



CODE OF CONDUCT AND AGREEMENT OF PERFORMANCE

It is hereby acknowledged and agreed by the undersigned that in consideration of your children listed herein, being accepted as a member of the Ridgefield Aquatic Club that you agree to and understand the following code of conduct and agreement of performance. The code will cover all activities that involve the Ridgefield Aquatic Club including the use of the Barlow Mountain Pool, and any facility leased by RAC for practice or any other purpose. It also includes behavior during scheduled competition times at all away meets and for the duration of all organized travel arranged by Ridgefield Aquatic Club, Connecticut Swimming, or United States Swimming for the purpose of competition or training.

Disciplinary action can range from but is not limited to reprimands, being sent home from practice or meets at the parent's expense, expulsion from the team, barred from competition, or any other disciplinary action that the coaching staff deems necessary if a member fails to adhere to the following code in part or whole. The RAC Board may review infractions considered serious in nature.

The Code of Conduct that the swimmers are expected to adhere to during practice times is as follows. Swimmers will be told which area of the pool and its surroundings will be off-limits and they will be expected to adhere to these boundaries.

The areas that are off-limits to swimmers include but are not limited to any and all diving boards and platforms at any and all pool venues. All areas of the Barlow Mountain pool except for the pool, locker rooms, and any other areas designated by the coaching staff are off-limits.

Swimmers will be told what constitutes appropriate behavior and what is inappropriate while representing Ridgefield Aquatic Club during practice, team functions, swim meets, or any other team activities. Behavior that is inappropriate shall include but is not limited to the following: vandalism of any kind, horseplay, fighting, pushing someone into the water, throwing equipment (kickboards, pool buoys, etc.), entering the water before practice begins, smoking, consumption of alcohol, chewing tobacco, taking drugs, disrupting practice, unsportsmanlike conduct at swim meets, inappropriate language, any behavior that may cause harm to someone else and stealing of any kind. Taking photos and/or videotaping in the locker rooms is strictly prohibited.

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Code of Conduct for Parents

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents. As a parent/guardian, I understand the important growth and developmental support that my child's participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team. I agree with the following statements:

- I will review the [SafeSport](#) information presented on the team website so that I understand my role as a parent in ensuring that my child is training in a safe environment
- I will stay informed by reading the [TeamFeed](#) and emails sent to me by RAC's Coaching Staff or other RAC leaders.
- I will set the right example for our children by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and all facilities.
- I will get involved by volunteering, fulfilling assignments given to me, observing practices, cheering at meets, and talking with my child and their coach about their progress. If I have a service hours requirement I will make working those hours a priority to support the team's efforts to host competitions that will benefit my child and his/her teammates.
- I will provide my swimmer with proper nutrition during meets and practices.
- I will refrain from coaching my child from the stands during practices or meets.
- I understand that criticizing, name-calling, and use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
- I will respect the integrity of the officials.
- I will support my child with words of encouragement and affirmation.
- I will direct my concerns first to my swimmer's Primary Coach; then, if not satisfied, to the Head Coach.

Signature(s)

Date

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Code of Conduct for Swimmers

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. By signing this code of conduct, I agree to the following statements:

- I will respect and show courtesy to my teammates and coaches at all times.
- I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic or otherwise inappropriate behavior will be faced with consequences.
- I will attend all team meetings and training sessions unless I am excused by my coach.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- I will refrain from foul language, violence, and behavior deemed dishonest, offensive, or illegal.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will obey all of USA Swimming's rules and codes of conduct.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the swim club's board of directors.

Swimmer's signature

Date

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Conduct of Swimmers and Parents at Meets: At all swim meets, swimmers are expected to wear the team suit and (if a cap is worn) the team cap. Only under conditions in which the team suit may be considered inappropriate may an alternate suit be used. An acceptable alternative to the team suit is a plain black suit. No swimmer shall attend a meet unless accompanied by a parent or a chaperone arranged for by the swimmer's parent or guardian. In prelim/final meets, all swimmers who qualify to compete in finals are expected to participate in finals. Parents are expected to remain off the competitive deck unless acting in an official capacity such as a timer or official. Parents will be expected to serve as timers (or a corresponding meet worker position) as assigned by the pool representative

I understand the above expectations and that my failure to adhere to them may result in disciplinary action.

Signature(s)

Date