



Athlete & Parent Code of Conduct

Rogue Rapids Parent/Guardian:

As a parent/guardian of a Rogue Rapids swimmer, I acknowledge that appropriate behavior allows everyone the right to learn, to be safe, and to be treated with respect, courtesy, and consideration. Appropriate behavior with the Rogue Rapids Swim Team is mandatory. Each person must take responsibility for their behavior and make appropriate choices. As a parent/guardian I agree to:

1. Treat all facilities, facility staff, coaches, athletes, officials, volunteers, and parents/guardians with respect, always.
2. Understand the roles of: Athletes are to Swim; Coaches are to Coach; Officials are to Officiate; and Parents/Guardians are to Parent.
3. Understand that criticizing, name-calling, the use of abusive language or gestures, negative gossip or publicly complaining toward coaches, officials, parents/guardians, and/or any participating athlete will not be tolerated.
4. Conduct and demonstrate good sportsmanship and always maintain self-control in a manner that earns the respect of my child, other athletes, parents/guardians, officials, and coaches.
5. Understand that the Rogue Rapids will allow each athlete an opportunity to attend practice as assigned by the coaching team and be coached by members of the coaching staff assigned to that swim group.
6. Understand that conduct that brings discredit or discord to the Rogue Rapids or Oregon Swimming will result in disciplinary action. Rogue Rapids reserves the right to terminate any participation with/without cause in the best interest of the team.
7. Allow the coaching team to hold the final word on any rules, regulations, or disciplinary action.

As a Parent/ Guardian, I agree to the following practice expectations:

1. Make every effort to get athletes to practice 15 minutes prior to the start time. If running late or absent, athletes are responsible for notifying the coaching staff, in a manner that is acceptable with SafeSport Policies.
2. If there are regular circumstances affecting punctuality, please discuss alternate arrangements with the coaching team.
3. Remain in the swimming pool lobby or meeting room during practices, NOT on the pool deck where coaching takes place.
4. Leave the coaching up to the coaching team. Parents/Guardians should not discuss coaching issues with their athlete.
5. Talk to the coach after practice or request a phone call if there are questions or concerns.
6. Treat all facilities, facility staff, coaches, athletes, and parents/guardians with respect, always.
7. Abide by all the protocols and regulations set forth by the Rogue X Complex.
8. Let the coaching team deal with any behavioral or attention issues during practice. If parent or guardian's assistance is required, the coaching team will request it.

As a Parent/Guardian I agree to the following swim meet expectations:

1. Make every effort to get athletes to the swim meet on time. If running late or absent, athletes are responsible for notifying the coach in compliance with SafeSport Policies. Athletes arriving late may be scratched (removed) from that day's events.
2. Athletes are required to stay until the last team member competes in his/her event, unless excused by the coaching team.
3. Inform the coaching team before entries are due, not during the meet, of issues which may affect the athlete's full participation at the swim meet.
4. Remain in the stands or the designated viewing areas during meets, and as directed in the meet information package.
5. Leave the coaching up to the coaching team. Coaching behavior includes discussing swimming technique, race plan and strategy, placing, specific time improvements, and informing the athletes of their heat and/or lane assignment.

6. Avoid providing undue comment on results. View results to gather athlete's times, and/or to review results/ placing and remember that the process of improvement is far more important than the outcome.
7. During swim meets, any questions, comments, or concerns regarding the decisions made by meet officials are to be directed to a member of the coaching team, and parents/guardians are to address officiating issues via the coaching team only.
8. Abide by the rules governing the competition as set forth in the swim meet information package as they apply to spectators and athlete behavior

Rogue Rapids Athlete Code of Conduct

As a Rogue Rapids swimmer, I know that how I act affects me, my team, and my coach. I will take responsibility for my behavior and make appropriate choices. As a swimmer I agree to:

