

Athlete's Code of Conduct

Athletes are the core of the NTC Lightning, and each athlete will strive to be the best that he/she can be. We expect athletes to show respect to their gifts and talents, each other, coaches, team parents, facility members, visiting teams, facility staff, and administrators. While a list of rules cannot cover every conceivable situation, the following principles guide and define expected conduct.

By enrolling into the NTC Lightning program, each athlete agrees to the following:

1. Athletes will show respect for NTC coaches, staff, other athletes, and administrators, as well as the facility and property. Athletes will follow all facility and campus rules and policies.
2. Athletes will show a level of commitment and professionalism to their chosen sport and discipline, as well as true team spirit and unity.
3. Athletes will follow the directions of the coaching staff during practices, meets, and other team activities.
4. Athletes may only be on the pool deck during the time designated for their respective practice group. During training hours, athletes may not exit the building and/or pool area without explicit permission by a coach.
5. Athletes will refrain from all illegal or inappropriate behaviors, including racially or ethnically insensitive remarks or offensive language, as well as any behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
6. Athletes recognize their role at swim practices and meets is to strive for excellence. Athletes must obey the directions of the coaches and chaperones at travel meets, including the separation of male and female swimmers from being in the same hotel room at any time without adult supervision and approval. Any demonstration of romantic involvement between athletes on property is forbidden.
7. Athletes will not speak disparagingly or complain about the team or NTC staff. Athletes will stop rumors whenever he/she hears them.
8. Athletes will not initiate or participate in any bullying behavior.
9. Athletes will show respect for parents and other authority figures who may remind them of these rules, appropriate behavior, and conduct.
10. Athletes will respect the property of the National Training Center and any other facility the team may train or compete at. No athlete shall tamper with, cause damage to, or remove any property from the facility.
11. Athletes will not participate in any unsafe activities that may cause harm to themselves or others.
12. Athletes will not participate in activities that will be detrimental to the image or reputation of NTC Lightning, Florida Swimming or USA Swimming.

Implementation

Failure to comply with the Code of Conduct as set forth herein may result in disciplinary action, including, but not limited to the following:

1. Dismissal from practices, exclusion from the pool deck, dismissal from other team events, including competitions.
2. Suspension from the team followed by a probationary period.
3. Immediately being sent home, at the athlete's expense, from a travel meet.
4. Dismissal from the team.

Discipline Code of Conduct

Discipline is an important component of learning. Good discipline is a way of achieving goals through teamwork and helping our athletes work to their highest potential. At the NTC, discipline is both

redemptive and protective in nature. First, we will do all that is within our abilities to assist athletes in becoming good citizens to our community and examples of good character. Secondly, we will have a safe environment where all athletes are free to learn to their full potential. We will not permit one athlete or parent to create an unsafe atmosphere or disrupt the training process for other athletes.

We expect that most minor infractions will be addressed by the coach in cooperation with the parent. Repeated or more serious infractions will result in discipline according to the following scale:

Level 1 – Result in disciplinary action

- Continued disruptions or disorderly conduct
- Continued disrespect for other athletes, parents, coaches, facility members, visiting athletes and/or staff
- Profane or abusive language
- Excluding other athletes or bullying

Level 2 – Result in automatic and immediate suspension

- Fighting or threatening harm to another athlete/parent/visitor
- Intentional destruction of property
- Intimidating, harassing or hazing other athlete/parent/visitor(s)
- Direct defiance of coaches, staff and/or administration
- Violating campus security policies

Level 3 –Result in expulsion/immediate termination (non-refundable)

- Possession of alcohol, drugs or weapons.
- Gross or repeated insubordination
- Gross sexual immorality
- Repeated fighting, violence or threats of violence

Parent's Code of Conduct

Parents are an integral part of NTC Lightning. The NTC Lightning program depends heavily on parental cooperation and support. Enrolling in the program is evidence of parent affirmation of this code of conduct; each parent agrees to the following:

1. I will make sure my child arrives at practices, meets and team functions on time each day, prepared to train and compete.
2. To encourage team morale and presence, athletes at meets and in training MUST wear NTC Lightning team apparel such as; team suit, team cap, team t-shirt, uniforms. I will treat my child's coaches and administrators with respect as dedicated professionals in written and oral communication. I will maintain perspective and retain control of my emotions even when I feel frustrated with a coach or administrator of our team or another team. I will never, ever take a threatening tone of voice or posture with team or facility staff, or do anything that may feel intimidating to a team coach, athlete, visiting athlete, member, other parent, or administrator.
3. I will never lie to my child's coach or administrator to shield my child from the consequences of his/her behavior. I will always encourage honesty and truthfulness in my child. I will speak to the coach or coaches before I accept as true my child's version of an incident. I affirm that coaches and administrators act in good faith to get at the truth of a matter. Even if I disagree, I will accept the NTC Lightning staff decisions as in the best interests of the swim program, athletes, and ultimately my child.

4. I will not speak disparagingly or complain about NTC Aquatics programming or South Lake Hospital and I will stop rumors whenever I hear them.
5. I will keep all staff, athletes, members and other parents safe by following all facility policies for the aquatic center, keep locked doors shut and complying with all campus driving and parking regulations. I recognize that there is a heavy flow of traffic, athletes and spectators on campus and will do all that I can to be safe in my driving and actions.
6. I will not stand on the pool deck. I recognize the appropriate time to talk to a coach is not during any practices or meets, as the coach's focus is on the safety and training of the athletes. I will schedule an appointment to address any questions or needs I might have.

