



# Oneonta Family YMCA Swim Team Code of Conduct

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

All participating members of the Oneonta Family YMCA Orcas Swim Team, as well as their parents, *must* abide by the following Code of Conduct. By joining the Y swim team, all parents and swimmers agree to follow this code.

The actions of each swimmer, parent, and coaching staff reflect upon the entire swim team and the Oneonta Family YMCA. All swimmers, parents, and coaching staff are expected to act responsibly and maintain appropriate behavior at all times.

### Practice and Swim Meet Behavior

1. ***Be ready to practice on time.*** Arrive on deck 5 minutes early ready to swim.
2. Maintain a cooperative and respectful attitude towards coaches and other swimmers.

Observe and comply with the following rules:

- ◆ No running
  - ◆ No pushing or shoving, either in or out of the water
  - ◆ No chewing gum
  - ◆ No spitting
  - ◆ No obscene, derogatory or profane behavior or language
  - ◆ Do not throw any objects. Items can be dangerous if thrown
4. Respect the personal property of teammates or restitution for damage will be expected.
  5. Practice proper lane etiquette as instructed by the coach.

### For Parents and Swimmers

- All noise level at practices is not to exceed a normal speaking voice. All facilities shall be treated with respect. It is a privilege for The Orcas to use many of the facilities that we will visit. Parents are to refrain from pressuring swimmers or being overly competitive.

### Parents

- *If you need to discuss any matter with the coach, please e-mail the coach and schedule a time to meet before or after practice.*
- *Parents are not to be on the pool deck during practice times. Parents can wait in the downstairs lobby or the hallway outside of the pool area*
- *Team e-mail is to be used as a forum for administrative information pertaining to practices, swim meets or scheduling.*
- *Any questions or concerns arising from decisions made by meet officials during competition should be brought to the attention of coaching staff only.*
- *Parents are expected to demonstrate good sportsmanship, by conducting themselves in a manner that demonstrates the YMCA's core values of Honesty, Respect, Responsibility, and Caring, when interacting with any team member, parent, official, or coach, including those of competing teams.*
- *The YMCA has a safety policy that all children under the age of 11 must be accompanied by a parent/guardian at the beginning and end of their programming. If the parent/guardian is late picking up the child then they will remain in the program area until parents arrive.*

**Please be aware that if a swimmer's behavior is severe and/or threatens the health or safety of themselves or other swimmers, the coach has the authority to release the swimmer from practice. The swimmer may dress and remain in the pool area until the parent arrives.**

I, \_\_\_\_\_ have received, read and understand the above Code of  
(print swimmer's name)

Conduct pertaining to participation in the Oneonta Family YMCA Swim Team. By signing below, I certify that I agree to abide by the regulations outlined therein.

\_\_\_\_\_  
(Parent Signature) (Date)

\_\_\_\_\_  
(Swimmer Signature) (Date)