



UNION AQUATIC CLUB

CODE OF CONDUCT

Swimmer Statement Of Personal Responsibilities

I hereby commit myself to:

- Swim for fun.
- Do my best at meets but not be discouraged if I don't win or achieve certain times.
- Treat all swimmers, family members, coaches, officials and spectators with courtesy and respect, regardless of race, creed, color, gender or ability.
- Be a team player by:
 - Never criticizing or speaking negatively to (or about) a teammate.
 - Helping, and not hindering, my teammates at practice.
 - Supporting, encouraging, cheering for and congratulating my teammates at meets.
- Demonstrate good sportsmanship by:
 - Never criticizing or speaking negatively to (or about) an opponent.
 - Being humble when I win and congratulatory when I lose.
 - Respecting the officials' decisions even if I think they are wrong.
- Get the most out of practice by:
 - Being at the pool on time, ready to swim
 - Working hard.
 - Listening to the coaches' instructions.
 - Always seeking to improve my ability and skills.
- Never argue with an official or coach.
- Never interfere with, disrupt or discourage other swimmers at practice or meets.
- Refrain from actions which may damage the pool and locker facilities. Keep these areas locations and stay out of other areas that are not related to practice or meets.
- Refrain from the use of drugs, alcohol and tobacco. All practice and meet facilities are smoke and tobacco free-environments. This includes vaping and e-cigarettes.
- After practice, wait outside the locker room for a parent or guardian to escort me to the parking lot (unless I have driven myself to practice).
- Never use cameras or other audio or visual recording devices, including cell phones, in changing areas, rest rooms or locker rooms.
- Change into or out of swimsuits only in locker rooms or other dedicated changing areas.

Parent Statement Of Personal Responsibilities

As a parent or guardian of a UNAC swimmer, I hereby commit myself (and my guests) to:

- Remember that my child is swimming for fun and that the meets are for the swimmers, not adults.
- Treat other swimmers, family members, coaches, officials and spectators with courtesy and respect, regardless of race, creed, color, gender or ability, and demand that my child does the same.
- Provide a positive swim environment for my child by:
 - Teaching my child that doing one's best is as important as winning, so that she/he will never feel defeated by the outcome of her/his performance.
 - Praising my child for competing fairly and trying hard and making her/him feel like a winner every time.
 - Never ridiculing or yelling at my child (or other swimmers) for making a mistake, being disqualified, not having her/his best swim, losing a race or achieving certain times.
 - Promoting the emotional and physical well-being of my child ahead of any personal desire for her/him to win or achieve certain times.

- Discouraging any behavior or practice that would endanger the health and well-being of my child (or other swimmers).
- Maintaining a safe environment for my child. Refrain from the use of drugs, alcohol and tobacco. All practice and meet facilities are smoke and tobacco free-environments. This includes vaping and e-cigarettes.
- Enable my child to get the most out of swimming by:
 - Getting my child to practice and meets on time.
 - Instilling in my child the virtues of discipline and hard work.
 - Refraining from coaching my child (or other swimmers) during practice or at meets, unless I am a designated UNAC coach.
 - Respecting the coaches' authority and not questioning their decisions or otherwise confronting them during practice or at meets. (Per UNAC's policy, coaching questions or concerns should be discussed with UNAC's Executive Director, Sue Haskett. If a meeting with a coach is necessary, she will arrange for one).
- Serve as a positive role model for my child by not engaging in any unsportsmanlike conduct with any swimmer, coach, official or spectator.
- Never argue with an official or coach.
- Never interfere with, disrupt or discourage swimmers at practice or meets.
- Refrain from actions which may damage the pool and locker facilities. Keep these locations clean and stay out of areas that are not related to practice or meets.
- Refrain from being on the pool deck during practices and at meets, unless I am a designated UNAC coach or I am serving as an official, meet marshal, lane timer or lap counter at a meet. (Due to USA Swimming insurance regulations, this is strictly enforced and violations may result in fines.)
- Escort my child between parking lot and pool locker rooms before and after practice and meets so that she/he does not wander through any areas unattended. (The only exception is for swimmers who drive themselves to practice and meets.)
- Support the Union Aquatic Club by volunteering a minimum of the required hours by the club at UNAC fundraising events such as hosted meets that are held during the year. (Revenue earned at fundraisers is used to offset some of the costs of UNAC's swim program, which helps reduce swimmers' fees.)
- Promote team spirit by cheering for other UNAC swimmers at meets.

Discipline Steps

Minor violations of the UNAC Aquatic Club Code of Conduct will result in a verbal warning to stop the inappropriate behavior. Further violations will lead to a meeting with the swimmers' parents to correct the problem. Serious or ongoing violations will be addressed by the Board of Directors and may result in probation or dismissal (no refund) from UNAC.

Please detach the "Parent/Swimmer Acknowledgement" section below and return to Sue Haskett within two (2) weeks of the date of registration.

Parent/Swimmer Acknowledgement

I have received, read and understand the Union Aquatic Club Code of Conduct and will abide by the Parent Statement of Personal Responsibilities. I will also ensure that my child understands and abides by the Swimmer Statement of Personal Responsibilities.

Parent or Guardian Name _____ (print clearly)

Signature _____ Date _____

UNAC Swimmer Name _____ (print clearly)

Signature _____ Date _____