1. Treat all facilities, facility staff, coaches, teammates, officials, volunteers, and parents/guardians with respect at all times (including in lockers rooms and off-deck areas, as well as during transportation and travel to and from meets).
2. Follow all rules, protocols set forth in the club handbook, and in the swim meet packages.
3. Maintain high standards of behavior, politeness, and sportsmanship, always. Act as an ambassador and leader within the sport and among your peers. Constructive and positive behavior is insisted upon and undue gossip or negativity about yourself, teammates, coaches, officials, or volunteers will not be tolerated.
4. Be respectful of property. The cost of repair and/or replacement of any damage or destruction, negligently or intentionally caused by an athlete to property will be payable by the athlete and the athlete's parent(s)/ guardian(s).
5. Conduct myself in a reasonable and acceptable manner as outlined by the coaching team. Examples of unacceptable behavior include but are not limited to:
 - unsportsmanlike and disrespectful conduct or breaking facility rules;
 - willful damage to property;
 - committing any illegal act; and
 - possession of any pornographic material, alcohol, illegal drugs or tobacco.
6. **“To Give Anything Less Than Your Best, Is To Sacrifice The Gift”...it is up to me to put forth effort!!!**
7. Appropriate behavior allows everyone the right to learn, to be safe, and to be treated with respect, courtesy, and consideration. Consequently, appropriate behavior with the Rogue Rapids is mandatory. Each person must take responsibility for their behavior and make

appropriate choices.

8. Any Rogue Rapids swimmer not following the Code of Conduct will be asked to change or stop that behavior. If the athlete fails to comply, they will be asked to leave the practice, the meet, and/or the team, and disciplinary procedures will follow.

The coaching staff and the Board of Directors hold the final word on any rules, regulations, or disciplinary action.

As a Rogue Rapids Athlete, I agree to the following practice expectations:

1. Commit to attend scheduled practices and give 100% effort.
2. Wear team approved fitness swimsuits and team swim caps at practices.
3. Be at practice prior to the start time to fill your water bottle, find equipment, use the restroom, activate, and review the practice. It is appreciated for the coaches to be made aware if an athlete will be running late or will not be attending an upcoming practice.
4. Report illness or injuries to the coaching team.
5. Lead/participate in dryland warm-ups, help set up the pool, and clean up after practice as required.
6. Leave areas better and cleaner than we found them.

As a Rogue Rapids Athlete, I agree to the following swim meet expectations:

1. Wear Rogue Rapids team colors and gear for the duration of the swim meet. Team suit and cap are the minimum requirements for participation.
2. Be at the swim meet by the set time, as team announcements and activation begins at this time. Athletes are to notify the coach if running late or absent. Athletes arriving late may be scratched (removed) from that day's events.
3. Sit together as a team and stay in the designated team area during the swim meet.
4. Talk to your coach immediately before and after each event and swim a prescribed warm-down after each event, if facilities allow.
5. Support, help, and cheer for teammates, including staying until the last team member competes in his/her event, unless excused by the coaching team. Supporting you and your

teammates' efforts means being fully present. Avoid distracting activities.

6. Follow swim meet nutritional guidelines.

7. Keep the team area clean and clean up the team area (as required) before leaving the pool deck.

Rogue Rapids Parent/Guardian Code of Conduct/Expectations

Rogue Rapids Athlete Code of Conduct/Expectations

AGREEMENT

By signing below, I acknowledge that I have read, understand and agree to the aforementioned code of conduct and expectations as a member of the Rogue Rapids Swim Team.

Your payment and registration imply your consent to this code of conduct. Please be aware of its contents and help us to maintain a classy, respectful, and professional swimming team focused on athlete success, now and for a lifetime.

Parent/Guardian

As a parent/guardian of an athlete in the Rogue Rapids Swim Team, I/We agree to support the above Athlete Code of Conduct and Expectations.

Parent/Guardian Signature Date

Parent/Guardian Signature Date

Athlete

I _____ (please print swimmer's name), as an athlete in the Rogue Rapids Swim Team, agree to abide by the Athlete Code of Conduct and Expectations.

Athlete Signature Date