

VPSC PARENT/GUARDIAN COMMITMENT FORM

TO YOUR SWIMMER

1. Provide your swimmer with encouragement and support
2. Ensure that your swimmer gets to practices and meets on time - minimum ten minutes before. Ensure your swimmer meets the attendance requirements in order to remain in their group.
3. Ensure your swimmer is prepared for practices and meets with appropriate equipment. Label all of your swimmer's equipment
4. Encourage your swimmer to eat healthy food and discourage them from eating junk food, which will interfere with performance.
5. Review the *Team Rules and Club Code of Conduct with your swimmer*
6. Educate yourself about swimming through the VPSC website and other resources. If you have any questions, contact the Parent Liaison, your coaches or other parents.

TO THE COACH

7. Let the coach be the coach. Allow coaches to provide the required technical and critical direction. Respect the experience and decision of the coach to place swimmers in groups, meets and events that are appropriate for that swimmer.
8. Talk to your coach if your swimmer has of any injury or illness or any issues that prevents them from training or competing or may affect their performance or attitude. Give advance notice about absences and family and school events.
9. During practice, do not talk to coaches and stay off the deck so you do not disturb the practice and take up valuable pool time. Wait until practice is over, and the coach is ready, to talk to the coach or schedule a time in advance.
10. Sign up for meets and return forms before the deadline. Inform the coach when your swimmer is unable to attend meets.
11. Do not record practices unless you have approved it with the coach.
12. Respect the privacy of coaches. Call them at the office or email them. Avoid calling coaches on their personal phones or out of normal hours except as required for meets and reporting absences.

TO VPSC

13. Achieve the required officiating level for your age group. Beginning in Youth Development, all VPSC families must have at least one adult member of their family certified Level 1. Each year one adult family member must complete one additional officiating course as outlined in the age group requirement of the VPSC Registration Package.
14. Get involved and volunteer. Actively participate and volunteer in swim meets and other team events. Earn at least the required volunteer points for your group - review requirements in the VPSC Registration Package and on the website
15. Attend group and club meetings. Read your group emails (usually weekly) and check regularly for paper notices at the bottom of the swim bag.
16. Meet all financial commitments and support fundraising activities.
17. Read the *VPSC Parent Handbook and* abide by all club policies.
18. Abide by the *Parent Code of Conduct* at all times.
19. If you have any suggestions or concerns, contact your coach, the group coach, or the Board of Directors through the Parent Liaison.

The Code of Conduct identifies VPSC's commitment to making everyone's involvement in the Club a positive experience. It defines the obligations and standards of behaviour for interactions with all Club Members. As a VPSC member, you are expected to consistently display high personal standards and abide by the Code:

1. Respect and treat all persons equally and as you would wish to be treated.
2. Practice teamwork and cooperation with all parents, swimmers and coaches and support the values of discipline, loyalty, commitment and hard work. Support all swimmers in all situations, show team spirit, integrity, team loyalty and unity. Provide positive comments that support and encourage, never ridicule or put down swimmers.
3. Demonstrate good sportsmanship by conducting yourself in a manner that earns the respect of your child, other swimmers, parents, officials and the coaches at meets and practices. Encourage swimmers to play by the rules and resolve conflicts without resorting to hostility or violence.
4. Do not coach or instruct any swimmer at a practice or meets, from the stands or any other area, and do not interfere with or confront coaches on the pool deck.
5. Keep off the deck during swim meets unless acting in an official capacity and do not interfere with events or calls. Respect the decisions and judgments of officials. Do not question their judgment or honesty.
6. Maintain self-control at all times. Abusive or threatening language or gestures toward any coach, official, swimmer or team member will not be tolerated.

Failure to follow this code of conduct will result in disciplinary action at the discretion of the Board of Directors and Head Coach/Director of Swimming in the following manner.

1. Verbal Warning
2. Written Warning
3. Probation
4. Dismissal from Club

See the *VPSC Disciplinary Policy* and *Swim BC Harassment Policy*.



SWIM BC promotes to its membership the 5 **principles of Fair Play**:

1. Respect of rules
 2. Respect of Officials and their decisions
 3. Respect for opponents
 4. Equal opportunity for all to participate
 5. Maintaining self-control at all times
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THE PARENT/GUARDIAN MUST SIGN THIS CODE OF CONDUCT AND COMMITMENT ANNUALLY AT REGISTRATION

Name: _____

Signature: _____

Date: _____