

Parent Code of Conduct - Bulldog Swimming

Bulldog Swimming is a competitive swim team committed to creating an athlete-centered program where each athlete can achieve their potential as a swimmer and as an individual, and where all participants (swimmers, parents, coaches, officials, and board members) are treated with respect, fairness, and integrity. Parents play a key role in the success of Bulldog Swimming and in the success of each individual athlete. Every athlete's parent(s) or guardian(s) must annually review and accept the Bulldog Swimming Parent Code of Conduct.

As a parent/guardian of an athlete participating in Bulldog Swimming, I understand and agree to comply at all times with the following principles and expectations of behavior:

General

1. Bulldog Swimming is committed to fostering a fun, healthy, and safe environment for all members. Bulldog Swimming has a zero-tolerance policy for discrimination and/or bullying of any type. I will refrain from comments or behavior that is disrespectful, offensive, racist, abusive, or sexist. I will promptly notify a team official if I am aware of any instances of discrimination or bullying.
2. Bulldog Swimming is committed to strict adherence to [USA Swimming's Safe Sport policies and guidelines](#). I will promptly report any actual or suspected sexual misconduct by any Bulldog Swimming participant. This report will be made to the head coach and governing board president, and/or local law enforcement agency.
3. I will not assist or condone any athlete's use of a banned substance as described by the International Olympic Committee, FINA, United States Olympic Committee, or USA Swimming.
4. I will not use tobacco or e-cigarette products in or around Bulldog Swimming operated facilities and events.
5. I will not engage in destructive gossip regarding coaches, staff, parents, athletes, or officials. If I have questions or concerns with respect to my child's swim program, I will respectfully contact my child's coach directly. Any further concerns will be directed to the head coach.
6. I understand that Bulldog Swimming depends on volunteers to fulfill numerous, essential roles. When I have an issue with other parents, officials, or board members, I will respect that these are all volunteers

working on my child's behalf. If I feel the need to take issue with any member of our "team," I will do so privately and directly with the people involved.

My Role as a Parent/Guardian

1. I understand that my primary role as a parent/guardian of a Bulldog Swimming athlete is to provide my child with unconditional love, encouragement, and support regardless of performance level at practices or swim meets, and to help promote a highly positive environment at Bulldog Swimming where each child can realize their full potential.
2. I will encourage a healthy lifestyle including nutritious foods and adequate sleep.
3. I will urge my child to discuss performance and other swimming-related issues with their coaches.
4. I will promptly inform my child's coach of any physical/mental disability or challenge affecting my child that may affect the safety of my child or others.
5. I will focus on my child's process, and not the outcome. I will honor effort over winning; skill progression over time reduction; and long-term development over short-term success.
6. I will leave all swim coaching duties to Bulldog Swimming's professional coaching staff. I understand that swimmers can become easily confused when "coached" by parents, and benefit most from positive reinforcement of the coaching staff's instruction and advice.
7. I understand that group placement is a decision by the coaching staff based on several factors including competition results, age, skill level, practice habits, maturity, and group dynamics. If I have concerns about my child's group placement, I will discuss those directly with my child's coach.

Practices

1. I will make every effort to ensure that my child arrives for practice on time and with the required equipment.
2. I will avoid approaching coaches on deck during swim practices. Instead, I will arrange to meet with coaches before or after practices, or at some other mutually acceptable time.

3. I will follow Bulldog Swimming's policy of parents remaining off deck or in designated areas during practices.
4. I will not coach or interfere from the sidelines/bleachers in any way. Examples of unacceptable behavior include hand gestures, calling out to my child, video recording and data collection for the purposes of “coaching” your child, or disrupting the group or coach in any way.

Swim Meets

1. I will ensure that my child arrives for swim meets on time and with the required team apparel.
2. I understand that although I have easy access to performance data (race times, splits, etc.), my child’s coaches are best trained and experienced to discuss that data with my child, and to interpret that data in context of other observations of performance, progression, and effort.
3. I understand that the coaching staff is solely responsible for determining my child’s placement on any relay teams.
4. I will abide by the host team’s seating requirements and remain in the designated spectator areas (unless volunteering). I will not approach coaches or officials on deck during swim meets regarding my child’s race(s). Instead, I will discuss with the coach at some other mutually acceptable time.
5. I understand that it is my child’s responsibility to be ready for their races. Mistakes will happen at meets, including missed events or disqualifications. I will allow coaches to discuss these incidents with my child and use these as positive learning experiences.
6. I will model good sportsmanship and respect in my interactions with all athletes, parents, coaches, volunteers, and officials, regardless of which team they are from.

I UNDERSTAND THAT MY COMPLIANCE WITH THESE POLICIES IS A REQUIREMENT OF MY FAMILY’S MEMBERSHIP IN BULLDOG SWIMMING SWIM TEAM.

Parent Name (Please Print)

Parent Signature

Date