



Sunrise Sharks Swim Team Codes of Conduct

Revised November 2025

We have the privilege of swimming at the Shark Tank and being a part of the Shark Family. The goal of the Sunrise Sharks swim team is the development of lifelong positive attitudes and good sportsmanship through the sport of competitive swimming. This program stresses individual skill, technique, goal setting, achievement, fun, fitness, friendships, and competition with a recreational setting. To help us obtain these goals, we ask that you conduct yourself appropriately and treat the facility, surrounding area, facility staff, team members, coaches, parents, and volunteers with respect at all times.

You are acknowledging the below for yourself, swimmer(s), and any other family member or spectator within your family/group in attendance for any Sunrise Sharks practices, meets, and activities/socials.

Part I - Parent/Volunteer Code of Conduct:

- Represent Sunrise Sharks with excellence, respect, and politeness. Set an example of good sportsmanship through positive behavior, team spirit, and communication.
- Maintain self control at all times. Refrain from inappropriate behavior that detracts from a positive image of the team or is detrimental to team performance including: foul language, violence, threats, bullying of any kind, behavior deemed dishonest, offensive, or illegal, and any physical harm such as shoving, striking, etc. any swimmers, coaches, volunteers, spectators or Sunrise Recreation and Parks District staff.
- Demonstrate good sportsmanship during all practices, meets, and team activities. Sunrise Sharks win gracefully, lose graciously and congratulate their opponents.
- Coaching concerns should first be addressed with the appropriate coach, if you feel your concerns are not being addressed, please address it with the head coach or a Sunrise Sharks board member or with Sunrise Recreation Park District. Team concerns should be addressed with a Sunrise Sharks board member.
- Support coaching staff as they strive to do what is best for each swimmer. Swimmers become easily confused when coached by parents and benefit most from positive reinforcement of the coaching staff's instructions and advice.
- Assist coaches by not talking with or motioning to swimmers during practices, unless previously authorized by a coach.
- Do not interrupt the coaching staff on the pool deck during practice. Coaches are available before or after practice, or via email.
- Respect the integrity of swim officials by assuming decisions are based on honest, objective evaluations of performance. Any questions about DQ's, judging, etc. should be directed to your swimmer's coach. **ONLY COACHES MAY APPROACH MEET OFFICIALS FOR CLARIFICATION OF RULINGS.**
- Know your role. Swimmers-Swim / Coaches-Coach / Officials-Officiate / Parents-Parent.

- Understand the opposing team(s), including their swimmers, coaches, volunteers, and fans, want the same positive experiences for their swimmers as we do. Help Sunrise Sharks achieve our goals by avoiding criticism either verbally or by gesture. Look for opportunities to build rapport with teams that we compete and work with.
- Ensure everyone under your supervision, including non-swimmers, follow pool & deck safety rules both at practices and at meets. Absolutely NO RUNNING on the pool deck or in the bleacher area.
- No parking in the fire lane, no pulling into the fire lane to park and drop off, keep area clear at all times.
- *6U swimmers must have a parent/guardian or responsible adult present at all times during practice.*
- Misuse or mistreatment of team equipment or pool facilities will not be tolerated. Willful damage will be the responsibility of the swimmer and swimmer's family.
- Ensure your swimmer has approved swim wear for all practices and meets.
- It is your responsibility at meets, to inform your swimmer(s) team parent if they will NOT be in the team tent. You understand if your swimmer(s) is not in the team tent, it is your responsibility to ensure your swimmer(s) get to the ready bench on time and to the team tent for relays on time.
- Any posts or responses on the team's social media platforms should remain respectful & considerate.
- Understand main communication comes via email, and failure to thoroughly read emails could result in missed information, including time sensitive matters.
- Notify the Head Coach, and volunteer coordinator as soon as possible if the swimmer(s) meet attendance has changed. You are still responsible for fulfilling the Sunrise Sharks volunteer agreement for the season, even with your swimmers' change in attendance. The volunteer coordinator will work out a plan as much as possible if sufficient notice and effort is given.
- Arrive for your volunteer position on time and prepared.
- Remain impartial when volunteering in a position that puts one swimmer at an advantage over another.
- Uphold Sunrise Sharks rules, code of conduct, and coach directives that are designed to maximize the experience for all swimmers, parents, volunteers, and families.

A child's values and behavior in sports are guided by parental attitude toward their child, their opponents, the officials, coaches, and volunteers. Criticism and disrespect for any, undermines the spirit and the purpose of swimming, and adds undue stress to the sport and your swimmer.

Part II - Swimmers Code of Conduct:

- Represent Sunrise Sharks with excellence, respect, and politeness.
- Practice good sportsmanship, communication, positive team spirit, behavior, and morale at all times with team members, coaches, competitors, officials, and volunteers.
- Show respect for all facilities and other property used during practices and meets.
- Refrain from using foul language, violence, threats, bullying of any kind, behavior deemed dishonest, offensive, or illegal, and any physical harm such as shoving, striking, etc. any swimmers, coaches, volunteers, or Sunrise Recreation Park District staff.
- Do not use or possess, or be associated with alcohol, tobacco, vapes, or any illegal substances while at Sunrise Sharks events/activities. Any swimmer under the influence of drugs or alcohol, will not be allowed on deck or at the pool at any time.
- Support and offer congratulations and encouragement to your teammates and opponents. Opponents are necessary friends. Without them, you could not participate. Be generous when you win and gracious when you lose.
- Pay attention and follow coaches instructions completely and exactly. If clarifications are needed, ask questions politely.
- Focus on every drill and set at practice. Be committed to putting forth your best effort. An honest effort does not include cutting laps, pulling on lane lines or missing send offs/sets, etc. Do not interfere with the progress of another swimmer during practice or meets.

