



# Milton Masters Aquatic Club

## Code of Conduct

The following rules were designed to help us co-exist peacefully within our lanes and to prevent swimming from becoming a contact sport.

- All swimmers must follow the posted workout or activity assigned by the coach.
- Lanes 1, 3, and 5 swim counter-clockwise and Lanes 2, 4, and 6 clockwise.
- Keep to your side of the lane when swimming.
- Lane 1 is responsible for taking down the flags. Other members should help set up the flags.
- If the lane you normally swim in is crowded and the next lane has fewer swimmers, the fastest swimmer in your lane should move up, or the slowest swimmer should move down.
- If you are swimming faster than the swimmer in front of you, and you want to pass, touch their foot prior to reaching the end of the pool. If you are touched on the foot, yield to the swimmer behind you at the end of the pool. Do not stand up in the middle of the pool or attempt to pass mid-length.
- When you have completed your drill set or are taking a break, move out of the way so that incoming swimmers can reach the wall.
- If the swimmer in front of you is doing flip turns, leave them enough room to come off the wall.
- Be aware of space. Wait at least 5-10 seconds before following the swimmer ahead of you. Use the pace clock.
- Swimmers must do their best to self-seed within their lane. The fastest swimmer for any particular set should lead followed by the second, then the third, etc.
- Because we are all stronger/weaker in different strokes, try to adjust your starting order based on that specific stroke.
- If you are not following the scheduled work out, yield to the swimmers in the lane who are.
  - Members must cooperate with the coach and other swimmers. This means either attempting to do the assigned sets (or mutually agreeable alternatives) or quietly staying out of the pool until a suitable set is assigned.
- Return any equipment you have used to the locker.

If a member proves to be either unable or unwilling to swim safely or cooperate, their membership will be revoked and the agreed portion of fees will be refunded according to the time of year. The revoking process begins by the Executive formally warning the member that it is being considered. If after the warning, there is not enough improvement, then the revoking occurs with an Executive vote.

I have read and understand the Code of Conduct, and agree to abide by the rules of the Milton Masters Aquatic Club. I also agree to waive my right to membership, if I am found in violation of these rules.

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Signature

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Please Print Name

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Date