

## **Portsmouth YMCA Participant/Parent Code of Conduct**

Youth participating in programs with the Portsmouth YMCA are exercising a privilege afforded to them. These participants and parents must exhibit the maturity to be successful and retain this privilege. Thus, the following guidelines and rules shall apply in all activities within the Portsmouth YMCA swim team for BOTH parents and participants as they each apply respectively.

### **I. GENERAL GUIDELINES**

Participants are expected to conduct themselves, at all times, in a manner which is in keeping with representing the Portsmouth YMCA and will not bring discredit the association or its members. Participants are expected to practice the values of caring, honesty, respect and responsibility and observe State and Federal laws at all times. When traveling with the YMCA swim program, each participant is expected to dress appropriately as befits representing the YMCA and as directed by the coach.

### **II. DISCIPLINE RULES:**

Substance use and/or possession thereof [drugs, alcohol and/or tobacco (by minors)] is cause for immediate dismissal from the program. Persistent irresponsible and disrespectful behavior is cause for disciplinary action or dismissal from the program. Destruction of property, theft, violent acts or violation of State, Federal or other laws is cause for dismissal from the program. Failure to comply with any team rules may be cause for disciplinary action and persistent failure may be cause for dismissal from the team. The Portsmouth YMCA retains its rights to impose additional penalties for any violation of the above rules.

NOTE: If dismissal from the program or an event occurs while traveling, the participant may be sent home immediately at the parent's cost by whatever means is most convenient for the program administrators. No reimbursement of fees will be made to the dismissed participant or their family.

### **PYAC Swim Team Practice Rules:**

- 1.) SAFETY must be everyone's first concern. Swimmers must always enter the water feet first; absolutely no diving is permitted in the shallow end of the pool. The only time diving is allowed at practices or meet warm-ups is when a coach is directing racing starts from the deep end of the pool.
- 2.) Swimmers are expected to use all equipment properly; therefore, no throwing kickboards or forcing them underwater, etc. Do not hang, lean or pull on lane lines – they are easily broken and expensive to replace.
- 3.) All swimmers are expected to show respect and courtesy to the coaches; this includes being quiet and listening carefully when instructions are being given. Swimmers should discuss individual concerns with coaches outside of group practice times. Please do not talk with the coaches on the pool deck while you are waiting for your practice to start and the coaches are working with another group.
- 4.) Sportsmanship begins at home! Being a good teammate at practice means showing respect and caring for your fellow swimmers. This includes showing positive support and encouragement to everyone in your practice lane and entire age group at practices. Everyone working together will result in individual improvements and team unity throughout the season. Proper behavior and consistent effort at practice helps each swimmer benefit from practice.
- 5.) Swimmers are expected to leave on the designated interval and to do everything possible to avoid physical contact with another swimmer in the lane. Pushing off too soon after the lead swimmer can result in physical injury, less training benefit and bad feelings. Likewise, if a swimmer must "sit out" part of a set, they must sit out – that is, get fully out of the water and sit on the pool deck. Swimmers will not be allowed to stand in the water at the shallow end of the pool during a set due to the risk of injury and the disruption it causes to fellow swimmers.

6.) Proper behavior, consideration for others and respect for the facilities and equipment are also expected in the locker rooms. Please turn off showers, dispose of any trash, check for all personal belongings and leave the locker room in good condition by the facility's designated time.

7.) Swimmers causing safety problems, practice disruptions or otherwise not following the above practice rules will be subject to suspension of team privileges.

We the undersigned, have read, understand and agree to abide by the above guidelines and rules.

We also agree to accept actions taken for failure to abide by these guidelines and rules.

PYAC Parents Code of Ethics Section:

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Signature of Participant Date

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Signature of Parent or Guardian Date