- Refrain from ANY bullying or purposefully isolating another swimmer, theft and/or vandalism. If I witness this, I will notify a coach or a parent.
- Follow directions of coaching staff and volunteers. Respect and accept with grace official's instructions and rulings. Be an active participant in all team practices, meets, and other team activities you attend.
- Wear approved swim wear at all practices and meets.
- Misuse or mistreatment of team equipment or pool facilities will not be tolerated. Willful damage will be the responsibility of the swimmer and swimmer's family.
- Return borrowed equipment back correctly and neatly to its home. Do not leave at the lanes. Do not throw it towards its home.
- Walk on the pool deck and in the bleacher area at all times, absolutely NO RUNNING.
- Notify a coach in advance if you are planning to leave a practice or meet early.
- Any posts or responses on the team's social media platforms should remain respectful & considerate.
- Swim for your sake, and not just to please your parents or coach. Swim to develop your physical, mental, social and emotional fitness and well being.
- I respect myself and those around me by doing and being my best.

Swimmers are expected to follow the spirit of the rules as well as the specific rules. The coach must adapt this philosophy to an infinite number of situations. Swimmers are asked to respect the coach's directions and give full cooperation. Cooperation with teammates, staff, and volunteers will produce a productive environment for all during practice, meets and activities.

Part III - Bathroom & Shower Code of Conduct:

- Keep the noise level down and conversations appropriate.
- Limit showers to no more than 5 minutes.
- Use the bathroom and changing area as intended, no playing or hanging out in this area.
- NO use of cell phones or other recording/videoing devices in the bathroom, changing or shower area for any reason.

Part IV - Violation of Code of Conduct:

All swimmers and their families are expected to demonstrate respectful and appropriate behavior at all times during practices, meets and team events. This includes following all the instructions from coaches, officials, volunteers and staff, refraining from rude or disruptive behavior, avoiding the use of vulgar language, threats, and maintaining appropriate physical boundaries with others. Any form of disrespectful conduct by a swimmer or their family could result in disciplinary action. These codes shall be enforced for all Sunrise Sharks swimmers and families during practice, meets and any other event/activity within Sunrise Sharks or where Sunrise Sharks is being represented. Violation of the Code of Conduct will be subject to the Sunrise Sharks and/or Sunrise Recreation Park District disciplinary policy. The following penalties include, but are not limited to:

- Verbal warning, contact with parent/guardian
- Conference between swimmer and/or parent/guardian, and coach, parent board and/or representative from Sunrise Recreation Park District
- Asked to leave practice/meet early-without fees refunded
- Suspension from practice/meet-without fees refunded
- Expulsion from team for season or indefinitely-without fees refunded

Part V - Board Member Code of Conduct:

In addition to the Parent/Volunteer Code of Conduct, Board Members must also:

- Act in the best interest of the team as a whole, not for personal or family benefit.
- Maintain confidentiality regarding board discussions and sensitive matters.
- Communicate openly, respectfully, and professionally during meetings; without interruptions or outbursts, personal attacks, profanity, or any other unbecoming behavior.
- Refrain from favoritism and undermining fellow board members, coaches, Sunrise Recreation Park District and/or Sharks families.
- Ensure decisions are made transparently, with fairness, consistency and accountability.
- Any public representations or statements, including social media posts or responses on the team's platforms, should remain professional and considerate. No defamatory or disparaging content is acceptable about the team, swimmers, families, coaches, volunteers, or SRPD staff.
- Serve as role models for the team community by upholding the Sunrise Sharks Code of Conduct and bylaws, NCSL bylaws and Sunrise Recreation Park District policies/rules.
- Violations of this code of conduct by a board member will result in disciplinary action that may result in removal from the board.

Part VI - Coaches Code of Conduct:

- Sunrise Recreation Park District, Sunrise Sharks, and NorCal Swim League rules, bylaws and policies, shall be regarded as a mutual agreement and followed at all times.
- Set a good example of respect and sportsmanship for all swimmers & families to follow.
- Coach in a positive manner, not using derogatory or abusive comments, or physical or verbal threats, and swimming will not be used as a punishment.
- Arrive on time to practice and meets, taking the role of coaching as a serious commitment to the team, swimmers and families. Will not be a distraction to other coaches or swimmers, this includes being off the deck when not on the clock, unless being cleared with the head coach.
- Respond to parent/guardian concerns in a timely manner.
- Provide active supervision at all practices, meets and agreed upon activities/socials.
- Will not leave lanes unattended during practice and will give full attention to swimmers. Will walk along the side or stand at the end of lanes-unless in water with swimmers, to adequately supervise, coach & assess any areas that need improvement with stroke, starts or turns.
- Familiarize themselves with all swimmers, their abilities, and assist each swimmer in establishing individual goals for the season, providing positive criticism, constructive feedback, and instruction in all aspects of competitive swimming so swimmers can reach their full potential.
- Treat every swimmer with care and respect, provide equal coaching and attention to all swimmers under their direction, without favoritism or bias.
- Always place the well being, health, and safety of swimmers above all other considerations, including developing performance.
- Will communicate with all other coaches, and head coach, to ensure all are aware of any necessary issues or concerns that any other coach, swimmer, or parent may have.
- Accept official's decisions without anger, no matter how unfair they may seem. Use the appropriate methods of handling disputes.
- Respectful towards all athletes, coaches, Sunrise Recreation Park District staff, parents and volunteers, including from other teams.
- Winning is desirable, losing can be a triumph when the team has given its best.