

Swim Ontario PSA Message - Communicate During Membership Orientation / Group Meetings:

Safe and Inclusive Place to Play

At Swim Ontario, we are committed to fostering environments where every participant feels safe, respected, included, and supported. Together with our member clubs, we strive to ensure that swimming is a positive experience for everyone.

This commitment extends to all participants, including swimmers, parents, coaches, officials, volunteers, and member clubs. We expect everyone to conduct themselves in a manner that reflects Swim Ontario's core values of **kindness, fairness, integrity, open communication, and mutual respect**.

Maintaining a safe sport environment is a shared responsibility. Simple concerns or complaints can be brought to your club's leadership (e.g., Head Coach, Club President, or designated club person) ... If you feel safe to do so.

If you do not feel safe, or it is inappropriate for the issue to be addressed at the club level, submit a complaint through the Swim Ontario [complaint reporting process](#)

Behaviour that does not meet the expectations outlined in Swim Ontario's Bylaws, Policies, Procedures, or Comprehensive Code of Conduct and Ethics may be subject to the [Swim Ontario Complaint and Discipline Procedure](#) and, where appropriate, disciplinary action.

If you believe the Code has been breached, please:

- Review the [Comprehensive Code of Conduct and Ethics](#)
- Submit a complaint through the appropriate [complaint reporting process](#)
- Participate, when required, in the Complaint, Dispute Resolution, and Discipline process

We encourage all participants and families to become familiar with these resources and to help us create a safe, welcoming, and respectful environment for everyone involved in our sport.

When there's a breach

Swim Ontario is 100% committed to the Code of Conduct and its rules for discipline. If the DRO team finds a breach, we have suspension as one of our options for discipline.

So far, the longest suspension for an athlete has been 18 months, and many others have been between 4 and 6 weeks. Just so you know, suspensions mean no programming, including practice, competitions and other [Swim Ontario and club services](#).

For adults (18 and older), a lifetime ban has been our longest suspension so far. Also, when adults (swimmers, coaches, officials, volunteers, or parents) are suspended, we must to post the details on our website.

Mental Health Awareness and Resources

Swim Ontario recognizes that mental health is an important part of overall well-being and athletic success. Supporting the psychological health and safety of athletes, coaches, officials, volunteers, and families is essential to creating positive experiences both in and out of the pool.

We encourage all members of our swimming community to access the [Mental Health Resource Hub](#) available through Swimming Canada. The Hub provides valuable information, educational resources, and guidance to help recognize common signs of mental health challenges and to connect individuals with appropriate support. Together, we can help create a swimming environment where everyone feels supported, valued, and empowered to thrive.

Who we are and what we do

Swim Ontario has a very dedicated passionate staff of 12...who are always ready to assist member clubs in their quest for success.

Below is a summary of who we are and what we do. More detailed information can be found at <https://www.swimontario.com/contact>