

JCAT Parent & Athlete Code of Conduct - 2026

JCAT Swim

Purpose

JCAT Swim is committed to providing a safe, respectful, positive, and competitive environment in which athletes can develop their swimming skills, confidence, discipline, and sportsmanship.

Membership in JCAT carries responsibilities for both athletes and parents/legal guardians. All members are expected to conduct themselves in a manner that supports the team, respects others, and complies with JCAT policies, USA Swimming requirements, and applicable Safe Sport requirements.

Parent / Legal Guardian Expectations

1. Support Your Athlete

Parents should encourage their athlete's effort, development, attendance, sportsmanship, and enjoyment of swimming. Individual progress and long-term development should be emphasized rather than comparison with other swimmers.

2. Respect the Coaching Process

Coaches are responsible for coaching decisions, including training assignments, practice groups, lane assignments, meet entries, relays, and athlete development.

Parents should not interrupt coaches while they are actively conducting practice or coaching athletes at a competition except when an immediate health or safety concern exists.

Questions or concerns about an athlete's training should be discussed with the coaching staff at an appropriate time outside active practice or competition.

3. Communicate Respectfully

Parents must communicate respectfully with athletes, coaches, officials, volunteers, facility personnel, and other families.

Threatening behavior, harassment, bullying, abusive or discriminatory language, aggressive confrontation, or repeated disruptive conduct is prohibited.

Disagreements should be addressed directly and appropriately rather than through rumors, personal attacks, or disruptive behavior.

4. Respect Athlete and Coach Boundaries

Parents must respect the privacy and personal boundaries of all athletes and comply with JCAT's Minor Athlete Abuse Prevention Policy (MAAPP), Photography & Video Policy, locker-room requirements, and other Safe Sport policies.

Parents should not interfere with another athlete's coaching, discipline, training, or relationship with that athlete's parent/legal guardian.

5. Follow Team and Facility Rules

Parents are responsible for becoming familiar with JCAT policies and applicable facility and competition rules.

Parents should make reasonable efforts to have athletes arrive prepared and on time and should communicate significant absences or delays when appropriate.

Parents and spectators must follow facility rules regarding deck access, seating, locker rooms, photography, and restricted areas.

Athlete Expectations

1. Respect Others

Athletes must treat teammates, coaches, officials, competitors, volunteers, facility personnel, and parents with respect.

Bullying, hazing, harassment, intimidation, discrimination, threats, fighting, or deliberately humiliating another person is prohibited.

2. Demonstrate Sportsmanship

Athletes are expected to demonstrate appropriate sportsmanship during practices, competitions, and team activities.

Athletes should respect competitors and officials and represent JCAT appropriately regardless of whether they win or lose.

Disagreement with an official's decision does not justify disrespectful or disruptive behavior.

3. Participate and Make an Effort

Athletes are expected to participate appropriately in assigned training, listen to coaching instructions, make a reasonable effort, and avoid intentionally disrupting the training of other swimmers.

Athletes who do not understand an instruction are encouraged to ask their coach for clarification.

4. Follow Safety Instructions

Athletes must follow reasonable safety instructions given by coaches, officials, lifeguards, and facility personnel.

Dangerous behavior on the pool deck, in the water, locker rooms, changing areas, bathrooms, or other team facilities is prohibited.

Athletes must notify a coach before leaving the practice area for a bathroom or locker-room break so coaching staff can account for their whereabouts.

5. Respect Property

Athletes must respect JCAT equipment and the property of teammates, competition facilities, training facilities, and other organizations.

Intentional damage, theft, or misuse of property may result in disciplinary action and responsibility for associated costs.

6. Support Your Teammates

JCAT athletes are expected to contribute to a positive team environment.

Experienced athletes are encouraged to welcome and support younger or newer swimmers while maintaining appropriate boundaries.

Safe Sport and Athlete Protection

All JCAT athletes, parents/legal guardians, coaches, and applicable Adult Participants are expected to comply with the JCAT Minor Athlete Abuse Prevention Policy (MAAPP) and applicable USA Swimming Safe Sport requirements.

Nothing in this Code of Conduct prevents an athlete, parent, coach, or other individual from reporting a safety concern or suspected misconduct.

Safe Sport concerns must be reported through the appropriate reporting channel. Matters within the jurisdiction of the U.S. Center for SafeSport, USA Swimming, law enforcement, or child-protection authorities will not be treated solely as ordinary JCAT disciplinary matters.

Good-faith reporting of a safety concern or policy violation is not prohibited by this Code of Conduct, and retaliation for making an appropriate good-faith report is prohibited.

Concerns About Coaching Decisions

Parents and athletes may respectfully ask questions about training, athlete development, group placement, meet participation, or other coaching decisions.

A disagreement with a coaching decision does not, by itself, constitute misconduct.

When a parent or athlete believes a matter involves a violation of JCAT policy rather than an ordinary coaching decision, the concern may be addressed through the JCAT Grievance Procedure or the appropriate Safe Sport reporting process.

Violations and Disciplinary Action

Violations of this Code may result in appropriate corrective or disciplinary action based on the nature, severity, frequency, and circumstances of the conduct.

Actions may include:

- Verbal or written warning
- Parent/athlete conference
- Removal from a practice, meet, or team activity
- Temporary suspension
- Conditions for continued participation
- Dismissal from JCAT Swim

When appropriate, disciplinary matters will be handled according to the JCAT Grievance Procedure - 2026. Nothing in JCAT's disciplinary process limits or replaces reporting obligations or jurisdiction belonging to USA Swimming, the U.S. Center for SafeSport, law enforcement, child-protection authorities, or another appropriate authority.

Parent and Athlete Acknowledgment

By participating in JCAT Swim, athletes and parents/legal guardians acknowledge their responsibility to follow this Code of Conduct and the applicable policies of JCAT Swim.

Our goal is to maintain an environment in which coaches can coach, athletes can train and develop, parents can support their children, and all JCAT members can participate safely and respectfully.

Athlete Name: _____

Athlete Signature: _____

Parent/Legal Guardian Name: _____

Parent/Legal Guardian Signature: _____

Date: _____