

Upon registration swimmers will be required to sign the Northumberland Aquatic Club Swimmer's Code of Conduct and Swimmer's Swim Meet Code of Conduct to show they have read, understood and agreed to behave according to the code.

The goal of the code of conduct is to allow for a positive atmosphere for all swimmers and coaches and to make sure that training and travel together remains enjoyable and safe for all members of the team. The code will also assist all swimmers to achieve their highest level of practise and performance and to develop personal discipline and self-motivation.

Northumberland Aquatic Club Swimmer's Code of Conduct

1. I will swim for the fun of it!
2. I will treat all swimmers, coaches, parents, guardians, family members and pool staff with respect.
3. I will respect the guidelines established and communicated by the NORAC coaches.
4. As a member of the NORAC team, I will be kind and courteous at all times whether in the pool, change rooms, dry land training area or anywhere in the facility.
5. I will support, assist and encourage my teammates and help build team spirit.
6. I understand that I will not interfere with others during practice. While in the pool or anywhere in the facility I understand that behaviour such as grabbing, blocking in the lane or any inappropriate physical contact is unacceptable and will not be tolerated.
7. I will listen to and co-operate with the coaches according to the guidelines they set, and respond appropriately. I understand that behaviour such as whining, back talking, rolling eyes, teasing, mocking, angry outbursts and arguing are unacceptable and will not be tolerated.
8. I will attend all practices to the best of my ability, arrive on time, have all my equipment in good working order, always give my full effort and will ensure that I am properly rested and follow good nutritional practices in order to ensure my ability to improve.
9. I will always speak respectfully and politely to others and not use improper language or swear.
10. When using social media I will be respectful and not intentionally cause emotional harm.
11. I will correct my attitude and behaviour if advised that they are inappropriate. I understand that my misbehaviour will be reported to my parents.
12. I will treat the property of others and the facility with respect.
13. I will treat my body with respect. I understand that the use of drugs, alcohol, and cigarettes is unacceptable and will not use them.
14. I understand that if I have a concern or issue with a swimmer or other member of NORAC I can discuss it with a parent or coach in order to find a way to resolve the problem.
15. I understand that it is my responsibility to report behaviour that breaks the rules of the Code of Conduct to a parent or coach.
16. I understand that if I am behaving in a way that breaks the rules of this code of conduct, my coach or the NORAC Board may remove me from a practice or meet, suspend my swimming privileges for an extended period of time or cancel my membership with NORAC.

I have read, understood and agree to abide by the above Code of Conduct.

Name _____ Date _____

Signature _____

Northumberland Aquatic Club Swimmer's Swim Meet Code of Conduct

1. I will behave according to the Swimmer's Code of Conduct and represent my team with pride and respect.
2. I will be respectful towards all fellow athletes, coaches, staff, lifeguards and officials.
3. I will wear my team uniform and sit with the team in the assigned area to share in team support.
4. I understand that if my behavior is deemed unacceptable by the coaches or officials I may be scratched from the competition and sent home.
5. I will let my coach know if I have to leave the deck.

I have read, understood and agree to abide by the above Code of Conduct.

Name _____ Date _____

Signature _____

Upon participation in a training camp, function or swim meet that requires being billeted or staying in a hotel room where chaperones are present swimmers will be required to also sign the Northumberland Aquatic Club Swimmer's Hotel and Billeting Code of Conduct to show they have read, understood and agreed to behave according to the code.

Northumberland Aquatic Club Swimmer's Hotel and Billeting Code of Conduct

1. I will behave according to the Swimmer's Code of Conduct, Swimmer's Swim Meet Code of Conduct and represent my team with pride.
2. I will be punctual for practices, warm-ups, departure times, and club meetings.
3. When being billeted, I will be on my BEST behaviour at all times.
4. During team travels, I will respect all guidelines established by coaches or chaperones.
5. I understand that proper hotel etiquette is required. Rooms will be kept tidy, with garbage properly disposed of. The room should be left in the same condition as it was when I arrived.
6. Because hotels are resting places for all guests, I understand that the following behavior is not acceptable:
 - making noise that is disruptive to others
 - running up and down hallways or loitering in the halls
 - constant room-to-room telephoning
 - playing loud music or television (keep the volume down)
 - fist fights, wrestling or any kind of roughhousing
 - jumping on the beds or damaging furniture (you will be billed for any damage you cause)
 - prank phone calls inside or outside of hotel
 - pranks of any nature, which, may result in damage to property or injury to fellow teammates.
7. I understand that hotel room doors must be kept open if there is mixed company in a room without adult supervision.
8. I understand that curfews must be respected in order to allow teammates to rest and sleep undisturbed. Rest and study times will vary from trip to trip. Swimmers may be asked to stay in a room other than their own during afternoon, depending on whether or not they need or wish to sleep before evening finals.
9. I will ask a chaperone for permission to leave the team location for any reason.
10. I understand that failure to comply with any of these rules may result in being scratched from competition or in severe cases, sent home at my own expense. Further disciplinary action may result as appropriate.

I have read, understood and agree to abide by the above Code of Conduct.

Name _____ Date _____

Signature _____