



## **PARENT and SWIMMER CODE OF CONDUCT 1**

### **PARENT & SWIMMER CODE OF CONDUCT**

As a member of the Okotoks Synchro Sea Queens Club (OSSQ), I am part of a swimming organization that believes teamwork, integrity, respect and good sportsmanship are more important than winning. By registering to swim with OSSQ, I agree to follow the rules for behavior and sportsmanship while I am a member of OSSQ. The following guidelines state the principles OSSQ expects all members to demonstrate and uphold.

#### **PART I – PARENT 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, 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 OSSQ 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. OSSQ wins gracefully, loses graciously and congratulates their opponents either way.
- Support your professional coaches as they strive to do what is best for each OSSQ swimmer. Our expectations and methods are based on Canada Artistic Swimming, the Alberta Artistic Swimming Association and other recognized swimming authorities. Realize that swimmers become easily confused when coached by parents 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.
- Represent OSSQ with excellence, respect, team spirit, good sportsmanship, and politeness.
- If you have coaching or Board concerns, please address it with the club President.
- Maintain open and honest communication among all members of the OSSQ family. We reach our common goals by working together.
- Ensure that responses on any of the team's communications channels remain professional and considerate.
- Insist that your child refrain from using alcohol, tobacco, drugs, vaping products or other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct or any other behavior deemed dishonest, discourteous, offensive or disrespectful of others.

#### **PART II – PARENT 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 – 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.



## **PARENT and SWIMMER CODE OF CONDUCT 2**

- 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 OSSQ board member or coach will approach the child's parent, 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.
- Be an active participant in all fundraising events and other team activities and encourage and support your child by ensuring your child is timely for all OSSQ events.
- 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, help plan a fundraiser, help plan a group social. Find something you enjoy!
- Pay your fees on time.
- Know and uphold OSSQ rules, regulations, management and coach directives, and by-laws that are designed to maximize the experience for all swimmers and parents.

## **PART III – SWIMMER CODE OF CONDUCT**

The undersigned athlete participating with/for the OSSQ 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 or coach.
- Make every team practice, meet participation and activity an opportunity to learn.
- Represent OSSQ 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 and for all facilities and properties used during practices, competitions and team activities.
- Be punctual and arrive on time for all practices, meets and team events. Pool time is very valuable.
- 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.
- Disruption of practice by an athlete will be grounds for removal. Continual cheating in a practice will be considered a disruption of practice.
- Pay attention and follow all of 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 either on the pool deck or in the locker room or general facility.
- Inappropriate use of social media by bullying other members of OSSQ will result in disciplinary action.
- 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 Alberta Artistic Swimming.
- Swimmers are expected to respect each other. Fighting, intentional touching or striking another athlete will subject the swimmer to the most severe discipline.

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.



## **PARENT and SWIMMER CODE OF CONDUCT 3**

### **PART IV – VIOLATION OF THE CODE OF CONDUCT BY SWIMMERS**

The following penalties for violating the OSSQ'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 pulled out of practice in addition to a verbal warning and the coach will contact the parent.
- Before coming back to practice, the swimmer will need to be accompanied by a parent and the parent stay for the duration of practice for four (4) consecutive days.
- If the swimmer continues his/her behavior issues, he/she will be suspended for one (1) week (there will be NO prorated fee for monthly dues). If the swimmer's disciplinary problem continues, the swimmer and parent will meet with the coach to discuss the problem further.

### **PART IV – VIOLATION OF THE CODE of CONDUCT BY PARENTS**

Violation by parents who fail to abide by the code of conduct, will be discussed and voted by the Board and may include, but not limited to, the following penalties:

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

Your acknowledgement during registration indicated, you have reviewed the Okotoks Synchronised Sea Queens Code of Conduct. The athlete(s) and parent(s) understands the OSSQ 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.



**PARENT and SWIMMER CODE OF CONDUCT 4**

Name of Swimmer \_\_\_\_\_

I have read the code of conduct and agree to the terms and conditions as stated

YES NO (please circle)

Parent / Guardian Signature \_\_\_\_\_

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