

ST. JOHN'S LEGENDS PARENT/GUARDIAN & SWIMMER CODE OF CONDUCT



As a member of the St. John's Legends Swim Club (SJLSC), I am part of a swimming organization that believes teamwork, integrity, respect and good sportsmanship are more important than winning. By signing this Code of Conduct, I agree to follow the rules for behavior and sportsmanship while I am a member of SJLSC. The following guidelines state the principles SJLSC expects all members – parents/guardians and swimmers - to demonstrate and uphold.

SJLSC is fortunate to have professional and experienced coaches working to develop our children into better swimmers, and more importantly, teaching and instilling important life skills. These skills include time-management, self-discipline and sportsmanship. Swimmers will reap the benefits of swimming long after their participation with SJLSC ends.

As parents/guardians, it is absolutely essential that we give our coaching staff the respect and authority they deserve to operate our swim team.

PART I – PARENT/GUARDIAN CODE OF CONDUCT

- Set the right example for our children by showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents/guardians, and for all facilities and other property used during practice or competition.
- Respect the integrity of swim officials by assuming decisions are based on honest, objective evaluations of performance. Only coaches may approach meet officials for clarification of rulings.
- Understand that opposing teams, including their swimmers, coaches, and fans, want the same positive experiences for their swimmers as we do. Help SJLSC achieve our goals by avoiding criticism either verbally or by gesture. Look for opportunities to build rapport with teams that we compete and work with.
- Demonstrate good sportsmanship during all practices, competitions and team activities. SJLSC wins gracefully, loses graciously and congratulates their opponents either way.
- Support your professional coaches as they strive to do what is best for each SJLSC swimmer. Our expectations and methods are based on Swimming Canada, the Canadian Swimming Coaches Association and Swim NL authorities. Realize that swimmers become easily confused when coached by parents/guardians and benefit most from positive reinforcement of the professional coaching staff's instructions and advice. Your unconditional love and support before and after races will help them best.
- Believe in the SJLSC program. Do not interfere in the program or swimmer's development with consulting another coaches or institution that is not involved with out head coach permission.
- Represent SJLSC with excellence, respect, team spirit, good sportsmanship, and politeness.
- If you have coaching concerns, address it with the appropriate coach in private.

PART II – PARENT/GUARDIAN RESPONSIBILITIES

- Assist the coaches in conducting effective practices by ensuring swimmers arrive and leave on time and bring the proper equipment.
- Arrive at meets in time for volunteer or swimmer check in, stretching and warm-ups.
- Know your role. Swimmers – Swim / Coaches – Coach / Officials – Officiate / Parents and Guardians – Parent
- Do not interrupt or confront the coaching staff on the pool deck during practice or meets, including not being present on deck during practice or competitions unless you are working at the meet. Coaches are available before or after training, meets and competitions for feedback or to discuss issues.
- Assist the coaches by not talking with or motioning to swimmers during practices unless clearing it with a coach first.
- Do not speak harshly or directly to a child who is not your own. Please contact a coach or a board member if you have an issue with another parent's child. The SJLSC board member or coach will approach the child's parent/guardian, if necessary.
- Maintain self-control at all times. Refrain from inappropriate behavior that detracts from a positive image of the team or is detrimental to our performance.
- Trust and support your swimmer's and coach's decisions around goal setting, training commitments, swim event entries, and meet schedules. Do not impose your ambitions on your child.
- Any questions about disqualifications, judging, etc. should be directed to your swimmer's coach.
- Get involved....be an official, volunteer at meets, work on a committee, and help plan a fundraiser, help plan a group social. Find something you enjoy.
- Pay your fees on time.
- Know and uphold SJLSC rules, regulations, management and coach directives, and by-laws that are designed to maximize the experience for all swimmers and parents/guardians.

PART III – SWIMMER CODE OF CONDUCT

The undersigned athlete participating with/for the St. John's Legends Swim Club (SJLSC) agrees to abide by the guidelines outlined below in addition to those established by the staff.

