



Gananda Racing Aquatic Team Code of Conduct

Gananda Racing Aquatic Team operates out of the Gananda Central School District; therefore, all members, staff, board members and employees of Gananda Racing Aquatic Team must obey the specific rules of the facility.

The rules for the school can be found in the school's handbook as well as online at <http://www.gananda.org>. If you have any questions regarding any of the facility rules, or Gananda Racing Aquatic Team rules or procedures please direct your questions to a board member.

Swimmer Behavior Policy

The Gananda Racing Aquatic Team (GRAT) promotes our athlete's growth and improvement as swimmers and individuals. Our team emphasizes that each athlete is a competitor who contributes to our winning success. As such, each member is expected to positively contribute to the team by being respectful of teammates, other swimmers, parents and coaches.

Behavior Guidelines

- Swimmers shall follow the rules of the facility
- Swimmers shall not disrupt practices or meets with misbehavior
- Swimmers shall not show disrespect to coaches or other swimmers
- Swimmers shall complete the workout as assigned by the coaches. Illness or injury that prevents this must be discussed with the coaches
- Swimmers shall not willfully destroy another's property
- Swimmers shall behave in a manner that will reflect positively on the GRAT team, coaches and themselves
- Swimmers shall arrive on time for practice
- Swimmers shall change and pack their belongings promptly at the conclusion of practice. Inappropriate behavior is not allowed in the locker rooms.

Disciplinary Measures

GRAT will enforce a "3 strikes" rule.

Upon the first offense, an individual will receive a warning. Upon occurrence of a second offense, the individual will be removed from the pool and will sit out until the coach feels they can resume practice. An incident report will be filed with the board and the athlete's parents or guardians. Upon the third offense, the swimmer will be removed from practice. Parents or guardians will be called to pick up the swimmer from practice and an incident report will be filled.

Repeat offenders are subject to suspension and/or termination from the program. In the event of suspension or termination, the athlete's family is NOT entitled to a refund of their dues or insurance.

Specific behaviors shall be grounds for immediate dismissal from the team, including:

- Deliberate destruction of property
- Theft of other's property
- Use or distribution of illegal substances, or intoxicating beverages, on school grounds or while participating in an event as a member of GRAT
- Use or possession of a weapon

Under these policies, the Coaching Staff and Board are responsible for considering and administering disciplinary action to swimmers for incidences occurring during GRAT activities. All disciplinary actions may be appealed, in writing, to the Board within ten days.

Behavior at Meets

In general, any rule that applies at practice applies at meets as well. Disruptive behavior will not be tolerated. The Gananda Racing Aquatic Team code of conduct was created to assure safety of all our members and staff and to promote a safe environment for learning the fundamentals of swimming.

Again, should you have any questions, please see a board member.

Thank you,
The Gananda Racing Aquatic Team
Board of Directors & Coaches