:

- I will refrain from any form of harassment, discrimination, bullying, or violence. This includes verbal, physical, and online behaviors.
- I will treat others with respect and dignity, regardless of race, gender, age, ability, or background.
- I will not name call or make a negative reference to another person's appearance, religion, spiritual beliefs, race, ethnic origin, color, age, sex, sexual orientation, gender identify, or expression,
- I will not use inappropriate language, body gestures or acts,
- I will not threaten a person's self, family, or friends
- I will not have aggressive physical contact with anyone.

#### 3. Ethical Behavior:

- I will act ethically and with integrity. This includes being honest, fair, and trustworthy in all interactions.
- I will uphold the club's policies, rules, regulations, and guidelines at all times.
- I will seek advice or help from a coach or trusted adult if there is a problem or if I don't understand how to handle a situation.

#### 4. Punctuality and Preparation:

- I will arrive on time and prepared for all practices and events.
- I will have all necessary equipment and ensure I am well-rested and taking care of my nutrition to the best of my ability.
- I will participate in activation and dryland training, will perform every set and drill to the best of my ability.
- I will listen and follow instructions.
- I will respect the decisions and judgment of officials during swim meets and I understand that only coaches may approach officials for clarification of rulings.

- When I am on the pool deck, in the locker room, at a meet, I will remember that I represent CVAC and will be respectful and treat myself and others in a positive way.
- When I wear the CVAC team logo, I wear it with pride representing my club. The CVAC logo is a reminder to uphold the values of excellence, respect, good sportsmanship, team spirit, and politeness.

#### 5. **Substance Use:**

- I will avoid consuming drugs and alcohol. The use of illegal substances is strictly prohibited.
- I will also avoid the misuse of prescription medications and performance-enhancing drugs.

#### 6. **Respect for Property:**

- I will respect the property of others, including personal belongings, club equipment, and facilities.
- Any damage to property should be reported immediately to a coach or club official.

#### 7. **Legal Compliance:**

- I will follow all federal, provincial, and municipal laws.
- Any illegal activity will be reported to the appropriate authorities and may result in disciplinary action by the club.

#### 8. **Reporting Incidents:**

- I will report any incidents that may cause harm to another person. This includes bullying, harassment, discrimination, and any other unsafe behaviors.
- Reports can be made to a coach, club official, or through the club's designated reporting system.

### **Consequences**

- Violations of this Code of Conduct may result in disciplinary action, including but not limited to warnings, suspension, or expulsion from the club.
- The severity of the consequences will depend on the nature and frequency of the violations.

### **Review and Amendments**

This Code of Conduct will be reviewed annually by the CVAC Board of Directors and updated as necessary to ensure its effectiveness and relevance.

### **Signature**

By signing, I agree to adhere to the Code of Conduct for Swimmers, including its responsibilities and expected behaviors. I understand that I may face consequences if I violate this Code of Conduct.

Swimmer's Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_