



Swimmer Code of Conduct

- a) I will train and compete as a swimmer for the Triton's because I want to, not because others want me to.
- b) I will Respect and adhere to the ideals, policies, and rules determined by my Coach, Head Coach, Calgary Triton's, other Swim clubs and Swim Canada.
- c) I will always show respect for all coaches, all officials, all volunteers, all swimmers, all spectators, and all club members.
- d) I will not fight or use foul or abusive language or inappropriate gestures.
- e) I will exhibit a high degree of sportsmanship, teamwork and positive attitude always when representing my team and the Calgary Triton's.
- f) Having fun, improving my skills, supporting other swimmers, making friends and doing my best are important.
- g) I will show respect for the decisions, judgment and authority of the officials and timekeepers.
- h) I will never take part in a practice, game or team event while under the influence of drugs and/or alcohol. Nor will I encourage the use of alcohol and/or drugs to other swimmers.
- i) I will not take part in any form of bullying, either to an opposing swimmer(s) or to a member on the Calgary Triton's. Bullying in any form, whether in person, electronically (any form of social media) will not be tolerated. (See Social Media Policy)
- j) I will not engage in unsportsmanlike conduct with any coach, parent, player, participant, officials or any other attendee.
- k) I will not engage in any behavior, which would endanger the health, safety, or well being of other team members, participants, Coaches, officials or other attendees.
- l) I will not engage in the use of profanity while attending or participating in any event.
- m) I will not engage in verbal or physical threats or abuse aimed at any parent, swimmer, participant, officials, volunteers or any other attendee.



Practices/Training Days & Swim Meets:

- a) I recognize that practices are more important than swim meets and aim to give 100% effort
- b) I will arrive at the pool before practices and swim meets according to the standards set by my Coach or Head Coach.
 - i. If I cannot make a practice, I will notify the Coach at least 24 hours in advance
 - ii. If I cannot attend a swim meet, I will notify Team Snap and Coach at least 2 weeks prior to swim meet, so Coaches are able to plan event submissions and relay teams.
- c) I realize that swimmers who attend practices will have priority in relay team placements.
- d) I will turn off all electronic devices (cell phones, video games, etc.) before arrival at my practice, game or team event and leave them off until I am finished.
- e) I will leave all venues as neat and tidy as I found them and will remove all refuse from my area.
- f) I will attend at least 3 meets and as many practices as reasonably possible.

My Uniform

- a) I will take good care of my team swim wear and clothing and wear it during swim meets.
- b) I will ensure my swimsuit is in good condition, appropriately fitted for swim meets and practices.
- c) I will wear appropriate swim wear and bring my own water bottle to all practices and swim events.
- d) At practices, I will bring extra fitness footwear and clothing in preparation for unplanned land training practice.



Discipline

- a) I will strive to be a leader and encourage sportsmanship, support to all club swimmers and will listen to Coaches.
- b) I recognize that the Coach will handle conflicts that occur during practice and swim meets. Where they see fit, the Head coach may get involved and/or Parent's/Guardians and Board Members.
- c) I will show respect for the decisions, judgment and authority of the officials and timekeepers.

Swimmer's Signature:

Swimmer's Printed Name:

Date: