



Vashon Seals Swim Team
PO Box 1824,
Vashon, WA 98070

www.swimvashon.org
splash@swimvashon.org

CODE OF CONDUCT

(As adopted by the Vashon Aquatic Club Board of Directors on October 1, 2009)

The Vashon Seals Swim Team (VSST) Code of Conduct guidelines are founded on the principles of mutual respect and cooperation.

Safety

1. Lightning, earthquake, fire or personal injury are incidents that require the full cooperation of all members. Our Emergency Action Plan is routinely reviewed by our staff. Please be quiet and listen for directions from our coaching staff.

Citizenship = Teammanship

1. We will refrain from judging or criticizing others. We will not discuss individuals when they are not in our presence.
2. We will "Praise in public and correct in private".
3. We will treat all members of the team (coaches, swimmers, parents) and our opponents with dignity and respect.
4. We will not use drugs, alcohol, or tobacco (see Drug and Alcohol Policy).
5. We are all responsible for the care and proper use of equipment. Practice is not finished until all supplies are returned to storage. Everyone helps.
6. Physically or verbally abusive behavior, including sexually inappropriate behavior, is unacceptable for members of VSST.
7. We will be dedicated and loyal to our club and teammates. We will be vocally supportive. We will display our team pride by competing in VSST caps and suits at all times.
8. We will remain silent and make an honest effort to listen and look when anyone is speaking.
9. We will arrive to practice allowing enough time to begin on time, with the correct gear.
10. We will be committed to our best effort every day. An honest effort does not include cutting laps, pulling on the lane line, missing send offs/sets, or any similar behavior.
11. We will participate in 85% of scheduled meets and practices.
12. When unable to attend practice or meets, we will inform our coach ahead of time.