

PHOTO AND VIDEO RELEASE

For Practices, Meets, Spirit/Social and any sponsored event for/by the Forest Lakes Swim Team

During the course of the season, our team photographer will be taking digital pictures of swimmers at various practices and at all meets. Any of the pictures are subject to reprinting in publication materials (newspaper, news media websites, JSL advertising materials) or posting on our team web site. Additionally, at the end of the season, our photographer may make a DVD of pictures from this season for sale to any swim team family as a souvenir of this current season.

If you do not want your child to appear in any of the pictures for possible public publication including, but not exclusively limited to these means listed above, please contact the FLST administration at flsthurricanes@gmail.com for a separate agreement to sign.

By marking the check box on the online registration check out page of the **FLST registration process**, I/we acknowledge that I/we have read, understand and agree to the stipulations set forth in this **Photo and Video Release** for the FLST.

PARENT (+ other family members) CODE OF CONDUCT

For Practices, Meets, Spirit/Social and any sponsored event for/by the Forest Lakes Swim Team

To ensure a high standard within the Forest Lakes Swim Team (hereafter FLST), each family member of registered swimmers will follow these guidelines.

The following code of conduct outlines a philosophy that is paramount to producing a positive experience for young players of any sport. There are many benefits to participating in the sport of swimming: meeting terrific people; beneficial exercise for cardiovascular health and fun. Remember that not every swimmer becomes a world record holder, but everyone can gain from his/her swimming experience. Within this context, parents should prioritize the welfare of their children and dedicate themselves to upholding the highest standards of conduct. Sportsmanship and ethical values highlighting respect, fairness, civility, honesty, integrity and accountability are a foundation for the sport.

Waiver & Release - As parent and/or legal guardian of the child or children listed on the registration form I voluntarily release and agree to not hold FLST and the Forest Lakes Community Association, its agents including but not limited to FLST, any of the team's coaches or parent volunteer members as individuals for any injuries and/or losses that may occur during my child's/children's participation with the FLST. I knowingly and voluntarily assume all risks of injury and loss, whether known or unknown, of all swimming events and all other FLST activities. I also understand that the FLST does not carry medical insurance for swim team members.

Handbook - As a parent or legal guardian, I understand that the FLST is a private swim team. I agree to follow all the rules and regulations listed in the Handbook regarding confidentiality.

Volunteering – Unlike other youth sports, swim meets are labor intensive. A large number of parent volunteers are needed to conduct a successful swim meet and without parent volunteers there can be no swim meet. Each team is responsible for staffing both home and away meets with timers, stroke judges, runners, and scoring officials just to name a few. Parents are required to help the swim team by volunteering at any regular season swim meets and performing other team jobs. *Once you have been scheduled, if you cannot fulfill your job, it is your responsibility to find a replacement and let the coordinator know who that replacement is. Volunteer Sign-up preferences **must** be completed at registration. You will be notified of your assignment. Without job commitments, registration will not be accepted.*

Parents at Practice – Our team is staffed with highly qualified coaches. All head and assistant coaches are life guard certified or coach trained as required by JSL in lifesaving and CPR training and another FLCA life guard is on duty at all practices. We request that parents not interact with swimmers during practice. This allows the swimmers' attention to be focused on the instruction and for the practices to be run safer and more productive. Parents are asked to

watch practices in designated areas.

FLST Parents (guardians, guests, siblings) will:

Teach and practice good sportsmanship at all practices, meets and team events;
Respect swimmers, coaches, officials and other volunteers who conduct, practices, meets and events;
Show interest, enthusiasm, and support for their child and their child's team;
Report any special medical or behavioral needs your child has to the coach and Meet Director;
Remain in the designated spectator areas during the meets;
Help when asked by coaches or team officials.

FLST Parents (guardians, guests, siblings) will not:

Advise the coach on how to coach unless asked;
Make derogatory comments to swimmers, coaches, officials or spectators;
Use threatening, profane or obscene language or gestures during practices or meets;
Attempt to coach their child during practices or meets;
Consume alcohol at practices, meets, or team events or come to practices, meets or team events intoxicated;
Interfere with the discipline of swimmers during practices or meets.

