

Peace River Winter Swim Club

“Code of Conduct & Ethics”

Purpose:

The purpose of this Code is to ensure a safe and positive environment within Peace River Winter Swim Club programs, activities, and events by making members aware that there is an expectation, at all times, of appropriate behavior and behavior that is consistent with the values of the Peace River Winter Swim Club that include excellence, integrity, innovation, and collaboration and that there are repercussions for inappropriate or illegal behavior.

Peace River Winter Swim Club supports equal opportunity, prohibits discriminatory practices and is committed to providing an environment in which all individuals are treated with respect.

Conduct that violates this Code may be subject to sanctions pursuant to Peace River Winter Swim Club Discipline and Complaints Policy.

Definitions

The following terms have these meanings in this code:

- a) “member” - All categories of membership defined in the by-laws of the Peace River Winter Swim Club as well as all individuals employed by, or engaged in activities with, Peace River Winter Swim Club, including but not limited to athletes, coaches, officials, volunteers, directors and officers of Peace River Winter Swim Club, and parents/guardians of athletes.
- b) “position of trust” - A job or position in which one individual may exercise power or authority over another individual, such as a coach.
- c) “vulnerable individual” - A person under the age of 18 years old and/or a person who, because of age, disability or other circumstance, is in a position of dependence on others or is otherwise at a greater risk than the general population of being harmed.

Zero Tolerance Statement

Peace River Winter Swim Club has zero tolerance for any type of abuse and supports a sporting environment where all members can participate safely and free from any harm. Members are required to report instances of abuse or suspected abuse to the Peace River Board of Directors to be immediately addressed under the policies of Peace River Winter Swim Club.

Reporting

Conduct that is legally required to be disclosed to law-enforcement and/or Child and Family Services, including, but not limited to, suspected cases of child abuse or neglect, will be referred immediately upon knowledge to the local law enforcement and/or Child and Family Services Office. Additionally, in alignment with the Peace River Winter Swim Club Discipline and Complaints Policy, members may be temporarily suspended pending the outcome of the matter.

Application of this Code

This Code applies to members' conduct during Peace River Winter Swim Club business, activities, and events including, but not limited to, competitions, practices, training camps, travel associated with Peace River Winter Swim Club activities, and any meetings.

This Code also applies to members' contact outside of Peace River Winter Swim Club business, activities, and events when such conduct adversely affects relationships within Peace River Winter Swim Club (and its work and sport environment) or is detrimental to the image and reputation of Peace River Winter Swim Club. Such applicability will be determined by the Board of Directors at its sole discretion.

All members must do their best to act accordingly outside of specific Peace River Winter Swim Club activities such that their behavior does not impact negatively on the Club within our local community. Members who are clearly identified as being associated with the Peace River Winter Swim Club shall be held to a higher expectation of exercising good behavior within our community. Infractions of this will be dealt with by the Board of Directors on a case by case basis with consideration being given to the impact the negative behavior has had on the Peace River Winter Swim Club and the public's reaction to same. Members found by the Board to have acted inappropriately will be dealt with according to the Peace River Discipline and Complaints Policy. Members are required to follow all Bylaws of Swim Alberta. In the event that a Member loses membership with Swim Alberta their membership with Peace River Winter Swim Club will immediately come to an end. Once Members have been reinstated as Members in good standing of Swim Alberta their membership within the Peace River Winter Swim Club may be reevaluated at that time. Reinstatement of Membership to Peace River Winter Swim Club is not an automatic right upon reinstatement of membership to Swim Alberta.

Responsibilities

Members have a responsibility to:

- a) Comply with Peace River Winter Swim Club bylaws, policies and procedures, including but not limited to:
 - i. Safe sporting environment policy
 - ii. Equity, and inclusion and universal access policy
 - iii. Screening policy and screening disclosure procedure form
 - iv. Confidentiality policy
 - v. Conflict of interest policy
 - vi. Discipline and complaints policy
 - vii. Dispute resolution policy

- b) Maintain and enhance the dignity and self-esteem of Peace River Winter Swim Club members and other individuals by:
 - i. Demonstrating respect to individuals regardless of body type, physical characteristics, athletic ability, gender, ancestry, color, ethnic or racial origin, nationality, national origin, sexual orientation, age, marital status, religion, religious beliefs, political beliefs, disability, or economic status
 - ii. Focusing comments or criticism appropriately and avoiding public criticism of athletes, coaches, officials, organizers, volunteers, employees, or members
 - iii. Consistently demonstrating the spirit of sportsmanship, sport leadership, and ethical conduct
 - iv. Acting, when appropriate, to correct or prevent practices that are unjustly discriminatory
 - v. Consistently treating individuals fairly and reasonably
 - vi. Ensuring adherence to the rules of swimming and the spirit of those rules

