

Four Strokes Code of Conduct and Minor Safety Policy

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Four Strokes LLC requires respectful competition and an environment in which safety concerns can be raised without retaliation. This policy sets conduct standards, safeguards for minors, and procedures for reporting and responding to concerns at Four Strokes tournaments.

Immediate danger or a medical emergency: call 911 and alert the nearest lifeguard or facility staff member. In Florida, report known or reasonably suspected child abuse as required by law to the Florida Abuse Hotline at 1-800-962-2873. Do not wait for a Four Strokes response.

For non-emergency concerns involving Four Strokes, use the website contact form: <https://swim4strokes.com/contact.html>. The form is not an emergency service. Section 12 explains the reporting routes.

1. Scope and definitions

This policy applies to participants, registered substitutes, team captains, coaches, parents and legal guardians, spectators, judges, volunteers, contractors, and other personnel in connection with a Four Strokes tournament. It covers registration, event communications, warm-up, competition, awards, and related conduct affecting participant safety or access to the event.

A minor is anyone under 18, including a child attending as a spectator. An adult is anyone 18 or older. Event personnel are people assigned to organize, officiate, coach, supervise, or otherwise work at the event. The Host is the facility, club, or organization identified on the Event Page. The Event Safety Lead is the adult appointed by the Host to coordinate safeguarding concerns and protective action on site.

The Tournament Terms and Conditions govern eligibility, registration, payments, liability, and legal disputes. The Official Rules govern gameplay and scoring. This policy adds conduct and safeguarding requirements; it does not change the minimum competitor age of 13 or create a new liability waiver. Mandatory law controls. Immediate protective action may be taken while an apparent document conflict is resolved.

2. Responsibility for implementation

The Host controls the premises, pool operations, staffing, emergency response, and on-site supervision. Before admitting participants, it must appoint an Event Safety Lead and an available alternate, both at least 18, and tell attendees how to find them. The Host must maintain access to emergency services and implement the safeguards within its control.

Four Strokes maintains this policy, addresses concerns within its authority, and decides restrictions affecting Four Strokes participation or credentials. Each organization must train and supervise the people it assigns. A team captain coordinates a team but does not automatically become its minors' guardian or the event's safety supervisor.

3. Conduct expected of everyone

Treat others respectfully, follow lawful safety instructions, and use the Official Rules for sporting disagreements. Competitive pressure, team traditions, a participant's consent, or a joke do not excuse prohibited conduct.

- Do not bully, haze, threaten, stalk, harass, discriminate, or retaliate. This includes degrading initiation rituals, sexual comments, unwanted sexual attention, and intimidation.
- Do not strike, restrain, push, deliberately submerge, sexually touch, or otherwise harm someone. Reasonable emergency rescue and necessary protective action must be appropriate to the situation.
- Do not cheat, falsify identity or results, tamper with cards or dice, collude to manipulate competition, bribe an official, or arrange tournament-related wagering. Authorized use of Action cards and strategy under the Official Rules remains permitted.
- Do not threaten officials, obstruct lifesaving work, damage property, enter restricted areas, or disclose another person's private information to intimidate or expose them to harassment.
- Do not work, supervise, officiate, or compete while impaired by alcohol, drugs, or another substance. Do not provide alcohol, nicotine products, or illegal drugs to minors. Follow the facility's rules on smoking, vaping, alcohol, and prohibited items.

Adults must model these standards and address minors' behavior without humiliation or physical punishment. Minors who cause harm may also need safeguarding support. Do not dismiss misconduct because both people involved are minors.

4. Swimming and facility safety

Enter the water only during authorized activity and use starting blocks only with facility authorization. Follow lane, warm-up, depth, equipment, and deck rules. No challenge, card, dice result, ranking, or prize permits unsafe conduct. An official must pause or modify activity when necessary for immediate safety, with sporting consequences handled under the Official Rules.

Participants must stop and seek help when distressed or unable to continue safely. Nobody may pressure a swimmer to ignore pain, breathing difficulty, illness, a safety instruction, or a request for help. Forced breath-holding, hyperventilation, underwater endurance contests, and exercise imposed as abusive punishment are prohibited.

