



## DOLPHIN SWIM TEAM (DST) CODE OF CONDUCT

Behaviour and personal conduct must at all times be of a high standard and reflect favourably on DST and the sport of swimming.

### SWIMMERS

#### 1. Be Committed

- Be early for swim and dry land practice.
- Be prepared for dry land and swim practice – have all your equipment:
  - Appropriate sports attire and sneakers for dry land.
  - Goggles and caps for swim practice; goggles are mandatory and caps for longer hair.
- Attend as many practice sessions as you are able to.
- Participate in as many BASA sanctioned swim meets as you are able to.
- Always try your best.

#### 2. Be Responsible

- Ensure coaches are advised when you are unable to attend practice sessions.
- Use the bathroom before the start of practice.
- Get in the pool when you are supposed to.
- Listen when your coaches are speaking – eyes watching, ears above the water.
- Don't skip laps, pull on the lane lines or "cheat" during training.
- Assist with packing away DST equipment.
- Ensure you take away all of your belongings at the end of training sessions.
- Comply with all facility procedures and rules (NSC pool and BASA pool).

#### 3. Be Caring

- Respect your fellow team mates - they are your swim family.
- Allow your lane mates to pass. Make sure everyone in your lane can finish at the wall.
- Encourage your teammates; exhibit good sportsmanship.
- Do not interfere or disrupt other swimmers during their training sessions.
- Show respect to DST coaches, volunteers, NSC staff and lifeguards and to meet officials.
- Treat others the way you would want to be treated.

#### 4. Zero Tolerance

- Life-threatening and/or dangerous behaviour in or out of the pool.
- Abuse – physical and/or verbal.
- Foul language.
- Disrespect towards teammates, coaches, NSC staff, meet officials and/or volunteers.
- Non-compliance with NSC/BASA facility rules.
- Use of alcohol, drugs or tobacco during any DST training or whilst representing DST.

## PARENTS/GUARDIANS

### 1. Be Committed

- Ensure your swimmer arrives to practice or meets on time; be aware of your swimmer's training and meets schedule.
- Encourage and facilitate your swimmer's attendance to as many practices as they can.
- Encourage and facilitate your swimmer's participation in as many meets as they can.
- Volunteer for DST.
- Volunteer at BASA meets.

### 2. Be Responsible

- Ensure your swimmer is prepared for practice with the correct equipment.
- Please do not approach coaches during training. Coaches are concentrating on the swimmers and their safety and cannot engage in conversations during practice.
- Email or speak to your swimmer's coach if your swimmer cannot attend practice or has to leave practice early.
- Email or speak to your swimmer's coach if you have any concerns about your swimmer's training or racing.
- Do not allow your swimmer to train when sick and/or contagious, has an upset stomach or an open wound.
- Inform DST of any changes to information given on the online sign up form.

### 3. Be Caring

- Respect the relationship between swimmers and coaches and don't interfere with the session or coach your swimmer from the pool deck.
- Keep winning and losing in perspective and help your child recognize good performance and not just time-based results.
- Understand that swimmers develop at different ages and rates and resist comparing your swimmer to another swimmer.
- Show respect to all swimmers, coaches, volunteers and meet officials.
- Volunteer to help your team..

### 4. Zero Tolerance

- Abusive or threatening behavior or language towards any swimmer, coach, NSC staff member, meet official or volunteer.
- Non-compliance with BASA or NSC facility rules.
- Interference with training sessions.

## SWIM MEETS

- All of above applicable where relevant during swim meets when swimmer is representing DST.
- All Swimmers must wear DST swim caps.
- Standard meet swimmers must wear FINA approved swimsuits.
- All swimmers must wear DST attire when accepting medals/awards.
- Meet officials/judges are NOT to be approached by swimmers or parents – coaches are to be consulted and requests for clarification on official decisions can be made.