- c) When interacting with vulnerable individuals, or with individuals with whom there is a recognized power of authority or trust that exist, the individual in the position of trust is required to enact practical approaches to these interactions. These include, but are not limited to:
 - i. Limiting physical interactions to non-threatening or non-sexual touching (i.e. high-fives, pats on the back or shoulder, handshakes, specific skill instruction etc.)

- ii. Ensuring the vulnerable individuals are always supervised by more than one adult
 - iii. Including parents/guardians in communication
 - iv. Ensuring that parents/guardians are aware that some non-personal communication between individuals and vulnerable individuals (e.g. coaches and athletes) may take place electronically and that this type of communication is now considered to be commonplace, especially with other older vulnerable individuals. Note that such communication is subject to the Code of Conduct and Ethics.
 - v. Ensure transportation of vulnerable individuals is with others present
 - vi. Ensure accommodations of vulnerable individuals are not shared unless there is additional adult supervision or others present.
- d) Refrain from any behavior that constitutes abuse. Abuse refers to violence, mistreatment or neglect one may experience well in the care of someone they depend on or trust. Types of behavior that constitute abuse include, but are not limited to:
- i. Physical abuse including beating, hitting, shaking, pushing, choking, biting, burning, kicking or assaulting an individual with a weapon. It also includes holding an individual underwater, or any other dangerous or harmful use of force or restraint.
 - ii. Sexual abuse including fondling, inviting an individual to touch or be touched sexually, intercourse, sexual assault, incest, sodomy, exhibitionism, or involving a child in prostitution or pornography.
 - iii. Neglect including failing to provide for an individual's physical, psychological or emotional development and well-being.
 - iv. Emotional or psychological injury or abuse including aggressive verbal threats, social isolation, intimidation, exploitation, or routinely making unreasonable demands. It also includes exposing an individual to violence.
- e) Refrain from any behavior that constitutes harassment, where harassment is defined as comment or conduct directed towards an individual or group, which is offensive, abusive, racist, sexist, degrading, or malicious. Types of behavior that constitute harassment include, but are not limited to:
- i. Written or verbal abuse, threats or outbursts.
 - ii. The display of visual material which is offensive or which one ought to know is offensive in the circumstances.
 - iii. Unwelcome remarks, jokes, comments, innuendos, or taunts.
 - iv. Leering or other suggestive or obscene gestures.
 - v. Condescending or patronizing behavior, which is intended to undermine self-esteem, diminished performance or adversely affect working conditions.
 - vi. Practical jokes which causes awkwardness or embarrassment, endanger a person's safety, or negatively affect performance.
 - vii. Any form of hazing defined as any potential or actual humiliating, degrading, abusive, or dangerous activity expected of an athlete by a more senior individual, which does not contribute to any positive development, but is required to be accepted as part of a team, regardless of the athlete's willingness to participate. This includes, but is not limited to, any activities, no matter how traditional or seemingly benign, that set apart or alienate any teammate based on class, number of years on the team, or athletic ability.
 - viii. Behaviors such as those described above that are not directed towards a specific individual or group but have the same effect of creating a negative or hostile environment.
 - ix. Retaliation or threats of retaliation against an individual who reports harassment to Peace River Winter Swim Club.
- f) Refrain from any behavior that constitute sexual harassment, or sexual harassment is defined as unwelcome sexual comments and sexual advances, requests for sexual favors, or conduct of a sexual nature. Types of behavior that constitute sexual harassment include, but are not limited to:
- i. Sexual jokes.
 - ii. Display of sexually offensive material.
 - iii. Sexually degrading words used to describe a person.
 - iv. Inquiries or comments about a person's sex life.
 - v. Unwelcome sexual flirtations, advances, or propositions.