The Host must provide appropriately qualified lifeguard coverage for all tournament water activity, including warm-up and cool-down, and maintain its emergency action plan. A person actively judging or coaching cannot simultaneously serve as the dedicated surveillance lifeguard. Suspend water activity if required coverage is unavailable.

5. Personnel screening and preparation

Before assigning adults authority over or regular contact with minors, their organization must verify identity and qualifications, arrange lawful role-appropriate background screening, and document abuse-prevention and reporting training. Check relevant official restrictions or ineligibility records and follow consent and screening laws. Screening does not guarantee safety.

Brief all personnel on this policy, reporting, and emergency roles. A judging certificate does not replace safeguarding screening, training, or lifeguard credentials. Personnel under 18 must work under adult supervision and cannot be the Event Safety Lead or sole supervisor of other minors.

6. Adult interactions with minors

Event-related adult-minor interactions must occur where another responsible adult can see and interrupt them. This includes coaching, discipline, meetings, private conversations, and assistance away from the deck. An unlocked door alone is insufficient if nobody can observe the interaction.

Use a public area or include a second suitable adult. A parent or guardian may observe their child's individual meeting or instruction, subject to safety and others' privacy. The Host must offer safe observation when unrestricted deck access is unavailable.

Physical contact must serve a legitimate sporting, assistance, or safety purpose and be explained when possible. Respect refusal and personal boundaries. Personnel may not give minors private massages or rubdowns. Clinical care requires an appropriately qualified professional, suitable consent, and safeguards.

Adults acting in an event role must not pursue romantic or sexual contact with a minor, request sexual images, invite secrecy, or use gifts, prizes, private favors, or access to build an exploitative relationship. A minor's apparent agreement or an adult's relationship with the family does not excuse exploitation.

Emergency assistance may depart from the observation rule only as necessary. Get help, restore safeguards promptly, and report the circumstances to the Event Safety Lead. Plan disability-related or personal-care assistance with the family and Host to preserve privacy, dignity, and safeguarding.

A parent or legal guardian caring for their own child does not need a second adult merely because they attend the event. This exception does not cover unrelated minors or prohibited conduct. Other personal relationships do not automatically create exceptions for event work.

7. Supervision and release of minors

Before participation, a parent or guardian must identify the adult responsible for the minor outside competition and provide a reachable emergency contact. That adult must remain available at the facility unless the Host expressly accepts supervision under a disclosed arrangement. Registration alone does not establish a drop-off or childcare service.

The Host must explain who supervises minors throughout any accepted period of care, including check-in and breaks. Maintain visibility and avoid isolated adult-minor pairings. Do not leave a minor unattended after a match, disqualification, or delayed pickup.

When the Host has accepted custody or supervision, release the minor only under the parent's documented instructions and any applicable custody restrictions. Verify an unfamiliar collecting adult. For an uncollected or missing child, activate the facility procedure, contact the responsible adult, and involve emergency services or child-protection authorities when warranted. Never send an uncollected minor home alone as a disciplinary measure.

8. Transportation and overnight arrangements

Tournament registration does not include transportation or overnight care unless a separately disclosed program provides them. Event personnel must not arrange a private ride alone with an unrelated minor as part of event duties. Use a parent or guardian, or an approved arrangement with at least two appropriately screened adults and documented parental authorization. Parental permission alone does not remove this safeguard.

An organized overnight program requires a written supervision and rooming plan before registration. An assigned adult may not share a sleeping room with an unrelated minor. Families remain responsible for independent travel arrangements; protective and reporting duties still apply.

9. Locker rooms and changing areas

The Host must identify permitted changing areas and provide access to a private changing option. Plan the use of shared public facilities so minors can change safely. A public pool setting does not excuse an avoidable situation in which an event adult and an unrelated minor are alone together in a changing area.

