

## **Nova's Swimmer Code of Conduct**

- All NOVA swimmers are expected to behave in an exemplary manner. As representatives of NOVA, Virginia Swimming and USA Swimming; members of NOVA should always act with respect and positive support toward the coaches, officials, administrators, swimmers, family members and spectators that share the sport with us. Behavior that reflects poorly on NOVA will not be tolerated.
- No member of NOVA shall at any time use, be under the influence of, have in their possession or distribute any illegal drugs, illegal substances or non-prescribed steroids. No member of NOVA under the age of 21 shall at any time use, be under the influence of, have in their possession or distribute any alcohol products. All members will abide by the drug and alcohol policies of USA swimming, which can be found on the USA Swimming website.
- NOVA is a non-smoking facility. As such, the use of tobacco products (smoking or chewing) is not allowed at the NOVA facility or any swim meet or NOVA event. Athletes are prohibited from using tobacco products.
- Theft, damage or attempted damage to NOVA property, other team facilities, hotel rooms, restaurants or the personal property of others is prohibited and may be subject to disciplinary action. Any expenses incurred as a consequence of such prohibited behavior will be billed to the appropriate party.
- The possession of dangerous objects or objects banned from or considered inappropriate in a school environment is prohibited at all NOVA activities, practices and functions.
- Any sexual contact or advance or other inappropriate sexually oriented behavior directed towards an athlete by a coach, official, trainer, or other person who, in the context of swimming, is in a position of authority over that athlete is unacceptable and should be reported to the President of the Board of Directors immediately. Swimmers will not display inappropriate affection toward each other while participating in any NOVA activity.
- Swimmer will comply with the proper/designated dress code at all times. Any clothing or the inappropriate wearing of clothing or swimwear that distracts or disrupts members is prohibited. All swimmers will wear designated team suits and caps at all competitions. Swimmer will not "deck change" at NOVA or at any other swim facility unless instructed by a coach or chaperone.
- Running, pushing or horse play on the deck area is not permitted.
- Abusive or offensive language and/or gestures are prohibited at all NOVA practices, meets and activities.
- Swimmers should always be attentive and respectful toward the NOVA coaches. During competitions, questions or concerns regarding decisions made by the meet officials should always be directed to a member of the NOVA coaching staff.
  - The coaching staff and volunteer Board of Directors hold the final word on any rule, regulation, or disciplinary action.

### **TEAM TRAVEL RULES**

- All NOVA swimmers will act in a polite and respectful manner at all public venues - including but not limited to restaurants, hotels and aquatic centers. All behavior must positively reflect the high standards of the club.
- Swimmers are expected to remain with the team at all times during a trip. Swimmers are not to leave the pool, the hotel, or any other place at which the team has gathered without the permission of a coach or chaperone. While outside of the meet area, swimmers must always

be accompanied by a chaperone, coach, or at least one other swimmer of the same gender (with a coach or chaperone's permission).

- At no time will male and female athletes be in the same room together unless a coach or chaperone is present.
- No team meetings may be missed. Swimmers must be on time to all meetings and warm ups.
- No swimmer may be out of his or her room after the assigned bed time without permission from a coach or chaperone. All swimmers are expected to strictly adhere to the curfew established by the coaching staff. At curfew, all lights, TV's, cell phones, electronic equipment, etc. must be turned off and no talking is permitted. Swimmers are expected to be quiet and respect the rights of teammates and other hotel guests during evening hours and the rest time between prelims and finals. There is to be no telephone use, including text messaging, after curfew.
- Aquatic centers, hotel rooms and travel vehicles are to be treated with respect and kept neat. Belongings should be kept together and all trash deposited appropriately. Any damage to facilities, rooms or vehicles will be the responsibility of the parties involved and may result in being sent home early from a trip. Any expenses incurred as a consequence of such prohibited behavior will be billed to the appropriate party.
- When traveling by van, swimmers must wear seat belts and remain seated at all times.
- When group meals are contracted for with a hotel or restaurant, all swimmers on the trip are expected to participate in and share the cost of these meals. Chaperones and coaches will be expected to leave an appropriate tip for service where applicable.
- All telephone and incidental room charges must be paid prior to curfew on the final night of the trip.
- No cell phone use will be permitted on the pool deck during the meet.

***VIOLATION OF THE CODE OF CONDUCT***

- Violation of any portion of this code may result in a swimmer being scratched from a single meet session, scratched from the remainder of a meet, sent home from practice, possible suspension from practice, possible suspension from future meets, possible expulsion from the team and/or other discipline as determined by the NOVA coaching staff and Board of Directors.
- Swimmers sent home early from a meet as a consequence of a code of conduct violation are responsible for their own travel expenses home.
- Upon termination or during any period(s) of suspension, families remain responsible for all dues, fees and contractual obligations as per the then current contract. This includes, but is not limited to, fundraising and volunteer obligations.
- A swimmer in violation of the code of conduct is entitled to meet with the coaching staff with his or her parents to discuss appropriate disciplinary actions. The swimmer may be suspended from the team prior to this conference.

My signature below constitutes unconditional agreement to comply with the NOVA Code of Conduct, NOVA Team Travel Rules and any disciplinary actions that may be taken.

Swimmer Signature\_\_\_\_\_

Date\_\_\_\_\_

Parent/Guardian Signature\_\_\_\_\_

Date\_\_\_\_\_