



Swimmers Code of Conduct

All swimmers are part of a team
and are expected to participate as a true **TEAM PLAYER!**

I will remember that winning isn't everything!

Having fun, improving skills, making friends and doing my best are also important!

As a GSC Swimmer, I agree:

1. To participate because I want to, not because my parents or coaches want me to.
2. To attend practices regularly and give my best effort during practices.
3. To follow the rules of the coaches and show respect – they are here to help me.
4. To treat my teammates with kindness and dignity in the pool, on the deck, in the locker rooms and outside of swim time.
5. To demonstrate lane courtesy and respect to my fellow swimmers – it is their right to train without distractions and interruptions.
6. To use language that is appropriate and socially acceptable.
7. To show acts of tolerance and patience.
8. To control my temper – swearing, fighting, or physical retaliation will not be tolerated.
9. Any negative, inappropriate and/or hostile behaviour/comments shall not be tolerated at the pool, at swim meets, or via any print or social media towards GSC (coaches/swimmers/volunteers). This is grounds for automatic dismissal from the club. If needed, legal action will be taken.
10. To follow or adhere to the pool safety measures at all times.
11. To take full responsibility and lock up my personal belongings in the dressing room. Neither the coaches or the GSC club will be held responsible for any lost or stolen, damaged or destroyed personal items. Please report any incidents to the Aquaplex Head Lifeguard or to the Town of Gravelbourg Recreational Director.

As a GSC Parent/Guardian, my role is:

1. To let the Coach be the Coach!
2. To be enthusiastic and supportive!
3. To observe practices and swim meets from the viewing area.
4. To ensure my child (ren) is (are) on time and attends practices.
5. To show good sportsmanship to coaches, officials, opponents, and teammates.
6. Any negative, inappropriate and/or hostile behaviour/comments shall not be tolerated at the pool, at swim meets, or via any print or social media towards GSC (coaches/swimmers/volunteers). This is grounds for automatic dismissal from the club. If needed, legal action will be taken.
7. To get involved and help where I can.
8. To assist with fundraising and volunteer at events.
9. To become trained as an Official.



Our GSC Behaviour Management Approach:

Swimmers are expected to agree with and follow the above Code of Conduct. When coaches are faced with inappropriate, repetitive behaviors, the following approach will be used. The swimmer will be:

1. asked to stop the behavior and receive a warning.
2. asked to sit out for 15 minutes and watch from deck.
3. asked to sit out remainder of practice plus their next full practice and must watch from deck.

If behavior continues, the Team Manager, Head Coach and Parent(s)/Guardian will meet to determine next steps.

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I have read the GSC Swimmers Code of Conduct on page 17 in the 2019 Handbook and I agree to act in accordance.

If I disobey or not respect my coach, I hereby authorize my coach to initiate the Behavior Management Approach.

_____	_____	_____
<i>Swimmer's name</i>	<i>Swimmer's signature</i>	<i>Date</i>
_____	_____	_____
<i>Swimmer's name</i>	<i>Swimmer's signature</i>	<i>Date</i>
_____	_____	_____
<i>Swimmer's name</i>	<i>Swimmer's signature</i>	<i>Date</i>
_____	_____	_____
<i>Parent/Guardian's name</i>	<i>Parent/Guardian's signature</i>	<i>Date</i>

One form per family must be completed and be presented to the Head Coach AT THE FIRST SEASON PRACTICE (or before). You will not be allowed to swim until your form is handed in.