



FT. LAUDERDALE diving team

Rules and Regulations, Parental Code of Conduct & Travel Code of Conduct

The Fort Lauderdale Diving Team strives to conduct all team business between the staff and our members in a manner of the highest respect and as such, has developed the rules and regulations, as well as codes of conduct contained within this document.

The purposes of the policies contained within this document are as follow:

- A. To facilitate a team environment that is supportive of coaches, athletes and families.
- B. To outline behavioral expectations from the FLDT coaching staff and to inform parents and athletes of prohibited acts and inappropriate conduct.
- C. To provide coaches with support for issues of disciplinary action regarding athletes and/or families by providing a clear and consistent method for dealing with behavioral issues relating to coaches, athletes, and/or families.
- D. To provide outlined procedures that allow FLDT to:
 1. Promptly and thoroughly investigate alleged acts of inappropriate conduct or behavior.
 2. Take any appropriate disciplinary action, based on a thorough investigation.
 3. Engage in preventive or corrective measures.

Rules and Regulations

Training Sessions:

1. Family and friends are welcome during training. However, please sit in the designated sitting area. No interaction with your child will be permitted.
2. Team members must arrive on time and complete the warm-up program every day.
3. Training will not be cancelled if at all possible. If workouts are cancelled, you will receive an email and/or text prior to the training times. Please check your email or phone for texts during bad weather, as we will keep you up to date the best we can.

General Rules:

1. All parents, athletes and family members must be in total support of the program. If there are any problems, questions or any item needed to be discussed with the Director, please call and make an appointment as soon as possible. All items will be handled on an individual basis and will be confidential.
2. Divers may be asked to leave the team if they or their parents do not follow and support the program, team rules and regulations as well as the parents' code of conduct. Every effort will be made by the Director to rectify the situation prior to the dismissal of a family from the team.
3. All team members and parents must enter and exit at the main entrance to the Aquatic Complex.
4. Running, pushing or horseplay is prohibited.
5. Anyone causing harm to the facility, diving equipment, exercise mats, etc. will be asked to leave the facility for a period of time to be determined by the Head Coach.

Rules and Regulations

6. The multi-purpose room is to be kept clean at all times.
7. Street clothes or cut-offs are not allowed in the pools.
8. No glass containers are allowed in the facility.
9. Only one diver is allowed on the board at a time.
10. No double bouncing of other divers.
11. Use of weight room is permitted only with a member of the coaching staff.
12. Only one person is allowed on the trampoline at a time.
13. No flips on trampoline or dryboard without being in the belt and spotted by a member of the coaching staff.
14. No add-on or stick-it games are allowed on the trampoline or dryboard.
15. Head coach determines all team workout times and team training groups.
16. Head coach determines placement of athletes in the appropriate team training group.

Parental Code of Conduct

Parents' and visitors' sitting Area - All parents and visitors wishing to watch workout must do so from the canopy covered silver bleachers in the northwest side of the pool. Please allow the coaches to do their jobs and allow your young athletes to enjoy you as their parents. We have the best interests of your child's safety, progressions and success in mind – not only in the sport of diving but in the life lessons that sports teach. Please sit back and enjoy the process. If there is a question or in your opinion a problem, please set up a meeting with the coaching staff when we can give you full attention instead of during training.

Coaching your child – Never give the appearance of coaching your child or any diver. Never coach your child or any other diver. Coaching or the appearance of coaching is not limited to giving corrections to the diver (direct coaching), and also includes telling the divers what dives to perform, as well as interfering with the coaches' decisions with regards to team training (at our pool and at events), days off, training schedule, grouping of divers, when to travel to meets, what dives to perform in competition, to name a few. Your children want to please you. Because of this your diver will try to impress you first and foremost, while maybe forgetting what the coach is attempting to have them change. We welcome questions about your child and our coaching philosophies but you should not question or discuss the decisions we make to other parents or your athlete. Instead, any questions surrounding training should be done in a one on one meeting with the coaching staff and we welcome that when needed. In order for the program to grow and work for the good of the whole, there needs to be trust in the staff to know that we have the best interest in the diver and the team in mind.

Give your athlete love and positive support as a person - Remember this is your child. Love him/her unconditionally. There is nothing better in life. All your child wants and needs from you is knowing you will be there for him/her with unconditional love and support no matter what. Children want to please their parents. Because of this your diver will try to impress you first and foremost. Remember, they live with you – not the coaches. Allow us to be the bad guys when we need to be, and not you. Your child will enjoy talking about diving, their fears and accomplishments with you if you just support them and not become their part time coach.

