

## **FCST Travel Trip Policies for First Colony Swim Team**

### **Travel Trip Swimmer's Responsibilities and Code of Conduct**

Team Travel is defined as overnight travel to a swim meet or other team activity that is planned and supervised by FCST or the Gulf LSC.

- 1) All participants and their parents have a responsibility to do their best to ensure that this Code of Conduct is adhered to and to help ensure the safety of Program participants. All team members must agree to follow the rules about practice and meet behavior.
- 2) All swimmers are expected to act at all times in a manner that is safe, responsible, and considerate of others which will reflect positively on First Colony Swim Team. Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of FCST or be detrimental to its performance objectives.
  - a) All swimmers are expected to look out for the safety and well-being of other team members and to report any conditions and/or situations that are of concern to the coaches or other adults in charge.
- 3) Disrespectful, indiscreet or destructive behavior will not be tolerated. It is the responsibility of each swimmer to make every effort to avoid guilt by association with such activities at any time during the trip.
  - a) Team members will display proper respect and sportsmanship toward coaches, officials, administrators, fellow competitors and the public.
  - b) FCST members should be respectful of their peers, coaches, and parents.
  - c) Any damages or thievery incurred at a team hotel will be at the expense of the swimmers assigned to that room, and further disciplinary action may be taken.
  - d) No loud or boisterous behavior will be tolerated in the hallways or public areas, and such behavior should be kept to a minimum in your rooms.
  - e) All team members will be polite in restaurants. If there has been a problem with the service, see the coach.
  - f) Long distance calls subject to being billed to the team should be made on a credit card or by collect call.
  - g) Swimmers will not use cell or room phones to contact other swimmers after designated lights out time. Abuse of this rule may result in your phone being shut off or confiscated during lights out.
  - h) No room service can be ordered without permission from a coach or chaperone.
  - i) Swimmers are to refrain from inappropriate physical contact.
- 4) All swimmers are expected to participate in team activities as contributing and supportive members of the team. Team members and staff will attend all team functions including meetings, practices, exhibitions, press conferences, competitions, etc., unless otherwise excused or instructed by the coaching staff. Be punctual to all meetings and warm-up times.
- 5) FCST swimmers are expected to rigorously obey curfew. No team member may be out of their room after the assigned bed time.
  - a) Curfew extension or permission to leave the room past curfew can only be granted by the coaching staff.
- 6) To ensure the propriety and reputations of the athletes and to protect the staff, there will be no male athletes in female athletes' rooms, and no female athletes in male athletes' rooms unless a coach or chaperone is present or has expressly approved the situation. This applies to rooms of both FCST and/or any other team.
  - a) There will be designated team rooms for relaxation and recreation whenever possible.
- 7) The underage consumption or purchase of alcohol, any smoking or chewing of tobacco, or any use of any illegal drug or USOC banned substance of any kind will not be allowed. In addition, any team member found or suspected to be in the presence of others (regardless of team affiliation) partaking in any of the above activities will be subject to the same punishments and possible expulsion from FCST as noted below.

- 8) Swimmers are expected to remain with the team at all times during the trip. Swimmers are not to leave the competition venue, the hotel, a restaurant, or any other place at which the team has gathered without the permission/knowledge of the coach or chaperone.
- 9) Swimmers must turn in to the travel lead coach:
  - a) A signed and dated Liability Release and Indemnification form
  - b) A signed and dated Medical Release form
  - c) A copy of the front and back of the swimmer's insurance card
  - d) This form signed and dated
- 10) The coaching staff holds the final word on any rules, regulations, or disciplinary action.

## **VIOLATIONS OF THE CODE OF CONDUCT**

Anyone who, in the opinion of the coach or coaches, acts in a manner that would interfere with these travel rules and objectives, or fails to comply with the Honor Code as set forth in this document may be subject to disciplinary action under the provisions of Section 8, USA Swimming-OIOC Policy Manual.

**At the discretion of the Head Coach** any one or all of the following penalties will be applied:

- 1) Dismissal from the team and immediate return home with all associated costs the responsibility of the swimmer's family.
- 2) Disqualification from one or more events, or all events of competition.
- 3) Disqualification from future USA Swimming and international competition.
- 4) Financial penalties.

Swimmer Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Swimmer Cell: \_\_\_\_\_  
**(305.5.D)**