



Code of Conduct

CLUB NAME:

Swimming Rockers Club

CLUB PRESIDENT NAME:
Pustovit Vitalii

SIGNATURE:

DATE:

Sep 1, 2021

HEAD COACH NAME:
Pustovit Vitalii

SIGNATURE:

DATE:

Sep 1, 2021

SRC's goal is to provide our swimmers with an environment that will enable them to achieve their competitive swimming potential. To achieve this goal, parents, swimmers, and coaches are expected to follow general rules and principles while at practice, while at meets, and while traveling. This code of conduct outlines, first, the general principles of conduct for anyone associated with SRC. It then breaks down the individual responsibilities of swimmers, parents and coaches, and, finally, provides a more specific code of conduct associated with travel to meets away from home.

General Principles

1. All people working for and with SRC are expected to:
 - behave in a manner that is respectful and courteous;
 - refrain from the use of demeaning or belittling language;
 - refrain from the use of abusive or confrontational approaches to swimmers, coaches, swim officials, or parents;
 - bring any concerns to the attention of your pool rep, coach, office/team manager, or if needed, a member of the Board in order to facilitate resolution.

2. Access to practices by anyone other than the swimmer is at the discretion of the coach.
3. The pool deck at swim meets is for swimmers and their coaches. Parents are reminded that they are not permitted on deck without proper authorization.
4. The Head Coach and his staff are responsible for group placement. Movement throughout the year may occur.
5. The best interest of the club and swimmers must come first. Swimmers will be suspended if the swimmer's/parent's conduct is deemed by the coaches and Board to be contrary to the well-being of the club and other swimmers. Working together will provide our swimmers with the team environment necessary for each swimmer to reach his or her potential.

Swimmer's Responsibilities

1. Swimmers are expected to arrive at practices and meets at the times designated by their respective coaches. For a practice, this means s/he is on deck and ready to go at least 15 minutes before practice is to start.
2. Swimmers are expected to know their training schedules.
3. Swimmers are expected to arrive with all equipment present and in good working order.
4. Swimmers are expected to know their best times for their events.
5. Swimmers are expected to be attentive to their coaches and to follow coaching directives and suggestions.
6. Swimmers are expected to display a positive and consistent work ethic.
7. Swimmers are expected to display a positive and respectful attitude, as well as respectful behavior, toward other swimmers, parents, coaches and officials.
8. Swimmers are expected to participate in fundraising activities.

Parent's Responsibilities

1. Parents are expected to assist children to get to practice regularly and on time. The level of assistance varies by age of the child, from an expectation of ensuring a younger child arrives on time, to an expectation of assisting older children to organize so that they may arrive on time.
2. Parents are expected to support the coach by allowing the coach to direct the swimming technique and strategy of the child, and by supporting the coach in his or her instruction.

3. Parents are expected to support and encourage their child(ren), especially during a performance plateau or downturn.
4. Parents are expected to encourage and support healthy living through ensuring and/or encouraging appropriate nutrition, rest, and dryland activities appropriate to the age and level of the child.
5. Parents are expected to work at SRC-sponsored swim meets, as per the level of involvement dictated in the SRC Member Commitments and Assessments document.
6. Parents are expected to participate in fundraising activities, as per the level of involvement dictated in the SRC Member Commitments and Assessments document.
7. Parents are expected to ensure that at least one member per family is
 - certified to act as timekeeper and at least one member per family is
 - certified to act as strokes and turns judge.
8. Parents are expected to meet financial and minimum work commitments on a timely basis.
9. Parents are required to provide e-mail or written notice if their swimmer is unable to attend a scheduled meet within two weeks of the first day of the meet. Otherwise their swim fee account will be billed for the meet entries. Prior to each meet an information sheet outlining the events your swimmer has been entered in will be provided by your group coach and/or posted on the SRC website. Your meet fee account will be debited at that time unless you advise the coach and SRC office two weeks prior to the meet date if your child is not able to participate.
10. Parents are required to fulfill the meet session requirements or agree to pay the non-participation fee of \$100 per session missed. (i.e., If you are required to work 6 sessions, and you choose not to fulfill this requirement then your swim membership account would be charged the following: $6 \times \$100 = \600 in total). Members will have two weeks to ensure that their hours have been properly logged. Our club relies on hosting swim meets to raise funds in an effort to offset swim fees. We need volunteers to run these meets, therefore it is in your best interest to participate to help keep your fees low and to show interest in your swimmer's activities.

Coach's Responsibilities

Coaches are expected to serve as role models to swimmers, both in terms of swimming technique and strategy, and in terms of behavioral expectations in and out of the water.

Coaches are expected to ensure that the health, well-being and development of the swimmer take precedence over wins and losses.

Coaches are expected to provide a physically and emotionally safe environment for

practices and competition.

Coaches are expected to maintain a professional demeanor in their relationships with swimmers, officials, colleagues, and parents.

Coaches are expected to follow safe training and conditioning techniques.

Coaches are expected to demonstrate an understanding of growth and developmental stages of their swimmers.

Coaches are expected to encourage success for the swimmer in and out of the pool, including encouraging continued commitment to academic achievement.

Coaches are expected to remember that competition should be healthy and enjoyable for all.

Keys to a Successful Relationship with a Coach

- Keep in mind that you both have similar goals for your child
- Talk to your coach first when a concern arises
- Don't spread your anger to other parents
- Try to remain objective
- Deflect other parents' concerns
- Develop a friendly relationship with the coach
- Let your child's coach know that you appreciate his or her efforts
- Remain positive

Having a Problem with a Coach

There may be times when you disagree with the coach, or feel that something else should be tried or recommended.

- It is important to approach the coach directly with your concerns. Never discuss this with the swimmer.
- Avoid discussing this with other parents. Any disagreements should be dealt with, first, by direct dialogue with the coach in question. This often will resolve whatever concerns may be present, or may answer what questions you have. As well, it provides the coach with an opportunity to respond to any concerns or allegations that refer directly to him or her. Discussing concerns with others without first giving an opportunity for the coach to respond, is unfair to the coach and sets up a dynamic of distrust between coaches, parents and swimmers.
- This same behavior is expected of SRC coaches; they are to approach you directly with any concerns or questions they have pertaining to you, rather than discuss them with swimmers or other parents. You, too, have the right to respond individually.

If you continue to have concerns after speaking with the coach, the course of action is

to first approach the SRC Office/Team Management, SRC Head Coach or President to discuss the issue further. You may also request a meeting with the President of SRC or a Vice President, if you have a concern that you feel is not being addressed by the Club as a whole.