- vi. Unwanted contact.
- g) Refrain from any behavior that constitute violence, where violence is defined as the exercise of physical force by a person that causes or could cause physical injury; an attempt to exercise physical force against an individual that could cause physical injury to the individual; or a statement or behavior that an individual may reasonably interpret as a threat to exercise physical force against the individual. Types of violence activities include, but are not limited to:
 - i. Verbal threats to attack.
 - ii. Sending or leaving threatening notes or electronic communication.
 - iii. Making threatening physical gestures.
 - iv. Wielding a weapon.
 - v. Hitting, pinching or unwanted touching which is not accidental.
 - vi. Throwing an object.
 - vii. Blocking normal movement or physical interference with or without the use of equipment.
 - viii. Sexual violence.
 - ix. Any attempt to engage in the type of conduct outlined above.
- h) Abstain from the non-medical use of drugs with the use of performance-enhancing drugs or methods. More specifically, Peace River Winter Swim Club adopts and adheres to the Canadian Anti-Doping Program. Any infraction under this program shall be considered an infraction of this code and shall be subject to disciplinary action, and possible sanction, pursuant to Peace River Winter Swim Club Discipline and Complaints Policy. Peace River Winter Swim Club will respect any penalty enacted pursuant to a breach of the Canadian Anti-Doping Program, whether imposed by Peace River Winter Swim Club, Swim Alberta or any other sport organization.
- i) Refrain from associating with any person for the purpose of coaching, training, competition, instruction, administration, management, athletic development, or supervision of the sport of swimming, who has incurred an anti-doping rule violation and is serving a sanction involving a period of ineligibility imposed pursuant to the Canadian Anti-dropping Program and/or The World Anti-Doping Code and recognized by the Canadian Centre for Ethics in Sport (CCES).
- j) Refrain from the use of power or authority in an attempt to coerce another person to engage in inappropriate activities.
- k) In the case of adults, avoid consuming legal intoxicants in situations where minors are present and take reasonable steps to manage the responsible consumption of legal intoxicants in adult oriented social situations associated with the Peace River Winter Swim Club events.
- l) Respect the property of others and not willfully cause damage.
- m) Promote swimming in the most constructive and positive manner possible.
- n) Adhere to all federal, provincial, municipal and host country laws.

Board/Committee Members and Staff

In addition to the above, Peace River Winter Swim Club board members, committee members, and staff will have additional responsibilities to:

- a) Act with honesty and integrity and conduct themselves in a manner consistent with the nature and responsibilities of Peace River Winter Swim Club business and the maintenance of member confidence.

- b) Ensure that Peace River Winter Swim Club's financial affairs are conducted in a responsible manner with due regard for all fiduciary responsibilities.
- c) Conduct themselves professionally, lawfully and in good faith in the best interest of Peace River Winter Swim Club.
- d) Be independent and impartial and not be influenced by self-interest, outside pressure, expectation of reward, or fear of criticism.
- e) Behave with decorum appropriate to both circumstances and position and be fair, equitable, considerate, and honest in all dealings with others.
- f) Keep informed about Peace River Winter Swim Club activities, Swim Alberta activities, the provincial swimming community, and general trends in the sectors in which it operates.
- g) Exercise the degree of care, diligence, and skill required in the performance of their duties pursuant to the laws under which Peace River Winter Swim Club is incorporated.
- h) Respect the confidentiality appropriate to issues of a sensitive nature.
- i) Ensure that all members are given sufficient opportunity to express opinions, and that all opinions are given to consideration and weight.
- j) Respect the decisions of the majority.
- k) Commit the time to attend meetings and be diligent in preparation for, and participation in, discussions at such meetings.
- l) Have a thorough knowledge and understanding of all Peace River Winter Swim Club governance documents.
- m) Conform to the bylaws and policies approved by Peace River Winter Swim Club, in particular this Code of Conduct and Ethics Policy, as well as the Conflict of Interest Policy and Confidentiality Policy.

Coaches

In addition to the above, coaches have many additional responsibilities. The coach – athlete relationship is a privileged one and plays a critical role in the personal, sport, and athletic development of the athlete. Coaches must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it, consciously or unconsciously. Coaches will:

