

## What is respectful behaviour?

Treating others as you would like to be treated, starting with basic consideration of and for other people. As role models for athletes and their parents, coaches should lead by example and consistently model respectful behaviour.

## Respect

Represent your club and Synchro BC with respect.

Participants and spectators are to be respectful of one another and the facility.

## Athletes

Unless competing, watch from designated athlete or spectator spaces.

Cheer on your teammates within reason and from designated cheering sections. Be respectful if you are behind or near the judges.

Landrill and activate away from pedestrian walkways or congested areas.

## Coaches

Only certified/registered coaches may be on deck, video figures and coach during warm ups.

Be respectful of shared pool and deck space during warm ups – avoid impeding others or monopolizing space for your benefit.

Take turns practicing walk-ons.

## Parents

Parents are not permitted in the competition zone unless they are designated volunteers registered with the volunteer table.

Parents volunteering on deck may not interact with athletes and coaches or take photos/video.

No flash photography during figures or routines.

## Accountability

It is everyone's responsibility to ensure events and competitions are fair, safe and cooperative environments.

Coaches are expected to always lead by example and ensure their athletes, peers and spectators respect these courtesies.

All participants should address indiscretions in a calm and professional manner or report issues to Synchro BC.

## Facilities

Follow pool/facility rules.

Gelling and make-up must be done in designated areas.

If food is permitted on deck, consume it away from the water and use designated waste receptacles.

Remain seated or stand still during routine events.

## Equipment

Equipment and bags should be contained in designated areas, not in spectator space.

Roll up yoga mats when not in use.

Do not hang wet towels and suits.

## Warming Up

Warm up lanes are for lap swimming only.

Designated warm up times in the competition pool are for routine execution only.

Be respectful of others in the shared, and often congested pool space.

Remember – everyone is trying to maximize the limited time and space available.

## Competition Zone

Athletes, coaches, officials and competition volunteers are the only people allowed in the competition zone.

Only athletes and coaches competing in the current event cluster are permitted in the competition zone.

Once their duties are complete, volunteers must return to the designated spectator space.

During routine events, everyone in the competition zone must remain seated or stand still.

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