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Swimmer Expectations & Best Practices Guide

Welcome to the Surrey Knights Swim Club! Our athletes thrive in an environment built on respect, dedication, team pride, and mutual support. This guide outlines the standard of excellence expected from every SKSC athlete. By living these values, we ensure our pool deck remains a positive, empowering, and high-performing space for everyone.

Our Commitment to Excellence: We aim to foster sportsmanship, personal growth, and athletic success. If you ever have questions or need to discuss team culture, please reach out to one of our coaches or Head Coach.

1. Attendance, Dedication & Communication

- **Consistent Practice:** Champions are built through consistency. Swimmers are expected to attend all scheduled practices for their group level. If an illness or conflict arises, please notify your coach directly beforehand.
- **Health & Injury Management:** Your long-term health is our top priority. If an injury limits your ability to train, please provide a doctor's or parent's note so your coach can adapt your training safely.
- **Competition Commitment:** Representing SKSC at meets is a core part of your growth. Athletes are expected to attend all designated meets listed on the club calendar.
- **Engaged Coaching:** Coach leadership drives your success. Swimmers demonstrate focus by listening attentively to instructions and giving their best effort on every set. Swimmers that are disruptive may be removed from the workout setting and reset time or further action may be implemented.

2. Deck Safety, Equipment & Health

- **Safe Pool Environment:** Maintain a safe environment by keeping all movement on the deck controlled, purposeful, and attentive to surrounding teammates. Please note that abuse, harassment, bullying, and intimidation will not be tolerated.
- **Pool Deck Hygiene:** Keep our pool clean and pristine for everyone by practicing high standards of hygiene at all times.
- **Proper Footwear:** Protect your feet and keep the deck clean by wearing indoor-only footwear (deck shoes or sandals). Please leave outdoor shoes in designated changing areas.



- **Dryland Readiness:** Arrive at dryland sessions fully prepared in appropriate athletic gear, including supportive running shoes, t-shirts, and shorts or tracksuits.
- **Equipment Care:** Bring all required personal training gear to every session as specified by your coach, marked clearly with your name.
- **Designated Entry:** Access the pool deck exclusively through the primary change room doors to keep training areas secure and orderly.

3. Sportsmanship, Culture & Leadership

- **Positive Team Culture:** SKSC is dedicated to an uplifting, safe, and welcoming space. Every athlete helps build a supportive atmosphere free from harassment, bullying, or negativity.
- **Uplifting Communication:** Use respectful, encouraging language with coaches, teammates, officials, and facility staff.
- **Proud Club Ambassadors:** Represent the Knights with pride! Treat all teammates, competitors, officials, parents, volunteers, and facility patrons with courtesy and respect—wherever you are.
- **Governing Standards:** Know and honor the rules set out by Swimming Canada, Swim BC, SKSC, and host facilities. Understanding the rules shows true respect for the sport.
- **Travel Excellence:** When traveling with SKSC, uphold our high standards of conduct. Follow coach and chaperone guidelines, observe hotel policies, and respect curfews so you are well-rested to perform your best.
- **Healthy Choices & Clean Sport:** We support clean athletic performance and personal well-being. SKSC promotes a substance-free environment. Any required prescription medications must align with Canadian Centre for Ethics in Sport (CCES) guidelines.

4. Competitions, Team Apparel & Event Standards

- **Wearing the Colors:** Build team unity by wearing official SKSC gear at every meet session—including your red SKSC shirt, SKSC competition suit (or plain black suit), and SKSC cap.
- **Timely Check-Ins:** Arrive promptly for team check-in times prior to each session so coaches can finalize entries and relay setups.
- **Coach Debriefs:** Connect directly with your coach before leaving the deck at the end of every session to review your races and wrap up the meet together.
- **Relay & Entry Leadership:** Trust your coaches' strategy for meet entries and relay lineups. Swimmers are welcome to share race preferences in the sign-up notes for consideration.
- **Team Space Pride:** Keep the team seating area tidy and clear of trash. Report any accidental spills to pool staff or meet management right away.



- **Heats, Finals & Championship Expectations:** Complete all sessions you qualify for, supporting your teammates through every heat and final. *(Refer to the Swim Meet section of the SKSC Handbook for complete championship policies).*

5. Growth, Support & Accountability Procedures

When an athlete struggles to meet these standards, our focus is on redirection, learning, and restoring positive behavior.

Constructive Redirection (Minor Conduct Issues)

When behavior strays from our core expectations, we use a three-step progressive approach:

1. **Verbal Guidance:** The coach offers a direct verbal reminder to help the athlete refocus immediately.
2. **Short Rest Period:** The athlete takes a short "time-out" from practice to reset. Lead coaching staff may step in to offer encouragement and advice.
3. **Session Pause & Parent Follow-Up:** The athlete is excused for the remainder of the practice, and a coach will contact the parent/guardian that evening to collaborate on a positive way forward. Repeated minor concerns move to a formal review.

High-Level Accountability (Major Safety Concerns)

Major concerns involve actions that impact the physical or emotional safety of others, severely interrupt training, or reflect repeated unaddressed minor issues. In the event of a major concern, SKSC may activate the formal Discipline and Complaints Policy to ensure a fair and timely resolution for all parties.

- **Immediate Review:** The athlete will step out of practice immediately to wait safely for a parent/guardian.
- **Formal Meeting:** A collaborative meeting between the Head Coach, and parents will be convened to establish an action plan, which may include a temporary training suspension (unfunded).
- **Membership Status:** Continued major disruptions may result in membership review or escalation under Swim BC framework policies to ensure club-wide safety.
- **Fair Governance:** If a disciplinary review involves a Board Member's family, that member will step aside from proceedings to ensure complete fairness.