- a) Ensure a safe environment for selecting activities and establishing controls that are suitable for the age, experience, ability, and fitness level of the involved athletes.
- b) Avoid compromising the present and future health of athletes by communicating and cooperating with sport medicine professionals in the diagnosis, treatment, and management of athlete's medical and psychological treatments.
- c) Support the coaching staff of a training camp, provincial team, or national team; should an athlete qualify for participation with one of these programs.
- d) Provide athletes (and the parents/guardians of minor athletes) with the information necessary to be involved in the decisions that affect the athlete.
- e) Act in the best interest of the athlete's development as a whole person.
- f) Respect other coaches and, should an athlete desire to change coaches, support and cooperate with the other coach in the exchange of information.
- g) Meet the highest standards of credentials, integrity and suitability, including but not limited to such considerations established by Peace River Winter Swim Club's Screening Policy.
- h) Report any ongoing criminal investigation, conviction, or existing bail conditions.
- i) Under no circumstances provide, promote, or condone the use of drugs (other than properly prescribe medications) or performance-enhancing substances and, in the case of minors, alcohol and/or tobacco.
- j) Respect other athletes and, in dealing with them, not encroach upon topics or actions which are deemed to be within the realm of 'coaching', unless after solicited by the athlete or first receiving approval from the coaches who are responsible for the athletes.

- k) Not engage in a sexual relationship with an athlete under 18 years old, or an intimate or sexual relation with an athlete over the age of 18 if the coach is in a position of power, trust, or authority over the athlete.
- l) Recognize the power inherent in the position of coach and respect and promote the rights of all participants in sport. Coaches need to establish and follow procedures for confidentiality (right to privacy), informed participation, and fair and reasonable treatment. Coaches have a special responsibility to respect and promote the rights of participants who were in a vulnerable or dependent position and less able to protect their own rights.
- m) Dress professionally, neatly, and appropriate.
- n) Use appropriate language, taking into account the audience being addressed.
- o) Advise the Board of any criminal charges or pending criminal charges.

Athletes

In addition to the items listed under “Responsibilities” above, athletes will have additional responsibilities to:

- a) Report any medical problems in a timely fashion, when such problems may limit their ability to travel, train, or compete.
- b) Participate and up here on time, well-nourished, and prepare to participate to their best abilities in all competitions, practices, training sessions, events, activities, or projects.
- c) Properly represent themselves and not attempt to enter a competition for which they are not eligible by reason of age, classification, or other reason.
- d) Adhere to Peace River Winter Swim Club rules and regulations regarding clothing and equipment.
- e) Never ridicule a participant for a poor performance or practice.
- f) Act in a sportsman like manner and not display appearances of violence, foul language, or gestures to other athletes, officials, coaches, or spectators.
- g) Dress in a manner representative of Peace River Winter Swim Club; focusing on neatness, cleanliness, and discretion. Designated official clothing, if applicable, must be worn when travelling and competing.
- h) Act in accordance with Peace River Winter Swim Club’s policies and procedures and, when applicable, additional rules as outlined by coaches or chaperones.
- i) Athletes over the age of 18 will advise the Board of any criminal charges or pending criminal charges.
- j) Athletes under the age of 18 who are subject to terms of probation or terms of recognizance, should make the Board aware of same.

Officials

In addition to the items listed under “Responsibilities” above, officials will have additional responsibilities to:

- a) Maintain and update their knowledge of the rules and rule changes.
- b) Work within the boundaries of the position’s description while supporting the work of other officials.
- c) Act as an ambassador of Peace River Winter Swim Club by agreeing to enforce and abide by Swimming Canada and Swim Alberta rules and regulations.
- d) Respect the rights, dignity, and worth of all individuals.
- e) Conduct themselves openly, professionally, lawfully, and a good faith in the best interest of Peace River Winter Swim Club.
- f) Be fair, equitable, considerate, independent, honest, and impartial and all dealings with others.
- g) Respect the confidentiality required by issues of a sensitive nature, which may include disqualifications, discipline processes, appeals, and specific information or data about Members.
- h) Promote a team spirit by respecting people’s differences, valuing diversity of opinion, and working with others to achieve the best decisions for athletes in competitions.
- i) Dress in proper attire for officiating.

Parents/Guardians

In addition to the items listed under “Responsibilities” above, parents/guardians of athletes at events will have additional responsibilities to:

- a) Encourage athletes to play by the rules and resolve conflicts without resorting to hostility or violence.
- b) Never ridicule an athlete for a poor performance or practice.
- c) Provide positive comments that motivate and encourage athletes' continued effort.
- d) Respect the decisions and judgements of officials and encourage athletes to do the same.
- e) Respect and show appreciation to all competitors and to the coaches, officials, and other volunteers who give their time to the sport.
- f) Keep off the competition area and not interfere with events or calls.
- g) Advise the Board of any criminal charges or pending criminal charges, when filling any volunteer positions.