

RVA Racers - Swimmer Code of Conduct

As a swimmer & member of *Richmond Racers Swim Team*, I will abide by the following code of conduct (COC):

1. I will conduct myself with dignity and respect for others, including the property of others.
2. I will be on time for practice, training sessions, and meets. I recognize that Tardiness impacts not only myself, but also my teammates. I will be prepared and ready for the events I am signed up to swim.
3. I will comply with all team rules when participating in an RVA Racer activity.
4. As a matter of team pride I will leave the team area in a neat & clean condition at the conclusion of each practice session. I understand this also applies to pool locker/restrooms, pool decks, etc.
5. I will practice and teach good sportsmanship.
6. I will promote positive team spirit and morale.
7. I will offer congratulations and encouragement to our opponents.
8. I will support my teammates at practice and at competition. Working together as a unit will benefit each team member and is an important part of our RVA Racers spirit.
9. I will follow verbal directions of the coaching staff. At no time will disrespectful attitudes by any swimmer be tolerated.
10. I will respect the rights and physical space requirements of other groups using the swimming facility.
11. I will follow the Code of Conduct at home meets, at away events and at any event where Racers is represented.

Prohibited Behavior:

I understand that at NO times will the following be accepted:

(If you see it, say it to a coach or parent)

1. Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
2. Destructive behavior.
3. Inappropriate or unruly behavior, including horseplay, fighting or striking another athlete.
4. Inappropriate language (swearing or derogatory comments) or lying.
5. Stealing and vandalism.

6. Bullying, insulting, intimidating or isolating another swimmer.
7. Interference with the progress of another swimmer during practice or at any other time.
8. Use of electronics (e.g., iPhones, iPods, tablets, etc.) during practices or swim meets. Swimmers can use these devices away from the pool if needed.
9. Text messaging between swimmer(s) and coach(es). Use verbal communication at all times.
10. Any inappropriate or damaging electronic messaging.

Consequences for Violation of the Code of Conduct:

This code shall be in force for all RVA Racers swimmers during practice, during swim meets, and at events sponsored by, or in which, RVA Racers Swim Team is represented. Disciplinary action, if a member fails to adhere to the Code in part or in whole, may range from, but is not limited to:

- Reprimands,
- Repetitions of a drill,
- Other non-swimming, physical exercise (e.g., Push ups, Sit-ups, etc.),
- Being sent home from practice or meets at the parents' expense,
- Suspension or expulsion from the team,
- Being barred from competition, or
- Receiving any other disciplinary action that the Team/Parent Advisory Board deems necessary

Suspension:

Coaches may suspend a swimmer from practice for disciplinary reason for a maximum of three (3) days. Coaches may also recommend to the board that a swimmer be expelled from the club if in his/her judgment, the swimmer is unable to conform to the disciplinary guidelines established for swim practice and club participation.

General Safety and Behavior

All swimmers are expected to demonstrate good sportsmanship and act as appropriate ambassadors for the Team. They should act as role models for other swimmers at all times. "The RVA Racers Swim Team Parent Advisory Board reserves the right to terminate the membership of any individual whose behavior places the RVA Racers in an unfavorable light or jeopardizes our participation in any sporting event or ongoing pool use.