

# Code of Conduct and Ethics

Athletes, Coaches, Officials, Parents & Club Board)



## Code of Conduct

- Any swimmer who is known to use alcohol, drugs, or tobacco is subject to suspension from the team.
- A swimmer should never interfere with the progress of another swimmer, during practice or otherwise.
- At all club functions, whether practice, meets or social gatherings, we expect each swimmer to behave in such a way that their actions reflect positively on the team.
- All members of the club, whether parents or swimmers, should continue to protect and improve the excellent reputation the club has throughout the area

## Swimmer's Code of Conduct

PPAC swimmers will comply with Swim Alberta Code of Conduct and Ethics. The Codes for Swimmers are found in section 6 and section 9. <http://www.swimalberta.ca/about/laws-and-policies>.

The goal of the code of conduct is to allow for a positive atmosphere for all swimmers and coaches and to make sure that training and travel together remains enjoyable and safe for all members of the team. The code will also assist all swimmers to achieve their highest level of practice and performance and to develop personal discipline and self-motivation.

Parkland Pirates Aquatic Club - Swimmer's Code of Conduct:

- I will swim for the fun of it!
- I will treat all swimmers, coaches, parents, guardians, family members and pool staff with respect.
- I will respect the guidelines established in the PPAC handbook and those communicated by the PPAC coaches.
- As a member of the PPAC team, I will be kind and courteous at all times whether in the pool, change rooms, dry land training area or anywhere in the facility.
- I will support, assist and encourage my teammates and help build team spirit. I will take pride in our club and wear our team uniform at swim meets.
- I will strive to give my full efforts at all practices and will ensure that I am properly rested and follow good nutritional practices in order to ensure my ability to improve.
- I will inform my coach immediately of any injury that I feel is of concern during and or prior to swimming.
- I will not interfere with others during practice and I understand that behavior such as grabbing, blocking in the lane or any inappropriate physical contact is unacceptable and will not be tolerated.
- I will listen to and cooperate with the coaches according to the guidelines they set and respond appropriately. I understand that behavior such as whining, back talking, rolling eyes, teasing, mocking, angry outbursts and arguing are unacceptable and will not be tolerated.
- I will attend all practices to the best of my ability, arrive on time, and have all my equipment in good working order. I will advise my coach if I will be late or absent.
- I will always speak respectfully and politely to others and not use improper language such as swearing.
- When using social media, I will be respectful and not intentionally cause emotional harm.
- I will correct my attitude and behavior if advised that they are inappropriate. I understand that my misbehavior will be reported to my parents.
- I will treat the property of others and the facility with respect.
- I will treat my body with respect through wise nutrition choices. I understand that the use of drugs, alcohol, and cigarettes is unacceptable and will not use them.
- I understand that if I have a concern or issue with a swimmer or other member of PPAC I can discuss it with a parent or coach in order to find a way to resolve the problem.
- I understand that if I witness behavior that breaks the rules of this code of conduct that I have a responsibility to communicate this in confidence to a parent or coach.

I understand that if I break the rules of this code of conduct, my coach or the PPAC Board may remove me from a practice or meet, suspend my swimming privileges for an extended period of time or cancel my membership with PPAC.



### Parent/Guardian's Code of Conduct

PPAC Parents/Guardians will comply with Swim Alberta Code of Conduct and Ethics. The Codes for Parents and Guardians is found in section 6 and section 11. <http://www.swimalberta.ca/about/laws-and-policies>

The goal of the code of conduct is to provide a positive atmosphere for all swimmers, parents, guardians, family members and coaches of PPAC

- I will practice teamwork with all parents, guardians, family members, swimmers and coaches by supporting the values of respect, discipline, loyalty, commitment and hard work.
- I will not coach or instruct/manage the team or any swimmer at practice or meets (from the stands or any other area) and not interfere with the coaches and how they perform their job.
- I will support the coach by allowing him/her to direct the swimming technique and strategy of my child(ren), and by supporting the coach in his/her instruction.
- I will demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child(ren), other swimmers, parents, guardians, family members, officials and the coaches at meets, practices and PPAC events.
- I understand that criticizing, name-calling, use of abusive language or gestures, negative gossip and complaining about the coaches, officials, family members, volunteers or any swimmer will not be permitted or tolerated.
- I will enjoy the involvement with PPAC by supporting the swimmers, coaches, parents, guardians and family members with positive communication and actions.
- I understand that parents are not to be on deck during meets or during practice.
- During competitions, any questions or comments regarding decisions made by meet officials are to be directed to a member of our coaching staff and that staff member will address the official if deemed necessary. I will abide by the decisions of the coaching staff.
- I will wait 24 hours before initiating a complaint or concern regarding a disagreement with coaching staff.
- I will not question the judgment or integrity of the coach in a public forum (this includes mass email).
- If I have any questions or concerns regarding coaching, I will make efforts to discuss this with that coach outside of swim practice time. If there remains a concern, I will follow the PPAC Discipline and Complaints Policy to assist with resolution.
- If I have any serious concerns about another PPAC swimmer's behavior I will discuss it with the coach and if necessary, follow the PPAC Discipline and Complaints Policy .
- I will remember that my child(ren)swims for his/her enjoyment and not mine.
- I will assist my child(ren) to get to practice and meets on time.
- I will ensure that my child(ren) adheres to the codes of conduct that apply to my child(ren).
- I will focus the character development of my child and leave the performance side of the sport to my child and coach.
- I will endeavor to certify at least one family member as an official in order to assist in PPAC sponsored swim meets.
- I will meet my financial commitments, such as club fees, bingo buyouts and meet fees, on a timely basis.

I understand that failure to comply with the Parkland Pirates Aquatic Club Parent/Guardian's Code of Conduct, or if I conduct myself in such a way that brings discredit or discord to PPAC, PPAC coaches, or Swim Alberta that I may be subject to disciplinary action including termination of my right and/or my child(ren)'s right to be a member of PPAC.

### Coach Code of Conduct

Licensed and Registered Coaches of the CAC agree to follow the NCCP Code of Ethics (2016), which describes five Ethical Principles and the corresponding Standards of Behaviour Expected of Coaches.

- Physical safety and health of athlete
  - Ensure that training or competition site is safe at all times

# Code of Conduct and Ethics

## Athletes, Coaches, Officials, Parents & Club Board)



- Be prepared to act quickly and appropriately in case of emergency
- Avoid placing athletes in situations presenting unnecessary risk or that are beyond their level
- Strive to preserve the present and future health and well-being of athletes
- Know one's limitations in terms of knowledge and skills when making decisions, giving instructions or taking action
- Honour commitments, word given, and agreed objectives
- Maintain confidentiality and privacy of personal information and use it appropriately
- Coaching responsibly
  - Make wise use of the authority of the position and make decisions in the interest of athletes
  - Foster self-esteem among athletes
  - Avoid deriving personal advantage for a situation or decision
- Integrity in relations with others
  - Avoid situations that may affect objectivity or impartiality of coaching duties
  - Abstain from all behaviours considered to be harassment or inappropriate relations with an athlete
  - Always ensure decisions are taken equitably
- Respect
  - Ensure that everyone is treated equally, regardless of age, ancestry, colour, race, citizenship, ethnic origin, place of origin, language, creed, religion, athletic potential, disability, family status, marital status, gender identity, gender expression, sex, and sexual orientation
  - Preserve the dignity of each person in interacting with others
  - Respect the principles, rules, and policies in force
- Honor the sport
  - Strictly observe and ensure observance of all regulations
  - Respect officials and accept their decisions without questioning their integrity
  - Maintain dignity in all circumstances and exercise self-control
  - Aim to compete fairly