

Danville Family YMCA Swimmer Code of Conduct

PERSONAL BEHAVIOR

Be respectful to all adults, parents, coaches, and other swimmers.

Discussions are acceptable – arguments are not. Talking back to an adult is unacceptable.

Racial or gender slurs and foul language are unacceptable.

Be responsible for yourself and your actions.

Speak immediately to the coach and your parents about any undue pressure to act inappropriately.

PRACTICE

YMCA Facility

Be patient and polite.

Wait for rides quietly inside the lobby, not on the drive or front steps.

Acts of vandalism, theft, or destructive behavior towards others or the facility are unacceptable.

Locker Rooms

Respect others belongings.

Turn off water when done showering.

Keep noise level to a low talking level.

Horseplay in shower or locker rooms is unacceptable.

Deck

Walk only.

Get out and return any equipment you used during practice.

Pushing or other similar horseplay is unacceptable.

Workout

Complete your workout as asked by the coaches.

Leave on the appropriate send-off.

Complete the entire length – no walking or pulling on the lane lines.

Strive to use legal strokes, turns, and starts as indicated by the workout.

To pass, touch the foot of the person in front **once**. Grabbing, holding, or repeated touching is unacceptable.

When a person behind you indicates that they wish to pass try to allow pass at the end of the length or at the end of the interval.

Pass in the middle of the length only if it will not impeded progress of others.

Leave a 5 second interval between you and the swimmer ahead.

Swim in a counter-clockwise circular pattern.

Respond respectfully to all coaching requests – listen and try to make corrections as requested.

MEETS

General Behavior

Always walk, speak quietly, and respond respectfully.

Treat host facilities as you are expected to treat our YMCA.

Bull Pen

Know your events and event numbers.

Wait quietly for your events to be called and bring your equipment.

Stay in designated area after receiving event card.

Be polite and respectful especially towards the bull pen workers.

Running, loud activity, and other horseplay are unacceptable.

Deck

Check in with the coach before and after your event.

Wait in areas designated by officials.

Be respectful to timers, other workers, officials, and other swimmers.

Competition

Listen to the referee and starter.

Leave the water immediately after completing event.

Enter any other warm-up or practice pools only after receiving permission from a meet official.

VIOLATIONS OF CODE OF BEHAVIOR

At practice, the coaches will follow a “3 Strikes – You’re Out” rule. The coaches will give you two warnings to correct behavior. The third incident will result in dismissal from practice. A behavior report will be filed with the YMCA building supervisor. Parental notification will be made by the Swim Team Coach. Dismissal from practice will serve as a warning as outlined in the following section.

In the areas of disrespect, vandalism, and unsafe behavior:

1st time – warning

2nd time – suspension from practice – 1 day to 1 week

3rd time – suspension from practice & meets – 1 week to 1 month

4th time – review by the YMCA Executive Director on eligibility to continue swimming

All violations will result in parental notification by the Head Swim Coach.

Violations which seriously endanger the safety, well being, or property of swimmers or any other person may result in an immediate review by the YMCA Executive Director.

Code of Conduct

Swimmer Contract

As a swimmer on the Danville Family YMCA swim team, I understand the Code of Conduct. I understand that competitive swimming is a privilege and an extra responsibility. By signing this code I agree to follow the rules outlined and understand the consequences if I should fail to meet the expected code. I also understand that with the help of my parents and my coaches, we will work together to help me achieve my goals.

Swimmer's signature _____ Date _____

Parent(s) Signature(s) _____ Date _____

_____ Date _____

Coach's Signature _____ Date _____