



Susquehanna Valley Aquatic Club

Susquehanna Valley Aquatic Club Member Codes of Conduct + Infraction Policies

As a member of the Susquehanna Valley Aquatic Club (SVAC), you are part of a swimming organization that believes teamwork, integrity, respect and good sportsmanship are more important than winning. All members are required to adopt this Code of Conduct. By signing/acknowledging you agree to follow the rules for behavior and sportsmanship while you are a member of SVAC.

The following serves as behavior guidelines that the Susquehanna Valley Aquatic Club expects all members to demonstrate and uphold. These guidelines are in addition to those observed and adopted through your membership with USA Swimming.

Part I- Parents Code of Conduct

At SVAC, we know parents are one of our most valuable assets and pillars of support. We ask parents to assist with team support both on and off the deck. As members of SVAC, parents hold the same responsibility as their swimmers for conducting themselves in a manner of excellence. SVAC requires all members (parent and swimmer) to show respect, team spirit, good sportsmanship, and politeness at all times. The undersigned athlete parent participating with/for the SVAC Swim Team agrees to abide by the guidelines outlined below in addition to those established by the staff, USA Swimming, and/or the facility.

1. Practice teamwork with all parents, swimmers, and coaches by supporting the SVAC, Middle Atlantic, and USA Swimming values and codes of conduct related to hard work, commitment, discipline, and loyalty. Help SVAC achieve our goals by avoiding criticism either verbally or by gesture. Look for opportunities to build rapport with teams that we compete and work with.
2. Demonstrate good sportsmanship, showing respect, and common courtesy at all times during all practices, competitions, and team activities. Promote good sportsmanship by setting an example and by helping others to do likewise. At SVAC we win gracefully, lose graciously, and congratulate opponents either way.
3. Assist the coaches in conducting effective practices by ensuring swimmers arrive and leave on time, as well as bring the proper equipment. Arrive at meets in time for volunteer or swimmer check in, stretching, and warm-ups.
4. Maintain open and honest communication among all members of the SVAC family. We reach our common goals by working together.

5. Maintain self-control at all times. Refrain from inappropriate behavior that detracts from a positive image of the team or is detrimental to our performance objectives. Set the right example for our children by showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice or competition.

6. Assist the coaches by not talking with or motioning to swimmers during practices unless clearing it with a coach first. Recognize that SVAC coaches are professionals and allow them to coach your child without interference during workouts and meets, including not being present on deck during practice or competitions unless you are working at the meet.

7. Do not interrupt or confront the coaching staff on the pool deck during practice or meets. Call or meet with coaches in private before or after practice/meets to discuss issues. You can always schedule a meeting time by emailing the staff at susquehannavalleyac@gmail.com. All coaching concerns should be addressed with the involvement of the Head Coach.

8. Trust and support your swimmer(s) and coach's decisions around goal-setting, training commitments, swim event entries, and meet schedules. Do not impose your ambitions on your child. Your unconditional love and support before and after training and races will help them best.

9. Respect the integrity of swim officials by assuming decisions are based on honest, objective evaluations of performance. Only coaches may approach meet officials for clarification of rulings. Any questions about disqualifications, judging, etc should be directed to your swimmer's coach.

10. Volunteering is a great way to be involved. There will be an opportunity to be an official, volunteer at swim meets, help plan a fundraiser, help plan a group social. Be an active participant in all fundraising events and other team activities.

11. Pay your fees on time. The team relies on all financial obligations collected to support every aspect of our functions.

12. Insist that your child refrain from using alcohol, tobacco, drugs, and other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct, or any other behavior deemed dishonest, discourteous, offensive or disrespectful of others.

13. Do not enter the pool deck, observation seating or athlete locker rooms prior to the practice start time. Swimmers are to wait in the entryway of Garrett Sports Complex until a coach escorts them onto the pool deck. Parents must also wait to enter the observation seating until after the coach escorts the swimmers. At no time is a parent allowed to be on the pool deck. Swimmers cannot use the collegiate locker rooms before practice, but can use the public restrooms at the end of the main entrance hallway. After practice, use of the general locker rooms is permitted.

14. Please be sure to pick up your swimmer promptly at the end of practice. In the event that you are running behind, message your coach directly to make them aware. If practice ends early due to unforeseen circumstances, a message will be sent to all parents or guardians.

15. Keep notifications for GroupMe turned on. In the event that an update needs to be sent and received immediately, these two apps will be SVAC's quickest form of communication.