- Swim for the fun of it, not just to please your parents/guardians or coach.
- Make every team practice, meet participation and activity an opportunity to learn.
- Represent SJLSC with excellence, respect, team spirit and politeness.
- Follow the directions of the coaching staff, respect official instructions and designated chaperones. Disrespect or failure to obey instructions will not be tolerated from any athlete.
- Practice good sportsmanship at all times to the team members, coaches, competitors, officials, parents/guardians and for all facilities and properties used during practices, competitions and team activities.
- Your fellow swimmers are your teammates. Swimmers are expected to respect each other. Fighting, intentional touching or striking another athlete will subject the swimmer to the most severe discipline. Non-physical ways of making other swimmers feel excluded or disrespected are also not tolerated and subject to discipline. This includes hurtful or disrespectful language or behaviour meant to exclude or insult others. This behaviour may constitute bullying.
- If any swimmer is a witness to bullying on the team, they have a responsibility to do something about it. If they feel that they can stop the bullying and prevent harm, then they

should do that. If not, they should report the behaviour to a coach or responsible adult as soon as possible.

- Be punctual and arrive on time for all practices, meets and team events. Pool time is very valuable.
- Inappropriate or destructive behavior in change rooms will not be tolerated.
- Attend all team meetings, practice sessions and swim meets (if registered for meets), unless excused by staff or have made special arrangements with a coach.
- Be an active participant in all team practices, competitions, fundraising events and other team activities.
- Swimmers must notify the coach, in advance, if they are planning to leave practice or swim meets early.
- Wear SJLSC team caps at all swim meets. This displays team pride and also makes it easier to identify swimmers on the blocks and in the water.
- Wear SJLSC team gear during the all-swim meet days (t-shirt, track suit etc.)
- Focus on every drill and every set. Be committed to putting forth your best effort every day. An honest effort does not include cutting laps, pulling on lane lines or missing send offs/sets.
- Disruption of practice by an athlete will be grounds for removal. Continual unethical actions in a practice will be considered a disruption of practice.
- Pay attention and follow all the coach's instructions completely and exactly. If clarifications are needed, ask questions politely.
- Use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
- Dishonestly, theft, and/or vandalism will not be tolerated.
- Indiscreet or destructive behavior will not be tolerated.
- Every effort should be made to avoid guilt by association with such activities as those listed above.
- There shall be no drinking of alcohol or use of tobacco products or illegal drugs or any substances banned by Swimming Canada.
- Swimmers can use devices at swim meet just for relaxation or listening music purposes only. Swim meet is a good time to make friends and have a good interact experience.

Swimmers are expected to follow the spirit of the rules as well as the specific rules. The coach must adapt this philosophy to an infinite number of situations. Swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive practice environment and competitive environment for all.

PART IV – VIOLATION OF THE CODE OF CONDUCT BY SWIMMERS

The following penalties for violating the St. Johns Swim Legends Club's Code of Conduct include, but are not limited to, the following penalties:

- The swimmer will be given a verbal warning.
- The swimmer will be removed from practice in addition to a verbal warning and the coach will contact the parent/guardian.
- If the swimmer continues the bad behavior, they will be suspended for one (1) week (with no refund of fees).
- If the swimmer's disciplinary problem continues, the swimmer and parent/guardian will meet with the coach to discuss the problem further.
- Continued violations of the code of conduct, or a single very serious violation, may lead to removal from the club for the remainder of the season, or permanently. Such penalties will be imposed upon the recommendation of the Coach and confirmed by the Board.

While these steps would normally followed progressively, depending on the seriousness of the violation, any one of these disciplinary steps may be taken at any time.

PART IV – VIOLATION OF THE CODE of CONDUCT BY PARENTS/GUARDIANS

Violation by parents/guardians who fail to abide by the code of conduct, will be discussed and voted by the Board, following consultation with the coaching staff as appropriate, and may include, but is not limited to, the following penalties:

- The Board will give the parent/guardian a written warning.
- The Board will inform the parent/guardian that they will not be allowed in the facilities in the practice in next four practices or next upcoming meet.
- The Board will remove the parent/guardian and swimmer from the roster.
- Parent/guardian and/or swimmer will be banned from joining SJLSC in the future.

While these steps would normally followed progressively, depending on the seriousness of the violation, any one of these disciplinary steps may be taken at any time.

As indicated by your signatures below, you have reviewed the St John's legends, Code of Conduct with the registered athlete(s) and the athlete(s) understands the St John's Legends Swim Club Code of Conduct. You (the parent/guardian) and the swimmer(s) agree to abide by this Code and accept the penalties for not abiding by these rules. Any non-compliance may be subject to disciplinary action determined by the coaches and/or the Board, which may include expulsion from the team.

Swimmer

Guardian(s)