Any violation of this Code of Conduct may, at the discretion of the Meet Director in consultation with the Executive Board review and approval may result in the reprimand of the parent, or the suspension or expulsion of the parent from FLST practices, meets and/or events (including post-season and subsequent seasons).

By marking the check box on the online registration check out page of the **FLST registration process**, I/we acknowledge that I/we have read, understand and agree to the requirements for participation and will abide by this **Parent (+ other family members) Code of Conduct** for the FLST.

SWIMMER CODE OF CONDUCT

For Practices, Meets, Spirit/Social and any sponsored event for/by the Forest Lakes Swim Team

To ensure a high standard within the Forest Lakes Swim Team (hereafter FLST), each swimmer will follow these guidelines.

The following code of conduct outlines a philosophy that is paramount to producing a positive experience for young players of any sport. There are many benefits to participating in the sport of swimming: meeting terrific people; beneficial exercise for cardiovascular health and fun. Remember that not every swimmer becomes a world record holder, but everyone can gain from his/her swimming experience. Within this context, parents should prioritize the welfare of their children and dedicate themselves to upholding the highest standards of conduct. Sportsmanship and ethical values highlighting respect, fairness, civility, honesty, integrity and accountability are a foundation for the sport.

Respect for Property:

Swimmers are expected to respect the pool property and the surrounding grounds and facilities at both home and away meets. Any swimmer who vandalizes property, either at our home pool or at a visiting pool will be removed from the team for the remainder of the season. This includes the lockers rooms, pool area and other swimmers' personal belongings. The swimmer will be responsible for restitution.

Respect for Others:

Any swimmer who disrupts practice will be asked to take a time out.

Repeated warnings during a practice will result in the swimmer being asked to leave the practice and pool area for that day. Disruptive behavior includes, but is not limited to:

- Failure to follow a coach's request*
- Splashing, dunking, pushing, pulling of other swimmers*
- Interfering with the normal flow of a lane's workout*
- Disrespect to fellow teammates or coaches*
- Horseplay, bullying, or verbal abuse.*

All emergency situations should be brought to the life guard and coach on duty immediately.

Disciplinary Action:

In the event of a discipline problem, the steps for handling such acts are as follows:

The coach will discuss the problem with the swimmer and make every effort to work out the problem. If the offense is repeated, the parents, the head coach, and the Executive Board will be notified to determine the appropriate actions.

Sportsmanship:

Good sportsmanship is a hallmark of the FLST. We pride ourselves on the quality of our swimmers and the sportsmanship they demonstrate. Swimmers are expected to be respectful of fellow teammates and competitors. Good sportsmanship is demonstrated by offering "good luck"

to others before races and congratulating swimmers in adjacent after the race and exiting the lane. At home meets swimmers are expected to be good hosts and welcome visiting teams. At away meets swimmers are encouraged to be mindful that we are guests and need to follow the rules and keep our team area clean.

Practice/Meet Attendance:

During the regular season, starting in June, swimmers are expected attend all regular practices unless excused by the coach. Swimmers are expected to arrive at their scheduled practice 10 minutes early to get their personal needs (caps, goggles, etc.) prepared. When practice is over each swimmer is expected to help store the equipment as requested. Practice attendance determines meet participation. Scheduled vacations are fine but parents are required to update the online system in the time line indicated for each meet or event. Once scheduled in meet events, swimmers may not leave meets, except in the case of emergency. The head coach is to be notified by the swimmers parent/guardian prior to leaving the pool/meet deck.

Effort:

Swimmers are expected to improve their competitive swimming skills while having fun. Swimmers have many opportunities to improve strokes, increase endurance, and decrease times. How much and how fast a swimmer improves depends on how much effort and hard work each individual swimmer put into practices and meets.

Any violation of this Code of Conduct may, at the discretion of the Coach in consultation with the Executive Board review and approval may result in the reprimand of the swimmer, or the suspension or expulsion of the swimmer from FLST practices, meets and/or events (including post-season and subsequent seasons).

By marking the check box on the online registration check out page of the **FLST registration process**, I/we acknowledge that I/we have read, understand and agree to the requirements for participation and will abide by this **Swimmer Code of Conduct** for the FLST.