Do not approach a coach during practice - If you have a question and would like to address a coach in person, wait until the conclusion of all practices for that day. If you have a question or concern, we invite you to set up a face to face meeting. Please do not approach the coach during workout times as we will not be able to give you full attention and it would detract from the attention needed for all our divers.

Parental Code of Conduct

Aggressive behavior or language - Aggressive behavior or language will not be allowed through e-mails, phone calls, voice mails, text messages, instant messages, and any other form towards any member of the FLDT coaching staff or member of the team (another parent or athlete).

During events - At USA Diving hosted events, regionals, zones, synchro nationals, sr. winter nationals, junior and senior summer nationals, we ask all parents to stay in the spectator area unless volunteering to work a table and to refrain from talking, texting, or calling your athlete during their event. We understand you are only trying to help your diver, but their mood, thoughts, concentration, and or relaxation, needs to be under the control of the coaches. Mood swings during a competition are normal and we need to teach the divers how to handle these things. If the divers are getting different information from a parent and coach, it will get confusing. A poor performance at a meet or workout is not a negative reflection on the diver, the parent, or the coach. Win or lose, a diver should know ahead of time that he or she has their parent's support and approval.

Failure to follow Parental Code of Conduct policies may result in:

1. Parent being asked to leave the pool area.
2. Parent being suspended from entering the pool area for a period of time.
3. The diver being dismissed from workout.
4. The diver being suspended from workouts for a period of time.
5. Family dismissed from the program.

Travel Code of Conduct

1. Parents and athletes can select their own hotel and airline while traveling to competitions if there is not a parent traveling with the diver under the age of 18, they must find another parent to be responsible for their athlete.
2. For all meets, the divers must arrive at the pool or designated area at a time selected by the coaching staff.
3. Divers 13 and under must stay with their parents or an adult the family has made prior arrangements with prior to the event.
4. Appropriate curfews may be set by the coaching staff.
5. While in public (restaurants, airplane, etc.), please remember you are not only representing yourselves and your family, you are also representing the City of Ft. Lauderdale, the Diving Team, and the Coaching Staff.
6. Fort Lauderdale Diving Team t-shirts and/or warm-ups are to be worn while at the pool.
7. Fort Lauderdale Diving Team swim suits MUST be worn during all competitions.
8. During competitions, parents must stay in the designated spectator area and must not enter the competitive area. Divers will be instructed not to sit with their parents or family during their event.
9. Other rules and regulations may be necessary at certain pools, hotels, and airlines. If this occurs, the staff will make sure that these rules and regulations are understood by all competing divers and their parents as soon as the situation arises.
10. There will be a team meeting at the pool each day after the last event that we have a team member competing in. All competing team members must attend these meetings.
11. The consumption of alcohol is prohibited by anyone under the age of 21. If you are over the age of 21, becoming intoxicated in public is prohibited.

Travel Code of Conduct

12. The use of any drug not prescribed by a physician is prohibited. Over the counter drugs may be taken with the approval of the coaching staff. Please be aware that certain USA Diving events screen for banned drugs. Each of you that take prescription or over the counter drugs should become familiar with the banned list from the United States Olympic Committee.
13. Everyone needs to be aware of being found guilty by association. If you are with a group of people that get in trouble, even though you did not participate in any wrong act, you could be found guilty by association. You should leave this situation before anything occurs.

Violations of the Travel Code of Conduct

- A team member may be placed on probation or be dismissed from the team depending on the severity of the violation.
- Other disciplinary actions may include:
 - a. The diver may be withdrawn from the event.
 - b. The diver may be sent home at his/her own expense.
 - c. The diver may lose the privilege to travel to future travel events.
- The coaching staff will do its best to handle all situations at the event quickly and as fairly as possible.
- If the parents are not present at the event, a member of the Coaching Staff will contact the parents as soon as possible and explain what has taken place and discuss any and all disciplinary actions that will be placed on the athlete.

Parents must discuss and explain the importance of these codes of conduct and rules and regulations to their children. While the Coaching Staff will do as much as possible to care for your children, it is the responsibility of the parents to teach their children to respect others and to remind them to follow the direction of the Coaching Staff.

I have read, as well as my child athlete (if applicable), has read and agree to support and abide by the aforementioned Rules and Regulations, Parental Code of Conduct & Travel Code of Conduct for the Fort Lauderdale Diving Team.

Parent name (print)

Parent signature

Athlete name (print)

Athlete signature

Date _____