Part II- Swimmer Code of Conduct

Swimmers are expected to remember that at practice, during swim meets, team activities, and in public they are representing the Susquehanna Valley Aquatic Club Swim Team (SVAC), Middle Atlantic, USA Swimming, their community, and their family. They should represent SVAC with excellence, respect, team spirit, good sportsmanship, and politeness. The undersigned athlete participating with/for the SVAC agrees to abide by the guidelines outlined below in addition to those established by the staff, USA Swimming, and/or the facility.

1. Swim for the fun of it and love of the sport; not just to please your parents or coach.
2. Swimmers are expected at all times to follow the directions of any member of the coaching, team, or facility staff, and respect any instructions by officials and any person who is a chaperone. Disrespect or failure to obey instructions will not be tolerated from any athlete. If a swimmer disagrees with an official's call, they will talk with their coach and not approach the official directly.
3. Swimmers are expected to show respect, common courtesy, and good sportsmanship at all times to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practices, competitions and team activities. At SVAC we win gracefully, lose graciously, and congratulate opponents either way.
4. Swimmers are expected to be respectful of their teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
5. Swimmers should be punctual and arrive on time for all practices, meets, and team events. Pool time is very valuable. Every team practice, meet participation, and team activity should be treated as an opportunity to learn.
6. Swimmers are required to attend all team meetings, practice sessions and swim meets (if registered for meets), unless previously discussed with their coach with their coach. Swimmers must notify the coach in advance if they are planning to leave practice or swim meets early. Swimmers should make it a priority to be an active participant in all team practices, competitions, fundraising events, and other team activities.
7. Swimmers are expected to wear SVAC team caps at all swim meets. This displays team pride and also makes it easier to identify swimmers on the blocks and in the water. Swimmers should come to all team sponsored events in the appropriate attire.
8. Focus on every drill and every set. Be committed to putting forth your best effort everyday. An honest effort does not include cutting laps, pulling on lane lines, or missing send offs/sets.

9. Disruption of practice by an athlete will be grounds for removal. Continual cheating in a practice will be considered a disruption of practice.

10. The coaches are there to help the swimmers. Swimmers are expected to pay attention and follow all of the coach's instructions completely and exactly. If any clarification is needed, they are to ask questions politely.

11. Swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated. Dishonestly, theft, and/or vandalism will not be tolerated. Indiscreet or destructive behavior will not be tolerated. Every effort should be made to avoid guilt by association with such activities as those listed above.

12. There shall be no drinking of alcohol or use of tobacco products or illegal drugs or any substances banned by USA Swimming.

13. Swimmers are expected to respect each other. Fighting, intentional touching, or striking another athlete will subject the swimmer to the most severe discipline.

14. Swimmers are expected to follow the spirit of the rules as well as the specific rules. The coach must adapt this philosophy to an infinite number of situations. Swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive practice environment and competitive environment for all.

15. Swimmers are aware that locker room use is a privilege, and they are expected to maintain a respectful and decent environment in the locker room at all times, no exceptions. Swimmers must refrain from indecent behavior, loud, disruptive, or destructive behavior. Cell phone use is not permitted while in the locker room or bathrooms. At any given time, an SVAC board member who has taken Athlete Protection Training may monitor the locker rooms by standing outside of the main entrance.

16. Swimmer's are expected to obey all of USA Swimming's rules and codes of conduct.

Part III – Violation of the Code

The Head Coach has the authority to impose the following penalties for violation of the Susquehanna Valley Aquatic Club Swim Team Code of Conduct. Violation of any of these rules will be subject to disciplinary action determined by the Head Coach and Board President, which may include expulsion from the team. The penalties below are listed in order of frequency and severity of offense.

- Verbal warning.
- Swimmer removal from practice in addition to a written warning signed by the Head Coach and Board President distributed to the parent/guardian. In the event that a parent/guardian has violated the code, they will receive a written warning signed by the Head Coach and Board President.
- Swimmer will need to be accompanied by a parent at practice for six (6) consecutive practices. In the event that a parent/guardian has violated the code, the parent/guardian will not be permitted in the bleachers during practices for six (6) days. Locker room privileges for before and after practices will also be revoked.
- If the swimmer continues his/her warned behavior, the swimmer will be suspended for two (2) weeks. This includes any meets that are scheduled during this week. (There will be NO prorated fee for monthly dues or for meet fees if the swimmer is unable to be removed from the meet.) If a parent/guardian continues his/her warned behavior, they will not be permitted to attend any team function for two (2) weeks, including but not limited to practice and meets.
- Further action may include expulsion from the team for the remainder of the season and potentially permanently. There will be no refunds for payments already paid or meet fees if the swimmer cannot be removed from the meet.

