



FAST Code of Conduct for Swimmers

Purpose

The purpose of this Code is to make sure all swimmers understand the expectations and represent FAST with excellence, respect, team spirit, good sportsmanship, and politeness at home, school and inside/outside the pool.

Responsibilities

All Swimmers have a responsibility to:

- 1 Practice Good sportsmanship;
 - I will say things to others that are supportive and make them feel good about themselves and being part of FAST.
 - I will speak respectfully and positively to and about others regardless of their race, ethnic origin, colour, religion, age, sex, sexual orientation, gender identity, or expression.
 - I will be an active participant in all team events and activities.
 - I will wear FAST team apparel as required by the Team policy.
 - I will show sportsmanship, respect and common courtesy to our competitor's swimmers, parents, coaches and supporters: FAST members win or lose graciously and congratulate their opponents either way.
 - I will promote swimming in the most constructive and positive manner possible.
 - If I have nothing nice to say – I will say nothing and talk to a coach.
- 2 I will refrain from any behaviour that constitutes harassment, discrimination, bullying or violence;
 - I will NOT name call or negative reference to a person's appearance, religion or spiritual beliefs, race, ethnic origin, colour, age, sex, sexual orientation, gender identity, 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 I will be ethical, considerate, fair and honest in all dealings with other people;
 - I will try to understand others and how they feel before I make a choice about saying or doing anything.
 - I will get advice or help from a coach or trusted adult if there is a problem or I don't understand how to handle a situation.
- 4 I will be respectful and uphold all FAST policies, rules & regulations, and guidelines
 - I will arrive on time, prepared, and make every activity an opportunity to learn
 - I will ensure I am rested and taking care of my nutrition to the best of my ability.
 - I will have my necessary equipment



- I will listen to my coaches and actively participate in all activities, and do not cause disruption.
 - I will participate in activation and dryland training,
 - I will listen and follow directions.
 - I commit to making the best possible effort during practices and other training activities.
 - I will perform every drill and every set to the best of my ability.
 - I understand an honest effort does not include cutting laps, pulling on lane lines or missing send offs/sets.
 - I will not distract or antagonize my teammates. I understand the coach is allowed to remove me from practice if I am being disruptive or cheating.
 - I will put my best effort into having an enjoyable experience with my teammates and coaches.
 - I will respect the decisions and judgment of officials during swim meets; I understand only coaches may approach meet officials for clarification of rulings.
 - When I am away from the pool deck, such as in a locker room or at school, I will remember that I represent FAST and will be respectful and treat myself and others in a way that is positive.
 - In the locker room and pool facilities, I am aware that other swimmers and/or members of the public can hear me and may be influenced by what I say. (see #2). I will behave in a respectful and polite way.
 - When I wear FAST team gear and clothing, I wear it with pride representing our club. The FAST logo is a reminder to uphold the values of excellence, respect, team spirit, good sportsmanship, and politeness.
- 5 I will not take non-medical drugs or the use performance-enhancing or prohibited drugs;
- 6 If and when I'm over the age of 19, I will avoid consuming alcohol in situations where minors are present and take reasonable steps to manage the responsible consumption of alcoholic beverages in adult-orientated social situations associated with FAST events.
- 7 I will respect the property of others and not willfully cause damage or distress;
- 8 I will follow all federal, provincial, municipal and host country laws;
- 9 I will immediately report to a Coach or any trusted FAST parent, any incident that may cause considerable harm, physical and/or emotional to another individual;

Signature

By signing, I agree to the Code of Conduct for Swimmers, it's responsibilities, behaviors and understand that I may face consequences if I break this Code of Conduct.

Swimmer Signature: _____

Date: _____

