

NYAC CODE OF CONDUCT

NYAC's goal is to provide our athletes with an environment that will enable them to achieve their potential. To achieve this goal, parents, athletes, 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 athletes, 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 athletes, 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 athlete 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 athletes must come first. Athletes will be suspended if the athlete's/parent's conduct is deemed by the coaches and Board to be contrary to the well-being of the club and participants.

Working together will provide our athletes with the team environment necessary for each athlete to reach his or her potential.

Athlete's Responsibilities

1. Athletes 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. Athletes are expected to know their training schedules.
3. Athletes are expected to arrive with all equipment present and in good working order.

4. Athletes are expected to know their best times for their events.
5. Athletes are expected to be attentive to their coaches and to follow coaching directives and suggestions.
6. Athletes are expected to display a positive and consistent work ethic.
7. Athletes are expected to display a positive and respectful attitude, along with respectful behaviour, toward other athletes, parents, and coaches.
8. Athletes 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 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 or events, 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)

1. Coaches are expected to serve as role models to athletes, both in terms of technique and strategy, and in terms of behavioural expectations in and out of the water or at the event.
2. Coaches are expected to ensure that the health, well-being and development of the athlete take precedence over wins and losses.
3. Coaches are expected to provide a physically and emotionally safe environment for practices and competition.
4. Coaches are expected to maintain a professional demeanour in their relationships with athletes, officials, colleagues, and parents.
5. Coaches are expected to follow safe training and conditioning techniques.
6. Coaches are expected to demonstrate an understanding of growth and developmental stages of their athletes.
7. Coaches are expected to encourage success for the athlete in and out of the pool or athletic environment, including encouraging continued commitment to academic achievement.
8. Coaches are expected to remember that competition should be healthy and enjoyable for all.

Travel Code of Conduct

Athletes, coaches, chaperones and parents traveling with the North York Aquatic Club represent themselves, NYAC, the sport of swimming and triathlon, 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/or our athletes. Therefore, all individuals representing or traveling on behalf of NYAC will abide by the following Travel Code of Conduct.

This Code is in effect from the point of departure until returning home. All members have agreed to abide by the Code of Conduct at the point of registration with NYAC.

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

Athletes 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 chaperoning staff before departure and/or on trip permission forms. However, proper administration of medications will be the athlete's responsibility.

No athlete is permitted to smoke or chew tobacco at any time.

Appropriate behavior is mandatory on team trips. When the coaches and chaperones, or accompanying staff, deem behavior unacceptable, the athlete 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 behavior include: promiscuity, failure to comply with the stated rules and/or curfews as set out by the coaches and chaperones, and any behavior in violation of the Criminal Code of Canada.

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

As a matter of team pride and courtesy to the event host, athletes are expected to leave the NYAC team area in a neat and clean condition at the conclusion of each session of the event, as well as during their stay and upon leaving a hotel.

Hotel etiquette of the highest caliber is mandatory. Because hotels are resting places for all guests, the following behavior 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 behavior
- prank 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.

Athletes are expected to remain with the team at all times during the trip.

Athletes are not to leave the pool, the hotel, or any other place at which the team has gathered without the permission of a coach or chaperone.

To protect the propriety of the athletes and to protect our staff, there will be no male athletes in female athletes rooms alone, and no female athletes in male athletes rooms alone. Athletes from other teams are not allowed in our athletes' hotel rooms. There will be a team room provided or a common area supervised by a chaperone for relaxation and recreation whenever possible. Exceptions to this may be granted upon approval by supervisory staff (coach and/or chaperone). Athletes' hotel room doors must remain open until curfew, with exceptions granted by the coach and/or chaperone. Athletes are not permitted to go to a coach's room, nor a coach to an athlete's room.

All team members are expected to respect each individual's needs for rest/study times, which will vary from trip to trip. Athletes aged 16 and older may be left alone in their hotel room at the discretion of the manager and coaches. Curfews, as determined by the staff, are set to ensure proper rest for the athletes. These must be adhered to at all times. Failure to comply may result in that athlete 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 behavior at all times. Conditions will not always be ideal, but unreasonable behavior will not be tolerated. Athletes should consider that it is their responsibility to report other athlete's behavior 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. NYAC recognizes that a curfew could be changed, but suggests that it be no later than midnight on the last night of a trip or 10:00pm throughout the competition.

For athletes 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 competitions outside of the GTA using private bus transportation. As well, when the number of athletes 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. Also, if a parent does not want their athlete to be in a designated parent's car at any point throughout the trip, it is their responsibility to communicate this to the club ahead of the trip.

When traveling by a van, athletes must wear seat belts and remain seated at all times.

Athletes are expected to travel and stay with the team on TEAM TRAVEL designated trips from the age of 11 and over or otherwise noted on the TEAM TRAVEL notification. Any exceptions to this policy must be approved by the Head Coach or his designee prior to the trip.

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 athlete's expense, in consultation with the parent, or, for NYAC supported travel, a reimbursement to NYAC by the athlete or for any damages or penalties incurred while traveling.

It is also the athlete and parent or guardian's responsibility to ensure that the participant of the trip is aware of the entire Code of Conduct. NYAC assumes that each participant in its program is aware of all rules and guidelines when the member has signed their registration forms at the beginning of the year and/or any permission form for the trip.

NYAC's coach or chaperone will review the Code of Conduct with the athletes at the beginning of the trip to ensure that it is fully understood by all the participants of the trip.

Revised: June 21, 2010