



Kamloops Sunrays Code of Conduct

SWIMMER CODE OF CONDUCT AND RESPONSIBILITIES

1. Obey the conduct rules of the facility and obey the lifeguard at all times.
2. Arrive for practices on deck 15 minutes prior to start time.
3. Be properly dressed for all land training, and have required team gear for all pool training sessions.
4. Attendance and participation at all practices is mandatory. Club holidays will be outlined as early as possible in the swim year and only those days specified will be allowable holiday times for team members. Special events may receive special consideration from the coach, but absences must be approved prior to the occasion by the coach. Any extended absence has a big impact on the whole team as routine practices are greatly affected. This is critical in the two weeks before a meet. For example, Regionals is often in March, which may fall close to March break so if you are considering travelling then you must speak to your coach as soon as possible.
5. Notify the Coach in advance if you will be delayed or absent for any practices. Injuries must be reported immediately. Unless swimmers have a fever or are physically incapacitated, they are expected to be in the pool during practice. If an athlete is too sick to participate in the practice they should not be sent to the pool.
6. Be committed for the entire competitive year as a team member.
7. Respect and cooperate with your coach, teammates, facility staff and competitors.
8. Pay attention to instructions given by coaching staff, and facility staff.
9. Work equally hard for yourself and your team your team's performance will benefit and so will your own.
10. Create a supportive atmosphere in both training and competitive settings. Treat all athletes as you would like to be treated. **BULLYING WILL NOT BE TOLERATED.**
11. Behave in an appropriate manner at all times; older swimmers are expected to be positive role models for the younger swimmers and to set a good example of behavior. (eg. No foul language on deck or in hot tubs)



Kamloops Sunrays Code of Conduct

12. Refrain from physical contact resulting in abuse (e.g., severe pinching, using objects to inflict pain and injury). Such behavior will not be tolerated.
13. Respect the property of others.
14. Use appropriate language, and do not display a disrespectful attitude by using profanities or obscene language or gestures to any other club member, competitor, official, or spectator.
15. Respect your body, and refrain from the use of banned substances, alcohol, and illegal drugs.
16. When at competitions, abide by the rules of conduct. Show respect for the facilities and volunteer workers at competitions. Never argue with the judges' and officials' decisions. Let your coach ask any necessary questions.
17. Be a good sport. Cheer all performances and treat other athletes, parents, judges, officials and coaches with courtesy and respect at all times.
18. Attend practices, competitions, and extra training as scheduled by Sunrays Artistic Swimming.
19. Behave as a goodwill ambassador of Sunrays Artistic Swimming whenever participating in competitions or representing the club.

SWIMMER BEHAVIOUR AT COMPETITIONS:

1. Competitions require special concentration from both swimmers and coaches. It is expected that swimmers rest as much as possible in the week prior to the competition as there is little time for relaxation during a meet.
2. The coaches are responsible for swimmers for the duration of the competition. Their word is "law". Swimmers are to stay in groups during the competition. They are not to leave the pool without the coaches' permission.
3. Dress on the way to and from competition in the Kamloops Sunrays club attire unless indicated otherwise. Jeans are not allowed at any time during competition.



Kamloops Sunrays Code of Conduct

4. Swimmers must treat the pool and the hotel/accommodations with respect. They must remember at all times that their behavior reflects on the club and on the sport of artistic swimming.
5. Drugs, alcohol and smoking are forbidden. Swimmers who break this rule will be asked to leave the club.
6. Cell phones are not allowed on the pool deck during competition.

PARENTS' CODE OF ETHICS & RESPONSIBILITIES

1) Code of Ethics:

A parent....

- Remembers that skill and ability enhance self esteem.
Encourages their child's effort to develop the skills of artistic swimming.
Encourages their child to play by the rules and to respect coaches and other swimmers. Respects valuable coaching time by discussing concerns with the coach outside of practice time.
- Please contact the coach, by e-mail, if you have any questions related to your daughter's training and preparation, or regarding the sport of artistic swimming.

A parent of a competitive swimmer.....

- Teaches their child that honest effort is as important as victory so that the results of each event are accepted without undue disappointment.
- Turns defeat into victory by helping the child work toward skill improvement and good sportsmanship.
- Remembers that children learn best by example and applauds performances of all competitors and teams.
- Recognizes the value and importance of coaches, officials, volunteer board members and others who give up their time to support our athletes and the sport of artistic swimming.



Kamloops Sunrays Code of Conduct

2) Responsibilities of Parents:

Competitive:

- Ensures that the swimmer attends all practices and competitions until the end of the competitive year and lets the coach know of any absence in advance.
- Ensures that the swimmer is on time for all practices and competitions.
- Ensures that the swimmer has the necessary equipment for practices and competitions.
- Arranges family schedule to allow swimmers to manage their homework and their sport, have leisure time and get sufficient rest.
- Pays fees on time.
- Ensures that the family's mandatory and commitment volunteer points obligations are met.
- Recognizes and respects the authority of the coaches by not going on deck during practices as this can distract the swimmers, as well as the coaches. They may sit on stands provided.
- No parents on deck at competitions unless they are volunteering or the coach has scheduled a meeting place and time.
- Does not distract swimmers during events, allowing swimmers to focus and prepare with their teams.
- Does not inform swimmers of results, allowing coaches to share this information on their schedule.

Recreational:

- Ensures that the swimmer attends practice as much as possible and contacts the coach to advise of absences.
- Ensures that the swimmer is on time for practices.
- Ensures that the swimmer has the necessary equipment for practices.
- Pays fees on time.
- Volunteers where needed.

COMPETITIONS

Coaches will discuss upcoming competitions with their teams prior to each individual event. Scheduling and rules required equipment and expected conduct will be reviewed.

BC Artistic Swimming also posts meet schedules on their website. Swimmers should be at the pool at the time requested with everything that they need. Swimmers are required to wear the club uniform (club jackets, tshirt, black pants) while they are on deck and to be at the pool to cheer on teammates from all age groups.



Kamloops Sunrays Code of Conduct

OUT OF TOWN MEETS

The club will arrange for swimmers and coaches to travel and be accommodated as a group for out of town meets whenever possible. Travel usually happens the day before the meet starts, to allow swimmers to be rested. Expenses include travel, accommodation, and food. Detailed information regarding travel and expectations will be provided, by the coach, prior to each competition.