

Vernon Kokanee Swim Club



Standards of Conduct – Swimmer

The purpose of this Code of Conduct is to promote individual and team excellence, both in and out of the water, through the Core Values of: Commitment, Respect, Achievement, Integrity, & Teamwork.

The Vernon Kokanee Swim Club is a club that strives to foster excellence in competitive swimming. These Standards of Conduct ensure that all of our swimmers know what is expected of them as a Vernon Kokanee Swim Club Member. These Standards are expected to be followed during practice, meets, and team activities, as well as when participating in organized team travel for team activities and meets, and are in effect during the entire swimming season.

Roles of a Swimmer:

- I will behave in a manner that shows proper respect and sportsmanship towards fellow team members, fellow competitors, ALL coaches, officials, parents, host personnel, facility staff, and the public at all times. I recognize that my behavior reflects directly on VKSC and, as such, will do my best to be a positive ambassador for our Club.
- I will do my best to give my best during every practice, event, or meet, given the unique challenges of that day, and I will encourage my teammates to do the same.
- I will follow the directions of the coaching staff and/or chaperones when under team travel supervision.
- I will respect the host personnel at our host swim meet facilities and abide by all rules concerning use of those facilities.
- I will refrain from any behaviour that could be considered bullying/harassment, in any form (in-person, verbal, written, electronic/digital, imagery, physical act or gesture, or any combination of these).
- I will refrain from participation in illegal or inappropriate behaviors that would detract from a positive image of the team or be detrimental to my/our performance objectives.
- I will refrain from possession and/or use of illegal substances, tobacco, marijuana, vapes, and alcohol, as well as the abuse of prescription or non-prescription drugs.
- I will refrain from using cameras/photo/video devices in areas of practice, bathrooms, change rooms, or other areas wherein a reasonable expectation of privacy is established. I understand that I must obtain express consent prior to taking and/or sharing photographs/videos of other members.
- I will refrain from any inappropriate physical contact or interaction with any other swimmer (male or female), in particular (but not limited to) those contacts/interactions that make others feel unsafe or uncomfortable.

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- I will talk to my coach and/or parent if I am having any troubles, difficulties, or do not understand something. I understand that it is important and expected that I will tell an adult that I trust about any person who may have caused me harm, or made me feel upset. This includes contact not only in-person, but also verbal, written, electronic/digital, imagery, physical act or gesture, or any combination of these.

Responsibilities:

I understand that my choices and behaviours play a large and important role in my development, both as a swimmer and as an individual. By seeking to follow the Roles outlined above, I am demonstrating my dedication to my own development and to the Core Values of VKSC: Commitment, Respect, Achievement, Integrity, & Teamwork.

I understand that the Head Coach and Board of Directors will have the final word on any rule, dispute, or other issue.

I understand that failure to comply with this Code of Conduct may result in progressive discipline proceedings including, but not limited to:

- a) Swimmer restricted from participating in some or all team activities.
- b) Swimmer sent home with Family/Guardian at their expense.
- c) Swimmer suspended for a board-determined period of time
- d) Swimmer may be removed from the VKSC program

By signing below, I acknowledge and accept my Roles and Responsibilities as a member of the Vernon Kokanee Swim Club and I agree to follow the Standards outlined above.

Swimmer Signature: _____

Date: _____

Parent Signature: _____

Date: _____