



Every athlete and parent or guardian are members of the BC Aquasonics and are important representatives of our Club. All members agree to do their best to respect peers, coaches, officials, the rules of the sport, and property. Sport is one of the best training schools for personal development and athletes must commit themselves to discipline.

The Club's expectations for members are listed below as a Member Code of Conduct and Member Rules and Regulations.

MEMBER CODE OF CONDUCT

1. All Members must act in a responsible manner at all times by respecting each individual's dignity, ability, and role within the Club.
2. Courtesy, consideration and good sportsmanship are expected standards of behaviour.
3. Any physical behaviours or any form of communication, whether verbal or non-verbal, either direct or indirect, that constitute harassment or abuse will not be tolerated.
4. Athletes and their families must be professional at all times. Making negative or destructive comments about coaches, other athletes or other Clubs and programs is unhealthy, unprofessional and unjustified. Gossip, maliciousness, vindictiveness and all other types of unprofessional behavior will not be tolerated.
5. Athletes must demonstrate self-regulation and discipline in attending to the advice of their coaches and in performing their training seriously.
6. Members must be vigilant about their own safety and the safety of others.
7. Members must participate and compete in a spirit of fair play and honesty, and within the rules of the sport.
8. Members must refrain from using alcohol or tobacco products during any Club-related activity, including practices, competitions, and/or other functions.
9. The use of, advocating, condoning, promotion and/or the distribution of banned substances, cases, and methods as outlined in the handbook on Drug Classification published by the Canadian Centre for Ethics in Sport is prohibited.
10. Coaches must:
 - a. treat all athletes and parents / guardians fairly and consistently
 - b. display high standards
 - c. cooperate with fellow coaches
 - d. ensure the safety of their athletes
11. Members must adhere to the Code of Conduct and the Rules and Regulations of BCAS (available at <https://www.bcartisticswimming.ca/>) and Canada Artistic Swimming (available at <https://artisticswimming.ca/>), as members of those organizations.

MEMBER RULES AND REGULATIONS

ATTITUDE

1. Athletes who are not cooperating with their coach or who disrupt practice will be instructed by the coach to sit out. The coach will notify the parents as soon as the practice is over.

ATTENDANCE

2. If an athlete will be absent from practice for any reason, the coach must be notified in advance by phone or email. This is a team sport and it is critical to team success that members attend regularly. When one team member is absent the entire team is impacted.
3. Many teams practice on weekends and the Club is aware that Sunday practices pose a conflict for some families. Sunday practices are not in place by choice but rather due to pool availability. If Sunday practices pose a conflict for you, we recommend that you discuss this with the athlete's coach.
4. Coaches must be notified when athletes are sick, injured or suffering from an emotional upset that could affect their training. It is the parents' responsibility to communicate with the coach. On occasion a doctor's note may be required.
5. Once an athlete has three unacceptable absences (in the opinion of the coach), the coach will inform the parent and athlete that a fourth unacceptable absence may result in that athlete losing their spot on the team.
6. All athletes are granted free days or special days off. The coach authorizes these days after consultation with the Head Coach. Athletes must discuss "taking a free day" with their coach; free days taken without authorization could result in an athlete losing their position on a team. Days off are always allowed for school exams.

TRAINING

7. Coaches have the authority to manage the behaviour of athletes during training and while attending swim meets in order to ensure positive and appropriate conduct of the athletes.
8. Athletes must be at the pool 15 minutes prior to the scheduled pool time, ready to swim.
9. If an athlete will be late arriving to practice or must leave a practice early, the coach must be advised in advance.
10. In order to prevent injury, it is the athlete's responsibility to properly stretch before getting into the pool.
11. Parents will not be allowed on the pool deck during practices and should not communicate to their child or the coach during practices, as it disturbs the training session.
12. It is the parents' responsibility to pick up at the end of the practice at the designated time and place. Punctuality is essential. The club and the coach are not responsible for the athlete once practice has ended.

COMMUNICATION

13. Athletes and parents must keep current with Club communication. Most of this will be done through e-mail or distributed through the coach or team parent. It is the responsibility of the athlete and parent to check daily for any new emails.
14. The following procedure must be followed if you have a concern or issue to discuss with the coach:
 - a. Make an appointment to see the coach. Do not discuss the issue with others; the matter is between you and the coach.
 - b. If you are not satisfied with the outcome of the meeting, and the matter cannot be resolved in any other way, make an appointment to speak with the Coach Leader (Rec Program) or Head Coach (Competitive Program).
 - c. If the matter remains unresolved, discuss the situation with Club President or Vice President.

COMPETITION

15. All team members are expected to attend all meets.
16. Out-of-town travel to competitions is required for National and Provincial Stream Athletes.
17. Athletes must come prepared for competition and refrain from activities prior to meets that interfere with adequate rest, nutrition, and mental focus needed for success.
18. In order for athletes to swim in a competition, all Club fees must be current.
19. All outstanding fees must be paid at the end of the artistic swimming season.

DISCIPLINE

20. Any infraction of the Code of Conduct or non-compliance with the Member Rules and Regulations will be dealt with through BCAQ's disciplinary policies and procedures, and may result in dismissal from the club.
21. Any disciplinary action of a member by BCAS or Artistic Swimming Canada will be recognized and adhered to by the BC Aquasonics.

I am the athlete's parent or legal guardian. I certify to BC Aquasonics, (the "CLUB") that I have read the Club Code of Conduct and the Rules and Regulations. I will observe the Rules and Code of Conduct and the athlete will do the same.

Dated _____

Athlete Name _____ Signature _____

Guardian 1 Name _____ Signature _____

Guardian 2 Name _____ Signature _____