

### Swimmer's Code of Conduct

We must ensure that all swimmers are treated with respect and that we project a positive image. Swimmers are expected to adhere to the rules listed below while participating in any Club sponsored function including meets, practices, travel to swim meets and social activities. Failure to do so will result in disciplinary action, this could include suspension from the Club.

1. I will show respect to all athletes, parents, officials, coaches and pool staff at all times.
2. I will not use foul language.
3. I will not engage in any form of harassment against other athletes, coaches, parents or officials.
4. I will not engage in destructive gossip regarding coaches, staff, parents, athletes or officials.
5. I will not use banned substances, illegal drugs, and alcohol or tobacco products.
6. I will not break any laws.
7. I will not engage in any activities that could endanger or hinder other athletes, or cause damage to property.
8. I will not leave practice or club functions without permission from the coach, official or chaperone.
9. I will listen to my coach.
10. I will know my practice schedule and will be on time. This means being on deck 10 minutes before practice starts.
11. I will help with pool set-up and deck clean up as requested by my coach.
12. I will bring the required equipment to practice as outlined by my coach.
13. To avoid de-hydration, I will bring a bottle of water to practice and to meets.
14. I will maintain a healthy lifestyle, avoiding junk food and ensuring I get enough rest.
15. At swim meets, I am responsible for remembering which event/heat I am in, and will ensure that I get to that event a minimum of 5 minutes before the race begins

16. I will wear CBS Bluefin team attire as described in the Uniform Policy. This includes, at minimum, the CBS Bluefin official cap, Head coach approved swimsuit and CBS Bluefin t-shirt.
  
17. When travelling for meets, I will follow rules outlined by the coaches and chaperones. When the Coaches and chaperons deem behaviour unacceptable; I can be penalized, up to and including removal from the competition and being sent home at my family's expense. In extreme cases, dismissal from the Club could result. Examples of inappropriate behaviour include: promiscuity, failure to comply with the stated rules and/or curfews as set out by the coaches or chaperons, and any behaviour in violation of the criminal code.
  
18. Internet Web sites, such as, but not limited to Facebook, Instagram, and Snapchat, etc. on which people socialize and exchange information, shall not be used to post remarks or pictures that can be considered inflammatory, degrading, or in poor taste toward any other student athlete (CBS Bluefin or otherwise), coach, or volunteer.
  
19. I will have fun and promise to advise my coach or parents if this isn't the case.
  
20. I am representing the CBS Bluefin's Swim Club and will always support my team and be a positive role model.

I am aware that failure to fulfill these obligations could result in dismissal from practices and/or meets, up to and including termination of membership.

Please Print name of Parent/Guardian \_\_\_\_\_

Signature of Custodial Parent/Guardian X \_\_\_\_\_

Date \_\_\_\_\_

Please print Swimmer's name \_\_\_\_\_

Signature of Swimmer X \_\_\_\_\_

Date \_\_\_\_\_