

HALIFAX AQUA NOVA (HAN)  
**Synchronized Swim Club**

**Athlete and Parent Code of Conduct Agreement**  
**September 2016 – May 2017**

THE PURPOSE OF HAVING A CODE OF CONDUCT IS TO ENSURE A POSITIVE ENVIRONMENT IN WHICH EACH AND EVERY MEMBER IS ENCOURAGED TO BE THE BEST THEY CAN POSSIBLY BE AS AN ATHLETE AND AS A PERSON.

As a representative of HAN, all members, swimmers and parents are expected to conduct themselves in a responsible manner at all times. This includes treating other athletes and sport officials with respect, displaying the rules outlined in fair play below, and being responsible for one's own actions both in the pool and out. HAN strives to succeed in developing athletic skill as well as personal life skills and qualities that will prove useful throughout the athletes' lives.

PURPOSE OF THE AGREEMENT

The purpose of reading and signing this code is to clearly understand the responsibilities of being a member of HAN Synchronized Swimming Club.

MY RESPONSIBILITIES AS AN ATHLETE OF HAN

1. I will treat others with respect, politeness, and courtesy. This includes my fellow athletes, coaches, parents, officials, judges, volunteers and the synchro community.
2. I will respect the property of others. This includes property belonging to fellow athletes, the pool and accommodation facilities.
3. I will participate in the sport of synchronized swimming with class and dignity.
4. I will strive to demonstrate fair play in all situations. Fair Play is...
  - a) Above all else, always following the rules and never trying deliberately to break one.
  - b) Respecting all decisions of the officials. If a protest is in order, leave this to the trained coaches, who will follow the rules of a protest. No protest can be made against the judges' marks.
  - c) Recognizing that someone who places above you is better on that day.
  - d) Accepting victory with modesty.
  - e) Treating all competitors with respect and not making fun of other athletes.
  - f) Knowing how to recognize the good performances of others.
  - g) Trying to always compete on a level playing field, using only your talents and skills to try and win.
  - h) Refusing to compete by illegal ways or cheating.
  - i) Keeping your dignity at all times, showing that you always have control of yourself.
5. I will abide by all rules and regulations associated with the facilities, when participating in a team related activities
6. I will use Good Judgement when posting photos and making comments on social media sites and not post anything that would be harmful or embarrassing to others.

## ATTENDANCE

As an athlete I am a member of a TEAM and therefore depended upon by my team-mates. It is expected that I will attend all events and practices unless presenting an acceptable excuse.

I will be on deck, dressed and ready to go five minutes before the beginning of every practice. Practices always begin on-land to properly stretch and prepare for the water. The land portions of practices are just as essential as those in the water.

- Tardiness will not be tolerated. Should a swimmer be consistently late for practice, the Coach will address the issue with the parents and/or the swimmer. Consequences may be determined.
- If a swimmer is going to be absent from a practice, the coach needs to be notified as soon as possible.
- A swimmer will only be allowed to miss 6 practices a year, with valid excuses. Within this limit of six, we expect no more than three to be used in the first part of the year (September to January) and three to be used in the second part of the year (January to May).
  - a) Competitive swimmers must make a commitment to the team and the coaches and therefore, other activities should be worked around swim practices. If other activities are going to interfere with swim practices, the swimmer will have to choose what is most important to them, swimming or the other activity. We expect this decision to be made by the end of September.
  - b) Regular homework, tests, and other extra-curricular activities **are not** considered valid excuses for missing practices. These are things which need to be planned out in advance and should not interfere with swim practices.
  - c) The allowances for missed practices can be used for the actual performance of school plays or special events, but should not be for regular/ongoing practices. Again, this must be planned out in advance and priorities must be set.
  - d) Coaches will need to be informed if practices will be missed for ongoing medical reasons - a medical note from a Doctor may be requested. Swimmers are expected to show up at practice and sit on the side even when they are ill or injured, depending on the seriousness of the situation. If you have the flu stay home! While they cannot participate in the water, they can learn and observe from the deck.
- If a swimmer is not participating or is disruptive in practice, the Coach will address the issue with the parents and/or the swimmer. Consequences may be determined which may include being asked to leave the team.
- We ask parents to realize that we are not just trying to create excellent synchronized swimmers, we are trying to help them develop valuable life skills.

## CONSEQUENCES OF BREAKING THIS CODE

Should the above rules for absences not be adhered to, the following consequences will be employed.

**Continuous problems with a swimmer being absent may result in the swimmer's inability to swim extra routines at competitions and/or the privilege of swimming an extra routine**

**altogether.** For swimmers who are not swimming extra routines, disciplinary decisions will be at the discretion of the coach, with approval by either the head coach or an uninvolved board member.

Should a major problem occur:

- A coaches meeting with one board member, who is not related to the swimmer involved, will be held to decide on a course of action.
- Decision will be presented to the parent of the swimmer by the coach and head coach or board member. As a last resort, the situation will be taken to the Halifax Aqua Nova Board.

### MY RESPONSIBILITIES AS A PARENT/GUARDIAN OF HAN

1. Parents/guardians are responsible for supervising their children before and after practice time, and in the change rooms.
7. Parents are not permitted on the pool deck during competitions, unless in cases of emergencies, or unless they are volunteering.
- 8.
9. Parents are responsible to ensure that required emergency contact and medical information is provided and available at the pool, where it will be stored in a secure location, in case it is required.
10. Parents are responsible for swimmers at competitions; when not on pool deck, and/or preparing for and participating in, competition activities; or if swimmers choose to stay and watch others swim.
11. Parents will use Good Judgement when posting photos and making comments on social media sites.

### COMMITMENT OF THE ATHLETE HALIFAX AQUA NOVA SWIM CLUB

As an athlete I fully understand the code of the HAN Synchronized Swim Club and agree to live by it while at practices, competitions and any other activities associated with the team. I accept the consequences of breaking the code, recognizing that I am responsible for my actions. By signing below I am choosing to live by this code.

ATHLETE'S NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

ATHLETE'S SIGNATURE: \_\_\_\_\_

### COMMITMENT OF THE PARENT/GUARDIAN(S) HALIFAX AQUA NOVA SWIM CLUB

As a parent/guardian I understand the code and the reasons for having one. I accept that the consequences of my child breaking this code are fair and will be followed. I agree to support the HALIFAX AQUA NOVA coaches, the HALIFAX AQUA NOVA board members and the club as a whole. I, as well, will demonstrate the goals of fair play.

PARENT'S NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT'S SIGNATURE: \_\_\_\_\_