



Aquatica Synchro Club - Competitive Athlete Code of Conduct

By registering with Aquatica Synchro, the athlete - and their parent/guardian(s) if the athlete is under the age of 18 - become Members of Aquatica Synchro and Manitoba Artistic Swimming. As members, it is your responsibility to be familiar with the policies, procedures, codes, and bylaws of both organizations.

Athlete Responsibilities:

In order to foster a positive, respectful, and safe environment, all athletes are expected to:

- Show respect for coaches, other athletes, judges, meet officials, parents, the public, and in your treatment of others' property, equipment and facilities.
- Demonstrate good sportsmanship. Any negative behaviour will be addressed promptly. Athletes are encouraged to report any instances of poor sportsmanship or negative behaviour they have observed or experienced to a coach.
- Respect your body and well-being by maintaining a healthy lifestyle, which includes proper nutrition, adequate sleep, and positive study habits.
- Report any injury or collision to the coaching staff, whether it occurs during practice, competition, or after a program. Immediate reporting ensures that proper care and safety measures can be taken.
- Disclose and appropriately use any medications or medical conditions that affect the swimmer's health while training. This ensures that the coach can provide the best possible support of athletes' wellbeing.
- Refrain from using cell phones during training and competitions.
- Foster team spirit by maintaining a positive attitude, contributing fully to team activities, and supporting all members of ASC during practice and competitions.
- Support each other by sitting together and cheering for all ASC teams and routines. Attend the award presentations at all events as directed by the coach.
- Serve as mentors and role models to younger athletes in ASC.
- Adhere to the rules and regulations of competitive meets, whether local, inter-provincial, or national. For more details on athlete conduct during meets, consult the ASC Handbook.
- Familiarize yourself with the policies and procedures outlined in the Aquatica Synchro Club (ASC) Handbook (<http://www.aquaticasynchro.com>) and conduct yourself accordingly.
- Understand and adhere to the bylaws and policies of Manitoba Artistic Swimming (MAS). (<https://manitobaartisticswimming.ca>)
- Promote synchronized swimming by actively supporting the sport within your community, school, and among your peer groups.

As representatives of Aquatica Synchro Club, athletes must maintain high standards of behaviour.

Conduct yourself in a professional manner at all times - you are a reflection of your club.



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Attendance and Participation:

Each team relies on the consistent attendance and full participation of all its athletes. The team and its commitments should always take priority. Additional routines, extra practices, and/or individual training are secondary to the team's goals and activities.

- **Practice**: Athletes are expected to attend and fully participate in all scheduled practices, including scheduled strength training and any additional training assigned by coaches, committing to the entire season. If an athlete cannot attend or fully participate in a scheduled practice, they should notify the coach in advance wherever possible.
- **Competition**: Athletes are expected to attend and fully participate in all scheduled competitions in both the figures, elements, and routine categories as necessary. If a competition will be missed, the coach must be notified in writing as close as possible to the beginning of the season, except in the case of an injury/illness or family emergency. This letter is to be signed by the coach.
- **Punctuality**: Athletes are expected to be on deck and in appropriate attire, fully prepared to participate, as scheduled.

Discipline for Violations of this Code of Conduct and/or other ASC and MAS Policies:

Violations of the ASC Competitive Athlete Code of Conduct will be handled as follows:

- Verbal warning
- Parent alert (email or phone call)
- Written Warning
- Suspension until further investigation can take place

In addition, violation of the athlete code of conduct (ie. unacceptable behaviour) during practice and/or competitions may also result in the following consequences:

1. Athlete being removed from the pool and sent home at the parent's expense.
2. The athlete may not be allowed to return until a meeting has been held between the athlete, parents, a coach, and an ASC Board member to resolve the issues to the coach's satisfaction.
3. The athlete and parent may be removed from team and club communication, pending the decision of the Board.
4. The coaching staff can refuse entry to competitions for any unacceptable behaviour.

Violations of MAS Bylaws and/or Policies are subject to the disciplinary procedures of that organization.



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Bylaws and Policies

Aquatica Synchro Club Bylaws and Policies

Aquatica Synchro families should be familiar with the Aquatica Bylaws and the following policies (<http://www.aquaticasynchro.com>):

- Registration and Payment Policy
- Refund Policy
- Volunteer Service Policy
- Parent Code of Conduct (Parents must complete Respect in Sport)

Manitoba Artistic Swimming Bylaws and Policies

Aquatica Synchro families should be familiar with MAS Bylaws and the following MAS policies (<https://manitobaartisticswimming.ca/bylaws-policies/>):

- Code of Conduct Policy
- Social Media Policy
- Harassment Policy
- Violence Policy
- Discipline Policy
- Privacy Policy

***I/we have read and understand the Aquatica Synchro Club Competitive Athlete Code of Conduct.
I/we am/are aware of the Aquatica Synchro and Manitoba Artistic Swimming Bylaws and Policies.
Dated _____ (D/M/Y).***

Athlete Name (printed)

Parent/Guardian Name (printed)
(if athlete is under 18yrs)

Athlete Signature

Parent/Guardian Signature