We ask that parents/guardians review the SVAC Code of Conduct with the registered athlete to ensure understanding of the policy. The parent/guardian and the swimmer agree to abide by this Code of Conduct and accept the penalties for not abiding by these. Acknowledgment of this policy is incorporated by signing the SVAC Handbook 24-25.

Part IV- USA Swimming Code of Conduct (Section 304)

304.1 The mission of USA Swimming is to encourage participation and the pursuit of excellence in all aspects of swimming. USA Swimming grants the privilege of membership to individuals and organizations committed to that mission. The privilege of membership may, therefore, be withdrawn or denied by USA Swimming at any time where USA Swimming determines that a member or prospective member's conduct is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it.

In order to assist all members to better serve the interests of those who participate in swimming, USA Swimming has adopted this Code of Conduct.

304.2 Any member, former member, or prospective member of USA Swimming is subject to the jurisdiction of the Board of Review. Any member, former member, or prospective member of USA Swimming may be denied membership, censured, placed on probation, suspended for a definite or indefinite period of time with or without terms of probation, fined or expelled from USA Swimming for life if such person violates the provisions of the USA Swimming Code of Conduct, set forth in 304.3, or aids, abets or encourages another person to violate any of the provisions of the USA Swimming Code of Conduct. USA Swimming shall initiate an investigation of any former member of USA Swimming when a report required under 306.1 is received.

304.3 The following shall be considered violations of the USA Swimming Code of Conduct: Measures to be adjudicated by the USA Swimming National Board of Review

1. Violation of the right to compete provisions set forth in Article 301
2. Discrimination in violation of the Amateur Sports Act which requires that USA Swimming must provide an equal opportunity to athletes, coaches, trainers, managers, administrators, and officials to participate in the sport of swimming. Athletes must be allowed to participate and compete to the fullest extent allowed by the Rules and Regulations. Discrimination against any member or participant on the basis of age, gender, race, ethnicity, culture, religion, sexual orientation, gender expression, gender identity, genetics, mental or physical disability, or any other status protected by federal, state or local law, where applicable, is prohibited.
3. Repeated violation of any of the Minor Athlete Abuse Prevention Policies [see page 91].
4. Any violation of the World Aquatics Rules on the Prevention of Manipulation of Competition as found in the current World Aquatics Manual, including (i) betting; (ii) manipulating competitions; (iii) corrupt conduct; (iv) misuse of inside information; (v) failure to report; and (vi) failure to cooperate.

5. The sale or distribution of illegal drugs or the illegal sale or distribution of any substance listed on World Aquatics' recognized list of banned substances.
6. The use of illegal drugs in the presence of an athlete, by a coach, official, trainer, or a person who, in the context of swimming, is in a position of authority over that athlete.
7. The providing of alcohol to an athlete by a coach, official, trainer, manager or any other person where the athlete is under the legal age allowed to consume or purchase alcohol in the state where the alcohol is provided.
8. The abuse of alcohol in the presence of an athlete under the age of eighteen (18), by a coach, official, trainer, or a person who, in the context of swimming, is in a position of authority over that athlete.
9. Any act of fraud, deception or dishonesty in connection with any USA Swimming-related activity.
10. Any non-consensual physical contact, obscene language or gesture, or other threatening language or conduct directed towards any meet official and which is related to any decision made by such official in connection with a USA Swimming sanctioned competition.
11. Action, other than through general advertising, by a coach, owner, officer, volunteer, representative, or employee of a swim club, or a USA Swimming or LSC employee, either through direct contact with an athlete or the encouragement of others, to recruit or otherwise encourage an athlete who is already a member of a USA Swimming member swim club to leave that club, unless the acting party receives prior written approval to recruit or encourage the athlete to change affiliation from the designated club representative of the athlete's existing USA Swimming-member swim club or contact is initiated by the athlete, the athlete's parent or authorized representative. General advertising includes any information that is:
 - A Distributed to an identifiable general population where there is a reasonable expectation that the majority of that population are not current members of USA Swimming; or
 - B Placed in or on any item that is sold. In the event of a violation of this section, a sanction may be imposed against any coach, owner, officer, volunteer, representative or employee of a swim club, or against any such club, or any combination thereof, as appropriate.
12. Any other material and intentional act, conduct or omission not provided for above, which is detrimental to USA Swimming, an LSC or the sport of swimming.

Measure to be adjudicated by the U.S. Anti-Doping Agency

13. Violation of the anti-doping provisions set forth in 303.3.

Measure to be adjudicated by the U.S. Center for SafeSport

14. Violation of the SafeSport Code. [See www.usaswimming.org/code]