



University City Swim Club Swimmer Code of Conduct

Purpose:

This code of conduct aims to promote a safe, respectful, and productive training environment where swimmers can learn, grow, and excel. By following these guidelines, swimmers contribute to the success and positive atmosphere of UCSC.

Behavioral Expectations:

1. Respect for Coaches and Teammates:

- Listen attentively to your coach's instructions. Avoid disruptive behavior such as playing underwater, horseplay, or asking "what are we doing?" when instructions have already been given.
- Show respect for lane assignments and swimmer order as determined by your coach. Assignments are based on ability and speed to ensure safety and efficiency, not personal preference.
- Avoid tattling or bossing others around. If issues arise, bring them to the coach's attention respectfully.

2. Appropriate Use of Equipment and Facilities:

- Use kickboards, buoys, and other equipment properly during practice. Excessive splashing, carrying others, or other horseplay is prohibited.
- Limit bathroom breaks to necessary moments. Repeated requests disrupt practice flow, so plan accordingly before entering the pool.

3. Positive Attitude and Sportsmanship:

- Treat teammates, coaches, and competitors with kindness and encouragement.
- Accept coaching decisions without complaint, and trust that decisions are made with the team's best interests in mind.

Commitment:

Swimmers agree to follow this code of conduct, understanding that these guidelines ensure everyone's safety, focus, and enjoyment. With parents reinforcing this code,

families can help set clear expectations for their children. Coaches will address any violations, which may result in reminders, temporary removal from practice, or further consequences if necessary.