Adult event personnel must not undress in front of minors or require minors to undress where adults can observe them. Supervision should protect access and safety without observing private changing or showering. Announce necessary staff entry; use two suitable adults when practicable, maintain visibility without exposing bodies, and limit entry to a legitimate purpose.

No photography, video, livestreaming, or audio recording is allowed in toilets, showers, locker rooms, or designated changing spaces. Put recording devices away. Report suspected recording promptly. Emergency entry and necessary assistance must be limited to what the situation requires and documented when an exception to usual safeguards occurs.

Arrange assistance for disability-related or personal-care needs with the participant and, for a minor, their parent or guardian. Provide a private option without treating a person's need for accommodation as misconduct.

10. Electronic communications

Adult event personnel must use professional, event-related communications with minors. Include the minor's parent or guardian, or another appropriate adult event representative, in individual messages, email threads, and video calls. When replying to a private message from a minor, add a suitable adult or move the conversation to an appropriate shared channel.

This rule covers team chats, texts, social media, app messages, and any personal account used for event duties. Do not use disappearing messages, request secrecy, conduct sexualized conversations, or move an event discussion into a hidden channel. Keep communications at reasonable hours except for urgent safety or event logistics.

The visibility rule must not expose a safeguarding report to its subject. If a minor describes abuse or fears involving a parent, coach, or staff member, contact the Event Safety Lead or appropriate authorities without copying the implicated person. Share the information only with suitable people handling the concern. A minor may seek help directly and need not first obtain an adult's permission.

11. Photography and publication

Photography in permitted spectator or competition areas must be respectful and comply with facility rules. Do not capture or publish sexualized, invasive, humiliating, or intentionally embarrassing images. Stop recording when an official gives a safety or privacy instruction. Do not disclose a minor's contact information, home address, or private schedule.

Permission for Four Strokes or the Host to use an identifiable participant's image for optional publicity must be addressed in a separate release. Acceptance of this conduct policy does not grant that permission. Necessary competition records and public results are handled under the Tournament Terms, Event Page, and applicable Privacy Policy.

A parent or participant may raise an image concern through the Host or Four Strokes contact form. Four Strokes and the Host must address content within their control and seek appropriate action concerning other content. They cannot promise control over every spectator's device or every third-party publication. Suspected illegal images must be reported through the appropriate authority route in Section 12.

12. Reporting concerns

Anyone may raise a concern, including a minor, spectator, former participant, or person outside the team. Report promptly even if information is incomplete or the event has ended. You do not need to prove misconduct, confront the person involved, obtain a coach's permission, or use the scoring protest procedure before seeking help.

Emergency or immediate danger. Call 911, alert a lifeguard or facility staff member, and follow the emergency action plan. Move to a safer location when possible. Do not rely on a website submission or leave a person in danger while looking for the Event Safety Lead.

Florida child-abuse reporting. Florida Statutes section 39.201 requires immediate reports to the Florida Abuse Hotline in specified circumstances involving known or reasonably suspected child abuse, abandonment, neglect, and sexual abuse, including sexual abuse by another child. Call 1-800-962-2873. An internal report to a coach, Host, or Four Strokes does not replace a legally required report to the Hotline. Do not wait for an internal investigation or supervisory approval.

Other locations and authorities. Follow the reporting laws where the incident occurred and any other law applicable to the reporter. Contact the relevant child-protection authority and law enforcement as required. A person may contact authorities directly at any time. Where USA Swimming, the U.S. Center for SafeSport, or another body has jurisdiction, any applicable reporting duties to that body also remain in force.

On-site concerns. Tell the Event Safety Lead, their alternate, or facility management. If the concern involves one of those people, use another appropriate route. The Host must make an accessible way to report available to someone who cannot safely use the website, including a child without an account.

Reports to Four Strokes. Use <https://swim4strokes.com/contact.html> and identify the message as a safety or conduct concern. Include the event, date, location, a factual description, the people involved if known, and a safe way to contact you. State if contacting a particular person could put someone at risk. Provide what you know; missing details must not delay urgent action or a required external report.

