

# Parent Code of Conduct



This Code of Conduct, along with the USA Swimming Code of Conduct, remains in effect for all team-related activities, including practices, meets, events, travel, and any other activities associated with the program. Additionally, anyone, who acts in a manner that would interfere with the activity objectives listed below, will be subject to return home (at the expense of the individual involved) as well as other possible punishments including future status with the club. Note that ALL members involved with a team activity (Coaches, Athletes, and Chaperones) must be members in good-standing with USA Swimming. As a parent affiliated with Quince Orchard Swim Academy, I pledge to:

- Uphold and embody the QOSA values of **Team, Integrity, Grit, Excellence, Respect, and Sportsmanship.**
- Foster a spirit of **teamwork** and **support** among parents, swimmers, and coaches, promoting cooperation and dedication.
- Avoid coaching or instructing from the stands or interfering with coaches during practices and meets.
- Exhibit **good sportsmanship**, earning the respect of my child, their peers, other parents, officials, and coaches.
- Engage positively with the QOSA community, supporting all members through constructive communication and actions.
- Maintain self-control and understand my role as a parent, allowing swimmers to swim, coaches to coach, officials to officiate, and parents to support.
- Communicate with coaches outside of practice and meet times for any concerns or discussions.
- Reserve questions or concerns about official decisions until after meet sessions, addressing them to the QOSA coaching staff.
- Report any issues with coaches, swimmers, or other parents to my child's coach first, escalating to the head coach and, if necessary, submitting a formal complaint to the Executive Director, Shannon English, with proper documentation.
- Refrain from using recording devices in private areas and abstain from alcohol, tobacco, or illegal substances at QOSA events.
- Adhere to the QOSA social media and electronic communication policies as outlined in the policy handbook.
- QOSA is committed to a safe and respectful environment, free from any form of sexual harassment or intolerance based on race, ethnicity, socio-economic status, or sexual orientation/identity.