



Alexandria Masters Swimming Code of Conduct

Effective April 24, 2013

Alexandria Masters Swimming seeks to create a safe and harmonious environment for participants of all levels and backgrounds to pursue swimming-related goals. The Alexandria Masters Board of Directors developed this non-comprehensive Code of Conduct to provide guidance and notice on some specific required behaviors. By attending an Alexandria Masters practice or other event, each person -- coach, swimmer, volunteer, or other -- agrees to act in accordance with the following Code of Conduct:

- 1. Be respectful to each coach and comply with all directions given by each coach.** Our coaches are our greatest asset in keeping everyone safe, motivated and successful in pursuing goals and accomplishments. Failure to show respect to a coach or failure to follow the direction of a coach is grounds for a coach to remove a swimmer from a practice or other event.
- 2. Abide by all pool and United States Masters Swimming (USMS) rules.** This includes, but is not limited to, the requirement that swimmers shall enter the water feet first in a cautious and controlled manner; no diving is allowed into any area unless instructed to do so by a coach during a practice or other event.
- 3. Work cooperatively with others to share swimming lanes in a safe and responsible manner.** If a coach requests that you change lanes, please do so good-naturedly. Also, any modification to a workout requires both prior concurrence of the entire swimming lane and prior **coach permission**; this includes, but is not limited to, interval adjustments. If a conflict arises, swimmers should inform the coach.
- 4. Verbally or physically abusive or disruptive behavior in any form will not be tolerated and is grounds for a coach to remove a swimmer from a practice or other event.**
- 5. If a swimmer believes that a member of the coaching staff is in violation of this Code of Conduct, he or she should inform the Alexandria Masters Board of Directors.**
- 6. Pay USMS annual registration fees and Alexandria Masters seasonal fees promptly at the start of each season.**