The website form is not monitored as an emergency service. If it fails or a message is not acknowledged, use the Host's reporting route and the appropriate authorities when needed. A person concerned about a Four Strokes representative may report directly to facility management or authorities without contacting that representative first.

The Host must accept a report even if the person does not wish to give their name, while explaining that limited information may restrict follow-up. A website form may request contact information. Separate statutory rules determine when a reporter must identify themselves to authorities; this policy does not promise anonymous statutory reporting.

Preserve relevant messages, dates, and witness information without spreading private allegations. Do not investigate a child's account yourself, ask the child to repeat it to multiple people, or arrange contact with the person accused. Do not download, copy, or attach suspected child sexual abuse material to a website report. Tell law enforcement where it can be found and follow their instructions.

Reporting safety concerns, contacting authorities, requesting protective action, and using this policy's review procedure do not require the 30-day informal legal-dispute process in the Tournament Terms. Nothing here restricts a legal reporting duty, a lawful disclosure, or access to emergency relief.

13. Responding to a report

The person receiving a report must first address immediate safety and any required external reporting. Listen without blaming the reporting person, record the relevant facts in their own words when possible, and avoid promises of secrecy. Do not ask a minor to settle an abuse concern privately with the person accused.

The Host must promptly inform Four Strokes of a serious event-related safeguarding concern once urgent action and required external reports have been made. Create a factual incident record as soon as practicable, normally within 24 hours, and preserve available evidence lawfully. This documentation target never allows a delay in reporting abuse or obtaining emergency help.

Four Strokes and the Host must assign appropriate people to handle matters within their authority. Anyone implicated in the concern, closely connected to its subject, or otherwise materially conflicted must not control the review or decide its outcome. Use an alternate or an independent qualified reviewer when needed. Coordinate with authorities and avoid steps that could compromise their work.

For a minor, notify a parent or guardian promptly when appropriate, unless that person is implicated, notification may increase risk, or authorities advise otherwise. Consult the responsible authority about a safe notification plan in such cases. A young person may have an appropriate support person during internal discussions, provided that person is not implicated or interfering.

Four Strokes should acknowledge an identifiable non-emergency report within two business days and explain the next available step. This is a service target, not an emergency response guarantee. Give reasonable updates when the matter continues, without disclosing protected information or prejudicing another person's rights.

14. Protective measures and disciplinary action

The Host, Four Strokes, or an authorized official may take proportionate immediate steps to protect people or the competition. Measures can include increased supervision, separation, limits on contact, reassignment, removal from a role or facility, or a temporary suspension. A temporary measure is not a final finding of misconduct. Consider the reported risk and the effect of a measure on the person seeking protection.

When a final disciplinary decision is contemplated, ordinarily give the affected person notice of the material allegation and a reasonable opportunity to respond, subject to urgent protection, privacy, and directions from authorities. A written submission may be used. Do not require a child or reporting person to confront or be questioned directly by the person accused.

For an internal policy finding, assess whether the available reliable information shows that the violation more likely than not occurred. A criminal charge or conviction is not required for an internal protective or disciplinary decision. Four Strokes and the Host do not determine criminal liability or replace a government investigation.

Depending on the seriousness, circumstances, history, and risk, consequences may include a warning, education, conditions on future participation, loss of an event role, disqualification, temporary suspension, or permanent exclusion from Four Strokes activities. Deliberate abuse, exploitation, retaliation, or serious danger can justify immediate removal and substantial restrictions without a prior warning.

The Host controls access to its premises. Four Strokes controls Four Strokes participation and credentials. Sporting penalties, results, prizes, and any refund consequences must follow the Tournament Terms and Official Rules. A person must not lose participation, a prize, or a refund merely because they made a good-faith report. When removing a minor or their supervising adult, arrange a safe handover rather than leaving the child without supervision.

15. Review of decisions and protection against retaliation

A person affected by a final Four Strokes conduct decision may request review through the website contact form within 10 calendar days after receiving it. Identify the decision, the requested change, and any material factual error, new evidence, conflict of interest, procedural unfairness, or disproportionate outcome. Reasonable extensions may be allowed for age, disability, delayed notice, or other good cause.

