

HIGHLANDER AQUATICS Best Practice Guidelines

The following guidelines are strongly recommended for all USA Swimming members:

1. Parents should be encouraged to appropriately support their children's swimming experience.
2. All swimming practices should be open to observation by parents.
3. Coaches should not initiate contact with or accept supervisory responsibility for athletes outside of Highlander Aquatics programs and activities.
4. Relationships of a peer-to-peer nature with any athletes should be avoided. For example, coaches should avoid sharing their own personal problems with athletes.
5. Coaches and other non-athlete adult members should avoid horseplay and roughhousing with athletes.
6. When a coach touches an athlete as part of instruction, the coach should do so in direct view of others and inform the athlete of what he or she is doing prior to the initial contact. Touching athletes should be minimized outside the boundaries of what is considered normal instruction. Appropriate interaction would include high-fives, fist bumps, side-to-side hugs, and handshakes.
7. Coaches should avoid showing favoritism towards any athletes. They should also be mindful to avoid situations that could be perceived as favoritism.
8. Gift-giving, providing special favors, or showing favoritism to individual athletes is strongly discouraged.