

COPPERMINE CUDAS SWIMMERS CODE OF CONDUCT

The Coppermine Swim Club provides the opportunity for children to join a summer swim team and learn the value of community, good sportsmanship and being a member of a team. As a member of the Coppermine Cudas, swimmers will have the chance to improve their skills, learn new strokes, challenge themselves and have fun with new and old friends. The swimmer's experience should be fun and safe. All members of the Coppermine Cudas Swim Team should follow and respect the following...

Practice Expectations:

1. Arrive and leave practice on time (arrive 10 minutes before start time).
2. Notify your coaches if you are going to be absent or late.
3. Be respectful of your coaches at all times.
4. Be quiet and listen carefully when your coaches are speaking.
5. Follow the directions given by the coaches.
6. Be respectful, positive and supportive of all of your team mates.
7. Swim the complete practice to the best of your ability.
8. Bring your equipment every day (i.e., goggles, swim cap, water, towel, etc.).
9. Follow the pool rules of Coppermine Swim Club at all times.

Meet Expectations:

1. Be on time for warm-ups and events (Arrive 15 min. before warm-up time).
2. Bring your equipment to each meet (i.e., goggles, swim cap, water, permanent marker, extra towels, etc.)
3. Follow the pool rules of Coppermine Swim Club and our competitors.
4. Swim in the events and heat assigned to you by your coaches at meets.
5. At the end of each race, all swimmers should stay in the water, in their lane, until all swimmers of both teams have completed the event.
6. Be supportive of all of your team mates during the meet.
7. Stay to the end of every meet to cheer for your team mates and to step up if you are needed in a relay.
8. If you need to leave a meet early, let your coaches know as early as you can and inform them when you are leaving.
9. Let your coaches resolve any problems that may arise at a meet. It's their job not yours.
10. Never challenge a swim official, let the coaches handle it.

Behavioral Expectations:

1. Practice good sportsmanship at all time; with your team mates, competitors, coaches, officials, and spectators.
2. Refrain from the use of inappropriate behavior, language, and/or gestures.
3. Refrain from horseplay or any other activity that would distract from coaching instruction or potentially injury you, another swimmer, and/or the coaches.
4. Be respectful of the Coppermine Swim Club property and facilities as well as those of our competitors.
5. Always remember that when you are at our club or a competitors club, you are representing the Cudas Swim Team as well as Coppermine Swim Club.

Breaking the Rules:

It is not the intention of the above code of conduct to discourage reasonable high spirits and fun. However, Cuda swimmers must realize that when taking part in a group, their actions may endanger others or cause damage to facilities or put the clubs reputation at risk. It is hoped and expected that all swimmers will adhere to this code but in the instance of failure to follow these expectations, the following steps will be taken.

1. On the first occasion, the coach will speak to the swimmer concerned and explain that their actions are unacceptable and must stop.
2. A second warning will be given if the behavior persists.
3. The third occasion will lead to the swimmer being asked to leave the water and sit poolside for 10 minutes.
4. A further instance will indicate that the swimmer does not wish to swim in the practice session or competition and the swimmer will be told to leave the pool immediately and get dressed. If a parent/caregiver is not in attendance, the swimmer will be required to remain poolside once dressed, until collected. They will then be welcome at the next practice session. Nothing more will be said about the matter.
5. A parent will be informed any time a swimmer is asked to leave the water to sit out or to leave a practice session or competition.
6. Any further repeats of unacceptable behaviors at subsequent practice sessions or competitions will result in the swimmer being asked to leave the session/competition. The coaches will inform the Swim Team Parent Reps of the situation and a discussion will be held between the parents, coaches and parent reps to determine if the swimmer should continue with the swim team.

The purpose of this document is to establish a set of guidelines which outline the responsibilities and behavior of all swimmers who are members of the Coppermine Swim Team. This code of conduct is designed to ensure that swimmers are aware of the standards required by them.

Please review the Code of Conduct carefully and share the information with your parents. Once reviewed, print out the signature page, complete the signatures and hand it in to your coaches or the swim team parent reps. Each swimmer should have their own signature page.