Someone who did not make the original decision and has no material conflict must conduct the review. Four Strokes must arrange an independent reviewer if it has no suitable internal person. The reviewer may confirm, change, or return the decision for further consideration and must give the affected person a written outcome with reasons, subject to lawful privacy limits. The target is 15 business days after receiving the necessary information; explain any material delay.

A review request does not automatically suspend a protective measure or restore facility access. Facility-only decisions follow the Host's available process, and gameplay or scoring appeals follow the Official Rules. These internal deadlines do not limit reports to authorities, non-waivable legal rights, or deadlines imposed by law.

Retaliation is prohibited against someone who reports in good faith, asks for help, participates in a review, supports another person, or declines prohibited conduct. This includes threats, harassment, intimidation, pressure to withdraw a report, and misuse of selection, judging, employment, or access decisions. Report retaliation through any route in Section 12.

An unproven, mistaken, or withdrawn concern is not by itself a false report. Knowingly fabricating evidence or intentionally making a false allegation may be addressed separately, with a fair opportunity to respond. Confidentiality requests must not be used to prevent lawful reporting, obtaining advice, or seeking support.

16. Privacy and records

Limit access to safeguarding information to those who need it for protection, review, legal compliance, insurance, or another legitimate purpose. Use secure records, limit unnecessary detail, and share information with authorities when required. Absolute confidentiality cannot be guaranteed.

Avoid public identification of minors or publication of unverified allegations. Public restrictions or notices, when appropriate, must be limited to what is necessary and lawful. Preserve incident and acceptance records under an appropriate retention schedule, applicable law, and any investigation or legal hold. Do not promise routine deletion while a preservation obligation applies.

17. Acceptance and related requirements

The policy version presented during registration must be available to read and retain. Each adult participant accepts for themselves. A parent or legal guardian acknowledges it for their identified minor participant and must explain the relevant rules in an age-appropriate way. Each event worker acknowledges it through their assignment process. The Host must make its conduct and safety requirements visible to spectators as conditions of attendance.

Use electronic acceptance and retain the policy version, account or accepting person, event, and date and time. No handwritten signature is required by this policy. A captain or coach cannot accept for another adult or replace a parent's required consent. The separate waivers, medical authorization, and any optional publicity release remain separate documents.

Four Strokes must publish policy changes and provide appropriate notice before they apply. Urgent lawful safety measures may be imposed immediately. This policy does not state or imply USA Swimming sanction, SafeSport certification, or endorsement. Requirements that independently apply to a Host, individual, or event remain applicable.

Reporting and reference resources

These resources help participants and Hosts locate official reporting information and understand safeguarding standards. They do not replace the specific Four Strokes requirements above or automatically incorporate another organization's rules into this policy.

Emergency assistance

For immediate danger or a medical emergency in the United States, call 911 and alert facility staff.

Florida Abuse Hotline

For Florida reporting information and reporting methods. Telephone 1-800-962-2873.

[Open official resource](#)

Florida Statutes section 39 201

Required reports of child abuse, abandonment, neglect, sexual abuse, and related matters.

[Open official resource](#)

USA Swimming Minor Athlete Abuse Prevention Policy

Official swimming-specific prevention policy and resources. Organizations and people subject to USA Swimming requirements must determine and meet those requirements independently.

[Open official resource](#)

USA Swimming Safe Sport

Resources on screening, training, supervision, and abuse prevention.

[Open official resource](#)

U S Center for SafeSport prevention guidance

Guidance on adult-minor interactions, changing areas, travel, and other sport settings.

[Open official resource](#)

U S Center for SafeSport electronic communications guidance

Guidance on including an appropriate adult in communications with minor athletes.

[Open official resource](#)

Four Strokes contact

For policy questions and non-emergency reports: <https://swim4strokes.com/contact.html>

Official resources checked September 11 2026. For events outside Florida, the Host must identify applicable local reporting authorities and requirements before the event.