

# REGINA DIVING CLUB

## DIVER'S CODE OF CONDUCT

1. Divers represent RDC and are to conduct themselves at all times in a manner which will not reflect negatively on RDC or be disruptive to those around them.
2. Divers shall demonstrate respect for coaches, officials, chaperone/managers and other athletes.
3. Divers will be punctual at all times. Be prepared to start training on time. This means arriving at the pool 5 to 10 minutes early.
4. All divers are to ask their coach if they may leave the pool deck during practice.
5. Help with any set-up or take down of equipment when asked by the coaching staff.
6. Divers are to make sure coaches and chaperone/managers know where they are at all times.
7. Divers agree to abide by all reasonable and ethical decisions made by the coaches and/or chaperone/managers. If you question whether a decision is reasonable and ethical, please ask your parent or a member of the Board of Directors.
8. On out-of-town trips, divers shall remain in their own hotel rooms after curfew.
9. Divers may leave to visit with relatives and/or friends only with the permission of the coaches and of the diver's parents.
10. Divers will wear the designated team uniform when representing RDC.
11. **Diver's Behaviour:**
  - Older more experienced divers...you are role models, please lead by example.
  - Be supportive, courteous and respectful to all your team-mates.
  - Please respect your team-mates by avoiding inappropriate behaviour (e.g., yelling, screaming, shouting, snapping chamois.) This can be distracting to others.
  - Please avoid all gossip; it serves no positive purpose to your team.
  - Please wait until after training time to talk to your family or friends.
  - Divers shall use appropriate language -- abusive language and profanity is not permitted.
  - Divers shall not smoke.
  - Divers shall not consume alcohol (this includes divers of legal drinking age while they are representing RDC).
  - Divers shall not use, consume and/or possess illegal drugs. If using prescription drugs, the coach and chaperone/manager must be notified. (In competitions where drug testing is to take place, this includes caffeine, aspirin, asthma medicine, or any substance which may result in a positive drug test.) If in doubt, please call 1-800-672-7775 for the Canadian Centre for Ethics in Sports.

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### 12. Diving Board Etiquette:

- Always know the depth of any pool before diving in head first.
  - Dive safely at all times. Make sure the area under your board is clear.
  - When it is your turn on the diving board, please be ready to go.
  - Once you have stepped on the board, please proceed with your dive. Remember that other divers are waiting for their turn on the board.
  - When a team-mate is about to use bubbles, please wait until their dive is complete before proceeding with your dive. Please stay out of the water during bubble use.
  - Bails should only occur if you are so far back from the tip of the board that dive completion may risk personal injury.
13. Treat all pool facilities, staff and other pool users with the same respect you want to be afforded.
14. When diving during public swim, divers are to follow public swim rules and lifeguards' directions.
15. Divers shall strive to maintain or improve on their current academic marks.
16. The Head Coach will determine if an alumni diver may train with the Club. Alumni divers who are permitted to train with the club will pay the applicable DPC registration fee, to be registered with DPC for insurance purposes. Alumni are subject to the Club training rules while training.
17. Any injuries incurred in practice or competition must be reported to the coach immediately.

Failure to adhere to this code of conduct may result in disciplinary action, including but not limited to a reprimand, restriction of privileges, removal from training or competition, being sent home from competition (at the expense of your parents) and/or suspension from the team.

#### **Diver:**

**I have read the Code of Conduct and understand my responsibilities as a diver in the Regina Diving Club.**

**Diver's Name:** \_\_\_\_\_ (please print)

**Diver's Signature:** \_\_\_\_\_

#### **Parent:**

**I have discussed the Code of Conduct with my diver and I understand their responsibilities as a diver.**

#### **Parent/Guardian**

**Signature:** \_\_\_\_\_