

## Parent/Guardian Code of Conduct

**As a parent/guardian of a swimmer at BeFirst Swim Team (B1ST), I will abide by the following guidelines at all team practices, team meets, and team events:**

1. I will not coach or instruct the team or any swimmer at a practice or at meets (from the stands or any other area). This interferes with coaches on the pool deck. I recognize that the B1ST Coaches are professionals, and I will allow them to coach my child without interference.
2. I will be a good role model by conducting myself in a manner that Honors the Sport: showing respect for the rules, the officials, the opponents, the teammates and myself.
3. I will maintain self-control at all times. I will know my role: Let the Swimmers Swim, Coaches Coach, Officials Officiate, and Parents Support.
4. I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, other parents and/or spectators and/or any participating swimmer will not be tolerated, and I may be asked to leave the program.
5. I understand that participation in sports can be dangerous and may result in injury or death. I assume these risks when I register my child and agree to hold harmless BeFirst Swim Team and its coaches, volunteers, staff and directors, for injury, death, or loss of property due to my child's involvement.
6. I give permission that, in the event of an injury or accident, my child may be taken to the nearest doctor or hospital and given emergency treatment.
7. I agree that my child will abide by the Code of Conduct established by BeFirst Swim Team and AFC Fitness Feasterville, AFC Fitness Radnor LLC, USA swimming which

promotes sportsmanship, respect for others at all times, and a drug -free lifestyle. I also understand that failure to abide by this Code of Conduct may result in loss of my child's participation and membership privileges.

8. **The BeFirst Swim Team (B1ST) will not provide direct supervision for youth enrolled in B1ST programs during scheduled programs. The B1ST will not be held responsible for the supervision of children outside program areas or beyond indicated program times. During non-scheduled programming, children under age 15 must be accompanied by an individual over the age of 18 at all times.**
9. **Children under age 15 must be accompanied by an adult over age 18 while practice with BeFirst Swim Team in the AFC Fitness Feasterville and AFC Fitness Radnor LLC. Please make sure you are accompanying your children under age 15 into the building and bring them down to the pool for practice. Please be there to supervise them in the locker rooms, inside and outside of the building. Our coaching staff is not responsible for the swimmers outside of the program area (the pool). The AFC Fitness Feasterville and AFC Fitness Radnor LLC buildings is very large and we want your children to be safe.**
10. **Children under age 15 years old cannot be in the AFC Fitness Feasterville and AFC Fitness Radnor LLC building and locker rooms without adult supervision. Children under age 15 years old must be accompanied by an adult over 18 years old at any time. BeFirst Swim Team coaches and staff is not responsible for the children, athletes outside of the program (pool) area.**
11. **All children and Athletes regardless of age, are prohibited from being in the pool before and after practice.**

- 12. All children and athletes, regardless of age, are prohibited from entering the AFC GYM unless accompanied by an adult over 18 years of age**
- 13. All children and athletes, regardless of age, are prohibited from dive and run around the pool and pool area.**
- 14. All children and athletes, regardless of age, are prohibited from use the phone, make pictures in the locker rooms.**
15. The following conduct will not be tolerated and may result in suspension or dismissal from the team: Unsportsmanlike conduct toward coaches, officials, adults, or other swimmers, the use of inappropriate language, destructive or indiscreet behavior.
16. Parents are welcomed to observe any swim practice from the pool deck. Parents are permitted to remain on the pool deck during practice.
17. Parents should never coach, instruct, or try to talk to their swimmer(s) during practice. This is not only distracting for the swimmer, it is also disruptive for the coaching staff. Trying to instruct your child regarding stroke techniques and/or race strategies, will only lead to confusion for the swimmer. Please allow our professional coaching staff to address the technical aspects of swimming.
18. It is the parent's responsibility to make the coaches aware of any medical conditions/problems of their children.

Due to the fact that swimming lessons and team activities of BeFirst Swim Team (B1ST) are held in the AFC Fitness Feasterville and AFC Fitness Radnor LLC. Athletes and Parent must follow the all AFC Fitness Feasterville and AFC Fitness Radnor LLC policies, Code of Conduct, Behavior Policy and Pool Rules of AFC Fitness Feasterville and AFC Fitness Radnor LLC which are available through the web site [www.afcfitness.com](http://www.afcfitness.com) , in your contract with AFC Fitness Feasterville and AFC Fitness Radnor LLC or deck pool.

I have read and acknowledged all AFC Fitness Feasterville and AFC Fitness Radnor LLC, B1ST, USA Swimming policies, Code of Conduct, Behavior Policy and Pool rules. I agree to abide by the provisions stated in the all AFC Fitness Feasterville and AFC Fitness Radnor LLC, B1ST, USA Swimming policies, Code of Conduct, Behavior Policy and Rules of AFC Fitness Feasterville and AFC Fitness Radnor LLC pool.

Parent/Guardian, Athletes must follow the all BeFirst Swim Team (B1ST) and USA Swimming policies, Code of Conduct, Behavior Policy are available through the web site [www.B1STswim.com](http://www.B1STswim.com), [www.usaswimming.org](http://www.usaswimming.org), [www.maswim.org](http://www.maswim.org).

No swimmer will be allowed to register for BeFirst Swim Team without B1ST having received legitimate acknowledgement and confirmation that these policies, Code of Conduct, Behavior Policy and Pool rules have been read by the families and swimmer(s).

It is the parent's responsibility to ensure their swimmer(s) have read the B1ST and AFC Fitness Feasterville and AFC Fitness Radnor LLC program policies, Code of Conduct, Behavior Policy and Pool rules.

USA Swimming member clubs and LSCs are required to implement this Minor Athlete Abuse Prevention Policy and USA Swimming Safe Sport policies in full. The Minor Athlete Abuse Prevention Policy must be reviewed and agreed to in writing by all athletes, parents, coaches and other non-athlete members of member clubs on an annual basis with such written agreement to be retained by the club. The Minor Athlete Abuse Prevention Policy (MAAPP) and USA Swimming Safe Sport policies are available through the web site [www.B1STswim.com](http://www.B1STswim.com), [www.maswim.org](http://www.maswim.org), [www.USAswimming.org](http://www.USAswimming.org).

I have read and acknowledged all AFC Fitness Feasterville and AFC Fitness Radnor LLC, B1ST, USA Swimming policies, Code of Conduct, Behavior Policy and Pool rules.

I agree to abide by the provisions stated in all AFC Fitness Feasterville and AFC Fitness Radnor LLC, B1ST, USA Swimming policies, Code of Conduct, Behavior Policy and Rules of AFC Fitness Feasterville and AFC Fitness Radnor LLC pool.

I understand the above expectations and that my failure to adhere to them may result in disciplinary action.

I have read and agree to the above statement