



Social Media Policy for Swimmers

At Calgary Tritons Summer Swim Club, we realize that there is a need to adapting to changing methods of communication. The importance of coaches, swimmers and parents engaging, collaborating, learning, and sharing in these digital environments is a part of 21st century learning. In recognition of this, Calgary Tritons has developed the following policy to provide direction for the Tritons swimmers, coaches, and parent community when participating in online social media activities. Due to the wealth of new social media tools available to swimmers, products and documents have the potential to reach audiences far beyond the classroom. This translates into the need for a greater level of awareness, responsibility, and accountability for all users. Below are guidelines Calgary Tritons swimmers should adhere to when using social media.

Social Media Definition

Forms of electronic communication (as Web sites for social networking) through which users create online communities to share information, ideas, personal messages, and other content (as videos). <https://www.merriam-webster.com/dictionary/social%20media>

Examples of Social Media

Facebook, Twitter, Instagram, Snapchat, Standard Texting, Whatsapp, Flickr, Youtube,, Tumblr, ASK FM, Team Snap

Key Principle

Interacting with each other on-line is no different than interacting face-to-face: we are required to maintain the principles of respect, dignity, prudence, concern for and protection of others, and safety in all interactions. Activities which are inappropriate, unethical, illegal, or which cause undue discomfort for members of both Calgary Tritons and our community (including swimmers, opponents, parents, coaches, or others) should be judiciously avoided in written communications and cyberspace. Swimmers who participate in online interactions must remember that their posts reflect on the entire Tritons community and, as such, are subject to the same behavioral standards set forth in the Player Code of Conduct.



Online Interaction and Identity

- Be aware of what you post online. Social media venues are very public. What you contribute leaves a permanent digital footprint for all to see. Do not post anything you wouldn't want friends, peers, parents, teachers, or a future employer to see, as you can't control posted data once it is on the web.
- How you represent yourself online is an extension of yourself. Do not misrepresent yourself by using someone else's identity.
- In addition to the regulations found in the Player Handbook, swimmers are expected to abide by the following:
 - Swimmers may not use social media sites to publish disparaging or harassing remarks about TRITONS swimmers, coaches, community members, athletic rivals, etc.
 - Swimmers who choose to post editorial content to websites or other forms of online media must ensure that their submission does not reflect poorly upon the club.
- Failure to abide by this Policy, as with other policies at Calgary Tritons may result in disciplinary action as described in the Player Handbook, or as determined by the Tritons Administration.
- The use of social media and cellular phones is not permitted during practice or game time unless specifically authorized by the coach or in the case of an emergency

Privacy

- Exercise care with privacy settings and personal profile content to ensure that posted content does not reflect poorly on Tritons in any way or otherwise create a conflict of interest. Content should be placed thoughtfully and periodically reviewed. On most sites, privacy settings can be changed at any time to limit access to profiles and search ability, and changes should be made when necessary.
- To make it difficult for others to access information about your private life, make certain that your personal social networking profile is set to "private" and that personal information is not available to "friends of friends" or other peripheral contacts.
- Be safe online. Never give out personal information, including, but not limited to, last names, phone numbers, addresses, exact birth dates, and pictures. Do not share your password with anyone besides your parents.
- Always respect the privacy of others.



Content

- Due to the fact that social media sites are increasingly inter-connected, you should be aware that any content posted on-line may eventually (or immediately) show up on other sites. Not posting inappropriate content in the first place is the only way to completely protect against this possibility.
- Follow Tritons' code of conduct when writing online. It is acceptable to disagree with someone else's opinions; however, do it in a respectful way. Make sure that criticism is constructive and not hurtful. What is inappropriate at the pool is inappropriate online.
- Linking to other websites to support your thoughts and ideas is recommended. However, be sure to read the entire article prior to linking to ensure that all information is appropriate for our club's setting.
- Do your own work! Do not use other people's intellectual property without their permission. It is a violation of copyright law to copy and paste other's thoughts. When paraphrasing someone else's idea(s), be sure to cite your source with the URL. It is good practice to hyperlink to your sources.
- Be aware that pictures may also be protected under copyright laws. Verify you have permission to use the image or it is under Creative Commons attribution.
- Blog and posts should be well written. Follow writing conventions including proper grammar, capitalization, and punctuation. If you edit someone else's work be sure it is in the spirit of improving the writing.

Swimmers who do not abide by these terms and conditions may lose their opportunity to swim for Tritons and be subject to further disciplinary action.