



Fort Collins Area Swim Team

World Class Character through Excellence in Swimming

FAST Code of Conduct

For Swimmers:

1. I understand that my consumption or use of alcohol, illegal drugs, or tobacco products is not acceptable at any time.
2. I understand that interfering with the progress of another swimmer, during practice or otherwise, is not acceptable.
3. I will demonstrate good sportsmanship by conducting myself in a manner that earns the respect of myself, my teammates, other swimmers, parents, officials and the coaches at meets and practices.
4. At all club functions, whether practice, meets, or social gatherings or on social media, I will behave in such a way that my actions reflect positively on the team.
5. I will continue to protect and improve the excellent reputation the club has throughout the state and country.
6. I understand that bullying of any kind is unacceptable and will not be tolerated.
7. Retaliation against Coaching staff, Board members, parents, or swimmers for any alleged or actual violation of the code of conduct will not be tolerated.
8. I have read and I understand the FAST Disciplinary Code and Procedures. I understand that failure to follow the FAST Code of Conduct may result in disciplinary action being taken.

For Parents/Guardians:

As a parent or guardian of a swimmer and member of FAST, I/we abide by the following guidelines:

1. Practice teamwork with all parents, swimmers and coaches by supporting the values of Honesty, Caring, Respect and Responsibility.

2. I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) that interfere with coaches on the pool deck.
3. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, Officials, Board of Directors and the Coaches at any FAST function or with any FAST communications.
4. Any distribution of private information concerning minors via emails, social media, texting about a swimmer(s), parents, Board of Directors, Coaches or team as a whole will not be tolerated.
5. Bullying of any kind is unacceptable and will not be tolerated.
6. If I am made of aware of any inappropriate conduct or content by my swimmer, another swimmer(s), or parent(s) I will bring forward to the Head Coach or the Board of Directors. I will be supported by the board and coaching staff.
7. Retaliation against coaching staff, board members, parents, or swimmers for any alleged or actual violation of the code of conduct will not be tolerated.
8. Maintain self-control at all times. Know my role:
 - a. Swimmers >> Swim
 - b. Coaches >> Coach
 - c. Officials >> Officiate
 - d. Parents >> Parent
9. I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated, and I may be asked to leave the program.
10. I understand that I am not allowed on deck during practice or meets unless I'm working or have prior approval from a coach.
11. Enjoy involvement with FAST by supporting the swimmers, coaches and other parents with positive communication and actions.
12. During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff. Parents address officials via the coaching staff only.
13. I understand my Team Support efforts are an integral part of the success of this team and will complete my Team Support responsibilities.
14. I have read and I understand the FAST Disciplinary Code and Procedures. I understand that my swimmer's failure to follow the FAST Code of Conduct may result in disciplinary action being taken.

Should I conduct myself in such a way that brings discredit or discord to FAST, I voluntarily subject myself to disciplinary action as recommended by the Head Coach or Board of Directors.