NTC Lightning Team Rules

1. Swimmers should **ONLY** be on pool deck during the time designated for their respective practice group. NTC Lightning swimmers must enter through the front door of the building and scan in at the Welcome Desk. **All children under the age of 13 years old MUST be accompanied by a supervising adult.** Those parents who are facility members are welcome to use our Child Watch services while working out.
2. **The use of the pool before and after practice is ONLY permitted for those members who have purchased a pool pass for their child (12 & under) or gym membership (for those 13 & over).** Facility members may purchase a 10 visit pool pass at the Welcome Desk. Lifeguards must be shown the pool pass before swimming outside of designated practice time.
3. Please make sure to pack a towel for your swimmer before practice. NTC Lightning team members are not allotted towel use.
4. Lifeguards on the pool deck have final say in regards to rule enforcement, pool closures due to weather or water conditions, lane assignments, and safety issues.
5. Locker rooms should be limited to changing and use of toilets. Hanging out, horseplay, littering, foul language, or aggressive behavior will not be tolerated in the locker rooms or on South Lake Hospital property. Parents, please supervise young children while using the locker rooms/showers.
6. Children 6 years and older **MUST** use the locker room for their gender. We ask that parents of young children please plan accordingly.
7. Personal items are not to be left overnight or stored on the pool premises or in the locker rooms. All items left on premises will be placed in lost and found for a time period of 1 week. After this, it is up to the discretion of the National Training Center staff in regards to disposal. Personal items are not the responsibility of facility staff.
8. Parents are welcome to watch practice from the bleachers, awning, or picnic tables. We do ask that parents approach the coaches with questions either **BEFORE** or **AFTER** practice. Approaching your swimmer's coach in the middle of practice can become a distraction and take away from that group's training.
9. Many of you may want to photograph your swimmer while at practice. As part of South Lake Hospital, we do **NOT** permit photos to be taken on the pool deck due to liability reasons. We hope you understand that being a part of the hospital requires that we adopt hospital privacy standards.

Reporting of Misconduct:

USA Swimming Rule 306.1 states that "It is every member's responsibility to promptly report any incident regarding sexual misconduct by a member as described in Article 304.3.8 to USA Swimming. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. Various state laws may also require reporting to law enforcement or to a designated child protection agency. [Click here for information on USA Swimming's Safe Sport program.](#)

Florida Swimming Code of Conduct

This event is held under the sanction of USA Swimming and Florida Swimming. The athletes, officials, coaches, volunteers, parents and spectators attending shall conduct themselves within the rules of these organizations, including Article 304 of the Rules and Regulations of USA Swimming – Code of Conduct. The guidelines listed below, which are not intended to be exhaustive, shall be adhered to at all meets in Florida Swimming.

Expectations:

- Respect for all persons and property.
- Respect for facilities and equipment.
- Respect for all staff, volunteers, and officials.
- Adherence to the rules and regulations of the venue in which the event is held.
- The following are strictly prohibited:
- Cursing, swearing, racial remarks or any other form of verbal abuse.
- Fighting or any other form of physical abuse.
- Use or possession of non-prescription controlled substances or intoxicants.
- Use or possession of any weapons.

Use of tobacco products.

Authority: USA Swimming has the following among its Codes of Conduct:

304.3.12 It is a violation of the USA Swimming Code of Conduct if there is any non-consensual physical contact, obscene language or gesture, or other threatening language or conduct directed towards any meet official and which is related to any decision made by such official in connection with a USA Swimming competition.

304.2.15 It is a violation of the USA Swimming Code of Conduct if there is any other act, conduct or omission which is detrimental to the image or reputation of USA Swimming or the sport of swimming.

Florida Swimming, the sanctioning agent of USA Swimming, has the following rule:

Section 239.2

Any individual displaying unsportsmanlike or disrespectful conduct in violation of the Florida Swimming Code of Conduct at a sanctioned or approved competition may first be warned, along with the Coach of Record for the team that individual represents, by the Referee or by Meet Management to cease such conduct. If the conduct is serious, or continues after the warning, the individual may be ejected from the pool deck and the venue. Ejection is at the discretion of the Meet Manager/Director or the Meet Referee.

In addition to ejection, the Meet Manager or Meet Referee shall report the incident in writing to the FS General Chair and the FS Executive Director, within 7 days of the incident. Subsequent to such report, the team with whom the person ejected is associated shall be fined as follows:

- 1st ejection assessed to a team in any 12 month contiguous period--\$100

- 2nd ejection assessed to a team in any 12 month contiguous period--\$250
- 3rd ejection assessed to a team in any 12 month contiguous period--\$1000

Any further incidents in a 12 month contiguous period shall result in the team being suspended from competition at any FS sanctioned or approved meets for a period of 75 days from the date of the incident.

We indicate we have read, understand and will follow the Athlete's Code of Conduct, Discipline Code of Conduct, Parent's Code of Conduct, and NTC Lightning Team Rules. By registering with NTC Lightning programs, the athlete and parent(s)/guardian(s) agree to abide by the NTC Lightning Athlete's Code of Conduct, Discipline Code of Conduct, Parent's Code of Conduct, and NTC Lightning Team Rules. By registering with NTC Lightning programs, the athlete and parent(s)/guardian(s) agree to abide by the Florida Swimming Code of Conduct and understand that we will be fully responsible for any fines placed on NTCA/NTC Lightning for our athlete's behavior.

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