

# Sacramento Aquatics Club

## PARENT CODE OF CONDUCT

### PURPOSE:

As the Parent/Guardian of a competitive swimmer, your main responsibility is to support, praise, and encourage your swimmer at every opportunity. The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents.

As a parent/guardian, I understand the important growth and developmental support that my participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team. I agree with the following statements:

### CONDUCT REQUIREMENTS:

- a. I will set a positive example by demonstrating sportsmanship and always showing respect and common courtesy to the team members, coaches, competitors, officials, parents, public, and all facilities.
- b. I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
- c. During competition, questions or concerns regarding decisions made by meet officials are directed to the Head Coach or Coach on deck. Only the coaching staff will address officials.
- d. I will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team.
- e. I will encourage my child and help them enjoy their progress on the team and assist with learning the life lessons of time management, self-motivation, commitment and hard work, proper nutrition, and punctual attendance.
- f. I will get involved by volunteering, observing practices, cheering at meets, and talking with my child and their coach about their progress.

I also understand that at no times will the following be accepted:

- Use or possession of any illegal substances.
- Sexist, racist, homophobic, or otherwise inappropriate behavior.
- Inappropriate physical contact at team activities and events.
- Inappropriate language.
- Inappropriate conversations that would violate the privacy or safety of another swimmer.
- Stealing, vandalism, or destructive behavior.

I understand the above expectations and that my failure to adhere to them may result in disciplinary action, including removal from the team.