

## **North York Aquatic Club**

### **CODE OF CONDUCT**

#### **2008-2009**

NYAC'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 NYAC. 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 NYAC are expected to:
  - a. behave in a manner that is respectful and courteous;
  - b. refrain from the use of demeaning or belittling language;
  - c. refrain from the use of abusive or confrontational approaches to swimmers, coaches, swim officials, or parents;
  - d. bring any concerns to the attention of the pool rep, coach, 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 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 she/he is on deck and ready to go at least 10 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, along with respectful behaviour, toward other swimmers, parents, and coaches.
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 NYAC-sponsored swim meets, as per the level of involvement dictated in the "NYAC Member Commitments and Assessments" document.

6. Parents are expected to participate in fundraising activities, as per the level of involvement dictated in the “NYAC 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.

### **Coach’s Responsibilities**

**(adapted from National Association for Sport and Physical Education, July 2001, an association of the American Alliance for Health, Physical Education, Recreation and Dance)**

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

Coaches are expected to ensure that the health, well-being and development of the swimmer takes 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 demeanour 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.

## Travel Code of Conduct

Swimmers, coaches, chaperones, and parents traveling with the North York Aquatic Club represent themselves, NYAC, the sport of swimming, and their community when traveling to swim meets/events. The North York Aquatic Club wants to project an image that makes all of us proud of our sport and our swimmers. Therefore, all individuals representing or traveling on behalf of NYAC will abide by the following Code of Conduct.

This Code is in effect from the point of departure until returning home. Anyone signing the Code of Conduct agrees that s/he will abide by it while representing NYAC.

Infractions of the Code of Conduct may result in that swimmer's family having to assume the full cost of the trip, plus return fare, if the swimmer is sent home early in consultation with the parent.

Swimmers may not drink or carry alcoholic beverages or use drugs other than those prescribed to them by a physician. Such drugs must be reported to the coaching and/or managerial staff. However, proper administration of medications will be the swimmer's responsibility.

No swimmer is permitted to smoke or chew tobacco.

Appropriate behaviour is mandatory on team trips. When the coaches and chaperones, or accompanying staff, deem behaviour unacceptable, the swimmer will be scratched from the competition and sent home at his/her own expense in consultation with the parent. In extreme cases, outright dismissal from the Club will result. Examples of inappropriate behaviour include: promiscuity, failure to comply with the stated rules and/or curfews as set out by the coaches and chaperones, and any behaviour in violation of the Criminal Code of Canada.

Responsible, orderly, and reasonably quiet behaviour is expected of swimmers at all times including while traveling on rented or public transportation, when on the pool deck, and when in restaurants and all other public areas.

Hotel etiquette of the highest calibre is mandatory. Because hotels are resting places for all guests, the following behaviour is not acceptable:

- running up and down hallways
- constant room to room telephoning
- playing loud music or television
- fist fights and any kind of roughhousing behaviour
- crank phone calls to anyone in the hotel
- pranks of any nature that may result in damage to property or injury to self or any others, including other team members.

Male and female swimmers must, at no time, be in each other's rooms with the doors closed. Whenever a member of the opposite sex is in your hotel room, the

door must be propped open. Athletes from other teams are not allowed in swimmers' hotel rooms unless explicit approval has been given by supervisory staff (coach and/or chaperone).

All team members are expected to respect each individual's needs for rest/study times, which will vary from trip to trip. Teenaged athletes may be left alone in their hotel room at the discretion of the manager and coaches for reasons of minor illness or disciplinary action. Curfews, as determined by the staff, are set to ensure proper rest for the swimmers. These must be adhered to at all times. Failure to comply may result in that swimmer being scratched from competition or, in more severe cases, sent home at his/her expense in consultation with the parent.

When being billeted, athletes must be on their best behaviour at all times. Conditions will not always be ideal, but unreasonable behaviour will not be tolerated. Swimmers should consider that it is their responsibility to report behaviour that does not adhere to the Code of Conduct to coaches or chaperones.

All of the above conditions also apply to the last night of the trip. There may be occasions when the entire team will enjoy an outing, a movie or dinner on the last night. Return to the hotel must be orderly and quiet. All rules/curfews set out by the coaches and chaperones will be followed.

For swimmers of legal drinking age, NYAC recognizes that the conditions described above may infringe on some of your legal rights and may limit the freedom you usually enjoy. However, for the sake of unity within the team, your cooperation is required and expected.

On occasion, members of NYAC will travel to swim meets outside of the GTA using private bus transportation. As well, when the number of swimmers is limited and doesn't warrant a bus, NYAC may choose alternate means of transport. This may include a multi-passenger van driven by one of the coaches or chaperones, or a personal vehicle driven by designated parents. The Code of Conduct applies to all forms of transportation. NYAC reserves the right to designate who travels on the bus when a bus is used. Normally, team meets will entail that swimmers 11 and over must travel with the team.

Infractions will be dealt with on an individual basis, and action may be taken immediately or after return to Toronto. The penalties may include immediate return home at the swimmer's expense, in consultation with the parent, or, for NYAC-supported travel, a reimbursement to NYAC by the swimmer.