



## Code of Conduct for all Coaches

The purpose of this code of conduct for coaches is to establish standards for the coaching staff of Tide Swimming. It is to be used as a guide to promote a positive team environment and to demonstrate on a daily basis Tide Swimming's core values of passion, respect, integrity, gratitude, courage, and performance.

As a TIDE coach I am committed to

- Following USA Swimming's rules and code of conduct at all times
- Keeping the guidelines, rules, and policies of Safe Sport first and foremost and promoting a safe, healthy, positive training environment for my athletes
- Setting a good example of respect and sportsmanship for athletes and parents to follow by ensuring that my actions are a reflection of TIDE's core values
- Treating every athlete fairly, justly, impartially, intelligently, and with sensitivity
- Acting and dressing with professionalism and dignity in a manner that reflects well on both TIDE and myself as a professional swim coach
- Continuing to seek and maintain my own professional knowledge and seeking development in all areas in relation to coaching and teaching children

I understand the above standards and further agree to uphold Tide Swimming's core values of passion, respect, integrity, gratitude, courage, and performance by modeling the following behaviors.

### Passion

- Pursue your goals by finding your joy.
- Be present; be positive.

### Respect

- Behave with positive intent in how you listen, speak, and act.
- Be punctual, present, and prepared.
- Take pride in your environment.

### Integrity

- Be honest and transparent.
- Honor your commitments and be accountable for your actions.

### Gratitude

- Be thankful by showing appreciation and support for all.
- Honor relationships.

### Courage

- Celebrate failure: learn from your mistakes.
- Be tough mentally and physically.
- Find your path as you trust the process.

### Performance

- Be accountable to your highest standard.
- Commit to and appreciate the journey.
- Strive together