



**BREAKERS**

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## SWIMMERS CODE OF CONDUCT

*The following Code of Conduct is the standard of behaviour for all Breakers Swim Team Athletes.*

*Adherence to this code will help the club provide a safe<sup>1</sup>, enjoyable, and successful environment for all participants. The following Code of Conduct will be enforced. If you have a concern about the conduct of any of our members, please contact the Breakers Swim Team President in writing<sup>2</sup>.*

### ATTENDANCE & PARTICIPATION

- 1) The goal is for swimmers to attend all their required practices, however, it is recognized that this is not always possible. If a swimmer is unable to attend any practice, or a portion of any practice, the parent/guardian must contact the coach. ***If a swimmer is not maintaining 70% attendance and there is a waiting list of swimmers for a spot in the athletes grouping, the athlete may be forced to resign from the team.***
- 2) If a swimmer is injured and unable to fully participating in any practice, they are required to give the coach a note of explanation from their parent/guardian or doctor, explaining what they can participate in and any activity that must be avoided or modified.
- 3) It is expected that swimmers attend designated competitions for their group and competitive level.
- 4) Swimmers must listen to all instructions given by their coach and attempt to perform all skills to the best of their ability.
- 5) Swimmers will meet with the coaches prior to a competition to discuss the events to be swum at a competition.

### SAFETY & HYGIENE

- 1) Horseplay or unsafe behaviour will not be tolerated.
- 2) Members must not spit or urinate in the pool or on the deck.
- 3) Members must wear indoor only footwear on the pool (i.e. deck shoes or sandals.)
- 4) Members must wear appropriate clothes for dry-land session. This includes running shoes, t shirt, long sleeve T or tank top and shorts, yoga pants or sweat pants.
- 5) Each swimmer must bring all required equipment to each practice, including: water bottle, swim suit, goggles, non-competition swim cap, and a towel.
- 6) Deck access is ONLY permitted through the change room doors.

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<sup>1</sup> [https://www.swimming.ca/content/uploads/2016/10/2016\\_safe-sport-environment-policy\\_20160929.pdf](https://www.swimming.ca/content/uploads/2016/10/2016_safe-sport-environment-policy_20160929.pdf)

<sup>2</sup> [https://www.swimming.ca/content/uploads/2015/06/2017complaintsdisciplinaryactiondisputeresolutionpolproc21apr2017clean\\_en.pdf](https://www.swimming.ca/content/uploads/2015/06/2017complaintsdisciplinaryactiondisputeresolutionpolproc21apr2017clean_en.pdf)



## GENERAL CONDUCT & SPORTSMANSHIP

- 1) Abuse and harassment will not be tolerated. This includes actions such as terrorizing, shouting, making false accusations, or spreading untrue rumours.
- 2) Inappropriate use of language will not be tolerated. This includes swearing, sexual talk, harassment, and bullying.
- 3) Treat all team-mates, coaches, chaperones, officials, parents/guardians, volunteers, facility staff, and facility patrons with respect<sup>3</sup>. You are always representing your team and all others associated with the Breakers Swim Team.
- 4) Members must abide by all rules and expectations as outlined by Swim Canada<sup>4</sup>, Swim ON, Breakers Swim Team, host swim clubs, and each facility. It is the members' responsibility to learn and understand these rules.
- 5) When traveling with the Breakers Swim Team, swimmers must abide by all rules laid out by the coach and chaperone. This includes expected behaviour at hotels and curfews.
- 6) The use of drugs or alcohol will not be tolerated. This includes marijuana even after the legalization in Canada. Marijuana will remain a banned substance by Swim Canada
- 7) All athletes will sign a code of conduct.

## COMPETITION

- 1) Swimmers are always to visibly wear their team gear. This includes Breakers t-shirt, long sleeve T, Breakers hoodie, and/or other apparel that may have the Breakers logo on it, and Breakers swim cap (mandatory). Non-Breakers team gear will not be acceptable attire on deck during competition.
- 2) Swimmers must report to their coach 15 minutes prior to the posted warm-up times. Failure to check-in may result in the athlete being scratched from that day's events and/or the scratch of relay swims.
- 3) Swimmers must come speak to their coaches before and after each swimming event.
- 4) ***Swimmers must stay on deck to cheer on their teammates during any session they are swimming in until all Breakers swimmers have completed all events.***
- 5) Swimmers must notify their coach prior to leaving the pool and at the end of a session. ***Leaving prior to the end of the session is strictly prohibited.***

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<sup>3</sup> [https://www.swimming.ca/content/uploads/2015/06/2017\\_equity-diversity-inclusion-policy-procedures\\_20170801\\_en.pdf](https://www.swimming.ca/content/uploads/2015/06/2017_equity-diversity-inclusion-policy-procedures_20170801_en.pdf)

<sup>4</sup> [https://www.swimming.ca/content/uploads/2018/05/2018\\_Swimming-Canada\\_Code-of-Conduct\\_FINAL.pdf](https://www.swimming.ca/content/uploads/2018/05/2018_Swimming-Canada_Code-of-Conduct_FINAL.pdf)



## **DISCIPLINARY PROCEDURES**

### **MINOR OFFENCES**

*A minor offence is behaviour that is deemed inappropriate, as outline above or by common sense.*

First Offence - The Athlete will be asked to change their behaviour.

Second Offence - The Athlete will be given a “time-out” and the head coach will be informed of the offence. The Head Coach may intervene at this time.

Third Offence - The swimmer will be asked to sit out of the practice. The parent/guardian will be contacted and informed of the misbehaviour. If these actions do not result in immediately improved behaviour, then future offences will be considered a Major Offence.

### **MAJOR OFFENCES**

*A major offence is behaviour that may affect the physical or mental health or safety of any athlete, coach, official, parent/guardian, or anyone else. A major offence may also be considered any action that impedes the progress of others, or repeated minor offences.*

First Offence - The swimmer will be asked to sit out of the practice and wait for their parents/guardians. The infraction will be documented and the parents/guardians, head coach, and the executive board will be informed of the offence. A meeting will be called between the swimmer, the swimmer’s parents/guardians and the executive board to decide the appropriate disciplinary actions, which may include suspension. No refund will be issued for practices missed due to suspension.

Second Offence - Repeat offences may require the athlete’s resignation from the club. If necessary, the Swim ON Harassment Policy<sup>5</sup> will be enacted.

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**Swimmers Name**

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**Date**

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**Swimmer’s Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Parent/Guardian’s Signature**

\_\_\_\_\_  
**Date**

<sup>5</sup> [https://www.swimming.ca/content/uploads/2015/06/2017\\_harassment-policyprocedure\\_21april2017\\_en-1.pdf](https://www.swimming.ca/content/uploads/2015/06/2017_harassment-policyprocedure_21april2017_en-1.pdf)