

Athletes Code of Conduct

Athletes:

PREAMBLE: Pacific Sport Synchro Victoria is dedicated to providing an athlete centered sport environment in which all individuals are treated with respect. As an athlete representing PSSV you are expected to conduct yourselves in a manner consistent with these ideals and values. This Code of Conduct identifies the standard of behaviour that is expected of all athletes of Pacific Sport Synchro Victoria. You are responsible and accountable for your behaviour and appearance at all times.

After reading the Rules of Synchro BC Member's Code of Conduct, we agree to comply with them.

Specifically, as members of PSSV you agree to the following:

- Use of alcohol, cigarettes or illegal drugs will NOT be tolerated.
- Check all medications to ensure they are not on the list of banned substances. Random drug testing may occur at any event. If in doubt, check with your Coach.
- Good sportsmanship at all times is required.
- Coarse language or rude behaviour will not be tolerated at any time.
- No angry outbursts or disorderly behaviour at practices or meets.
- Be courteous to your fellow athletes/swimmers and other patrons of hotels, restaurants and public places.
- Refrain from any and all negative discussion regarding the performance and behaviour of all athletes, coaches and officials at all times.
- No form of abuse (physical, mental or verbal) of athletes, coaches and officials will be tolerated at any time.
- Appropriate clothing will be worn at all times while at the pool during competitions.

- Directions from coaches and team parents are to be followed in a prompt and quiet manner.
- Hotel/motel rooms will be kept neat and in such condition that will not impede the capability of the housekeeping staff to perform their duties.
- Be aware of the CASSA anti harassment policy, the CASSA disciplinary policy as well as Synchro BC's Rules and obey by them at all times. Copies of these policies can be found on the Synchro Canada website. <http://www.synchro.ca/e/management/policies.php>

PLEASE NOTE - Violation of this Code of Conduct will result in appropriate disciplinary action by the Pacific Sport Synchro Victoria's Board of Directors.

Code of Behaviour during Training

The PSSV swim club expects a high standard of behavior from its members, both at home and in other communities. The following rules are provided to assist all members of the club in meeting these standards.

Politeness and respect are expected at ALL times.

1. The athlete's behavior must at no time hurt the progress of any other swimmer. The swimmer must respect other swimmers' rights both in and out of the pool.
2. The athlete must be team oriented. Each swimmer must attend and be on time for all practices. The coach must be informed, in advance, if the swimmer will be absent, late, or is required to leave early.
3. The athlete must obey all pool regulations.

The athlete must respect the authority of their coach. While in training, it is important to listen while the coach is talking, to accept training expectations, and to be cooperative.

1. Athletes must arrive at the pool at the time designated by the coach to allow for proper warm-up and stretching. Swimmers are expected to be changed and on deck 5 minutes prior to designated swim times.
2. Coaches, in consultation with board members, will administer disciplinary action where a swimmer's behaviour contravenes the club standard.

Non-adherence to any of the above rules may result in removal from the pool, removal from current practice and notification of parent/guardian, withdrawal of routines, and/or possible suspension from the club.

Parents Code of Conduct

Parents: (PLEASE READ CAREFULLY)

PREAMBLE: The Pacific Sport Synchro Victoria is dedicated to providing an athlete centered sport environment in which all individuals are treated with respect. This Code of Conduct identifies the standard of behaviour, which is expected of all parents of PSSV while performing the duties of a designated Team Parent. After reading the Synchro BC's Members Code of Conduct, We agree to also comply with them.

Specifically, I/we agree to the following:

- Abstain from the use of illegal drugs.
- Abstain from the use of alcohol and cigarettes while in the presence of the athletes for the duration of the trip. In all cases, abstain from the abusive use of alcohol where abuse means a level of consumption which impairs the individual's ability to speak, walk or drive; causes the individual to behave in a disruptive manner, or interferes with the individual's ability to perform effectively and safely.
- Refrain from negative discussions of the performance and behaviour of all athletes, coaches and officials at all times.

- No profanity.
- No form of abuse (physical, mental, verbal) of the athletes, coaches and officials will be tolerated.
- Maintain confidentiality at ALL TIMES unless it threatens the health and well-being of the athlete.
- Be calm, be friendly but be authoritative and discreet. Be sensitive to the emotional needs of ALL of the swimmers.
- Be aware of the CASSA anti-harassment policy and CASSA disciplinary policy.
- Copies of these policies can be found on the Synchro Canada website.

<http://www.synchro.ca/e/management/policies.php>

PLEASE NOTE – Violation of this Code of Conduct will result in appropriate disciplinary action by Pacific Sport Synchro Victoria's Executive.