



## Tsunami Swimming Athlete and Parent Code of Conduct

**Purpose:** To promote individual and team excellence both in and out of the water, as well as to develop first class citizens.

**Tsunami Swimming Athlete Code of Conduct:** As a representative of Tsunami Swimming, Virginia Swimming and USA Swimming, all swimmers are expected to behave in an exemplary manner and display proper respect and sportsmanship towards team members, competitors, coaches, officials, parents, facility staff, and the public at all times. Tsunami swimming will not tolerate behavior that reflects poorly on the team.

As a Tsunami swimmer, I agree to:

- ❖ obey all of USA Swimming's rules and codes of conduct;
- ❖ be respectful of my teammates' feelings and personal space. A swimmer who exhibits sexist, racist, homophobic, or otherwise inappropriate behavior, will face consequences;
- ❖ refrain from the use of obscene, profane, or abusive language in the presence of any swimmer, parent, or coach during or traveling to/from practices, meets, or team activities;
- ❖ refrain from violence and behaviors deemed dishonest, offensive, or illegal, which include, but are not limited to, "deck changing" and possession of pornography;
- ❖ respect the facility personnel and property (including locker rooms) during practices, meets, and team activities. If I disagree with an official's call, I will talk with my coach and not approach the official directly;
- ❖ not possess and/or use illegal substances, as well as possess and/or use tobacco, e-cigarettes, and any form of "vaping", and alcohol. Likewise, swimmers will not abuse prescription or non-prescription drugs;
- ❖ follow the directions of the coaching staff and/or chaperones when under team supervision; and
- ❖ set a positive example and demonstrate a strong work ethic for the younger Tsunami swimmers.

***Bullying is prohibited.*** See Tsunami Anti-bullying policy for more information. Bullying is the severe or repeated use of oral, written, electronic or other technological expression - an image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at anyone that has the effect of:

- Causing physical or emotional harm to the other member or damage to the other member's property,
- Placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property,
- Creating a hostile environment for the other member at any Tsunami/USA swimming activity,
- Infringing on the rights of the other member at any Tsunami/USA Swimming activity, and or
- Materially and substantially disrupting the training process or the orderly operation of any Tsunami/USA Swimming activity

**Tsunami Social Media Policy:** Every member of Tsunami Swimming (Coaches, Parents, and Athletes) needs to be aware of the far-reaching effects of data posted to websites, email, and other electronic media. This includes photos posted to websites, text messages that contain inappropriate language or information that is private or confidential, blog sites, and messages posted to sites like Twitter, Facebook, Instagram, Snapchat, etc.

- The content and intent of all electronic communications must adhere to the USA Swimming Code of Conduct regarding Athlete Protection. Tsunami coaches and board members cannot monitor social media accounts.
- Words and photos that are posted on-line are there for everyone to read and view. While you may be able to delete a post or email, etc., once it has been made, it will never fully be erased.
- Before posting anything to the Internet or texting to someone, ask the following:
  1. Would I send this message or photo to my parents?
  2. Would I send it to my coach or teachers?
  3. Would I send it to my pastor, priest, rabbi or other religious leader or mentor?
- With respect to electronic communications, ensure that all electronic communications are transparent, accessible and professional.
  - *Transparent:* All electronic communication between coaches, parents, and athletes should be clear and direct, free of hidden meanings and expectations.
  - *Accessible:* All electronic communication between coaches, parents, and athletes should be considered a matter of record and part of Club records. Whenever possible, include another coach or parent in the communication so there is no question of the accessibility.
  - *Professional:* All electronic communication between coaches, parents, and athletes should be as a professional representing the team.

Violations to this code of conduct should be reported to a coach, Tsunami Board Member, and/or the Tsunami SafeSport contact.

**Tsunami Swimming Parent Code of Conduct:** The purpose of the parent code of conduct is to establish consistent expectations for behavior by Tsunami Swimming parents. The participation of a child in a sport is beneficial to his/her growth and development. It is also important to recognize the necessity of treating the coaching staff with respect and allowing them the opportunity to coach.

As a Tsunami parent/guardian, I agree to:

- ❖ set the right example for the team by demonstrating sportsmanship and showing respect and common courtesy at all times to swimmers, coaches, officials, and parents at all facilities;
- ❖ get involved by volunteering, observing practices, cheering at meets, and talking with my child and his/her coach about progress;
- ❖ refrain from coaching my child from the stands during practices and meets;
- ❖ refrain from gossiping, criticizing, name-calling, and using abusive language or gestures, directed toward coaches, officials, volunteers, and/or any participating swimmer(s);
- ❖ direct any concerns privately first to the Head Coach; then, if not satisfied, to the Tsunami Swim Board; and
- ❖ uphold all rules and regulations of USA Swimming, Virginia Swimming, and Tsunami Swimming.

**Failure to comply** with these Codes of Conduct, Bullying and Social Media policies (by Athlete and Parent/guardian) may result in, but not necessarily be limited to, any of the following actions:

- Swimmer and/or parent restricted from participating in some or all team activities.

- Swimmer sent home at the swimmer's expense.
- Swimmer and/or parent suspended or completely removed from the Tsunami Swimming program, without refunds.