



Allegheny North Swim Club Parents Code of Conduct

Allegheny North Swim Club is a developmental swim club affiliated with USA Swimming. Our mission is to help children and young adults (ages 6 to 18) develop good swimming technique and learn to swim competitively. The club is managed by an Executive Board of Directors made up of parent volunteers and the instruction is provided by experienced coaches. Our children learn the importance of developing good work habits and maintaining good sportsmanship. ANSC expects that parents also will exhibit the highest standards of sportsmanship at all times while participating in all ANSC activities, swimming events and practices, and when communicating with ANSC Board members, coaches, and swimmers.

By signing this document, parents and guardians agree to comply with and support the following rules of this ANSC Code of Conduct.

As a parent:

- I will demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials, and coaches at meets and practices. I will praise my child for trying hard, and will never ridicule or yell at my child or another participant for making a mistake or losing a competition. I will maintain self-control at all times. I understand that my role is that of a parent, not a coach, official, or swimmer. I understand that criticizing, name-calling, degrading personal comments, use of abusive language, or gestures directed toward coaches, officials, parents, spectators, and/or any participating swimmer will not be permitted or tolerated.

- I will make sure my swimmer is dropped off no earlier than 15 minutes prior to practice and is ready to enter the pool at the assigned time. I will pick up my swimmer no later than 15 minutes after practice has ended. I will make sure my swimmer is healthy, alert, and fed before attending practice.
- I will not coach or instruct the team or any swimmer at a practice (from the stands or other areas) or interfere with coaches on the pool deck. I understand I am not permitted on the pool deck at any time during practices. If it is necessary to speak with one of the coaches, I will arrange to do this before or, preferably, after practice.
- I will not coach or instruct the team or any swimmer at meets (from the stands or other areas) or interfere with coaches on the pool deck. I understand I am not permitted on the pool deck at any time during meets (home or away) unless I am performing an official USA Swimming or ANSC function. I will abide by an official's decision and will direct questions or concerns regarding such decisions to a member of ANSC's coaching staff. I will address officials via the ANSC coaching staff only.
- I will share the burden among parents by volunteering to time or assume other volunteer positions at ANSC-hosted meets and, if needed, at away meets. I will be present at my assigned volunteer position on time and ready to work even if my swimmer cannot attend the meet. I agree to volunteer for at least 2 sessions at each ANSC home meet.
- I understand that I am responsible for paying my swimmer's annual season fees in their entirety regardless of the number of practices or competitions my swimmer participates in, and that the full amount is due at the time of registration or in the installments approved at the beginning of the season. If I do not make the required minimum payments for season fees on time, I will be assessed a late fee(s). I understand that meet entry fees are due in their entirety in a timely fashion, and if meet entry fees are not paid in full in a timely fashion, I may be assessed a late fee(s). I am responsible for all meet entry fees if I do not notify the meet entry person in writing before the deadline that my swimmer will not be attending a meet. I am also responsible for all meet entry fees if my

swimmer will not be attending a meet at the last moment due to illness, etc. I understand that all previous balances must be paid before participation in championship events or registration in a new season will be accepted. I understand that these fees do not include the cost of swimsuits, swim gear, travel expenses, or other costs.

- I will promise to uphold the image of ANSC and to project an image that the team can be proud of. Should I conduct myself in such a way that brings discredit or discord to ANSC or USA Swimming, I voluntarily subject myself to disciplinary action as determined by the Executive Board of Directors and coaches.
- I will abide by the USA Swimming Safe Sport guidelines and rules.

The Executive Board and coaches have the authority to impose penalties for infractions of this Code of Conduct or any behavior they deem detrimental to the best interests of the Club or other swimmers. Disciplinary actions, determined at the discretion of the coaches and/or the Executive Board, may include, but are not limited to, verbal warnings, dismissal from practice, temporary suspension of family from club activities, or expulsion from the team. In alignment with the grievance procedure, all involved parties will be informed of the processes and range of potential consequences.