



Northern Lights Swim Club Boosters Team Travel Policy for Athletes Traveling with a Parent/Guardian

Background

In program, team travel is a fun experience for our swimmers and families. This policy is set forth to ensure our athletes and families follow guidelines to properly represent the Northern Lights Swim Club. While you are traveling with a parent or guardian, there are expected behaviors for all athletes to follow, as outlined in this document.

A. General Requirements for Coaches and Athletes

1. All travel policies must be signed and agreed to by all athletes, parent/legal guardians, coaches, and other adults traveling with the team.
2. Athlete parents will be responsible for getting swimmer(s) to the meet location.
3. A coach must not transport a swimmer one-on-one during in program travel and must always transport at least two swimmers or another coach except in emergency circumstances, or if the parent/legal guardian has provided written consent.
4. Coaches, athletes and parents must adhere to the USA Swimming Safe Sport requirements. For the full policy, review the Minor Athlete Abuse Prevention Policy: [Click Here](#)
5. Coaches, athletes and parents must adhere to NLSC Code of Conduct and Bullying Policy: [Click Here](#)
6. All final decisions in reference to all Travel Policies and Code of Conduct will be determined by the Coach.
7. The directions & decisions of coaches are final.

B. Electronic Communication Requirements for Coaches and Athletes

1. All electronic communication between coaches and athletes must be professional in nature.
2. If a coach communicates one on one with an athlete via electronic communication, the athlete's parent/legal guardian must be copied and included. If an athlete first communicates to the coach, the athlete's parent/legal guardian must be copied on any response.
3. The following exemptions apply to 2. a and b above:
 - i. In emergency circumstances, and
 - ii. When the coach is a family member.
4. When a coach communicates to the entire team or any number of athletes on the team, the coach must copy another adult or coach. It is recommended that the team use the BAND app for electronic communication and parents join the group.

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5. Electronic communication must only be sent between the hours of 5 am and 9 pm local time for the location of the athlete, unless emergency circumstances exist or during competition travel.
6. Coaches are not permitted to maintain private social media connections with athletes or accept new personal page requests on social media platforms from minor athletes, unless the coach has a fan page, or the contact is deemed as celebrity contact as opposed to regular contact. Existing social media connections with athletes must be discontinued.
7. Coaches must not send private, instant or direct messages to an athlete through social media platforms.
8. The following exemption applies to 2.f and g above:
 - i. When the coach is a family member.

C. Travel and Lodging Accommodations for Coaches/Parents and Athletes

1. Coaches may not share their hotel room, sleeping arrangements or overnight lodging with an athlete. Unless they are a family member or the athlete's parent/legal guardian has provided advance and written consent.
2. All in program contact in a hotel room, sleeping arrangement or overnight lodging location between a coach and an athlete must be observable and interruptible.
3. Meetings must not be conducted in a coaches or athlete's hotel room or other overnight location and must be observable and interruptible.
4. Meetings may only occur between a coach and an athlete if another adult is present.
5. Cell phone and computer use is prohibited during all practices, competitions and any designated team activity unless specifically approved by the coach. All materials viewed, expressed, or transmitted must be respectful of teammates privacy and must be in the best image of swimming as outlined in the USA Swimming Code of Conduct not to the detriment of NLSC.
6. It is recommended that cell phones be off for the night at 9 pm and whenever possible, will be charging away from the sleeping area, i.e., in the living room or kitchen if in a suite, but not in reach or in beds with the swimmer.
7. If anyone is discovered to have filmed a teammate or anyone else in a state of undress, restroom or locker or bedroom activities (to include snoring), during team travel, and/or posting a presumably private moment, you may be sent immediately home and/or your phone may be removed for the remainder of the trip depending on circumstances. There is a reasonable expectation of privacy for everyone. Do not violate it. Your hotel room is no different than a locker room.
8. Any incidence of unfamiliar or inappropriate "Air Dropped" photos shall be immediately reported to a coach or chaperone.

D. Specific Athlete Requirements

1. Athletes will attend all team functions including meetings, practices, meet sessions, etc. unless otherwise excused or instructed by the head coach or his/her designee.
2. Needs and well-being of the team come first.
3. Be quiet and respect the rights of teammates and others in the hotel.

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4. Be prompt and on time to all practices, competitions, and all team activities.
5. Respect travel vehicles. Athletes must wear seat belts and remain seated in vehicles.
6. No “deck” changes are permitted. Athletes are expected to use available change facilities.

By signing below, I am acknowledging I have read through and agree to the terms outlined in this policy.

Participant Signature

Date

Participant Name Printed

Parent/Legal Guardian Signature (required if Participant under age 18)

Date

Parent/Legal Guardian Name Printed