

PEAK TEAM TRAVEL POLICIES

- a) Club travel policies must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the club. (305.5.D)
- b) Coaches, team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming-administered criminal background check. (305.5.B)
- c) Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete (unless the coach is the parent, guardian, sibling, or spouse of that particular athlete). (305.5.A)
- d) When only one athlete and one coach travel to a competition, the athlete must have his/her parents' (or legal guardian's) written permission in advance to travel alone with the coach. (305.5C)
- e) During team travel, when doing room checks, attending team meetings and/or other activities, two-deep leadership and open and observable environments should be maintained.
- f) During overnight team travel, if athletes are paired with other athletes they shall be of the same gender and should be a similar age. Where athletes are age 13 & Over, chaperones and/or team managers ideally stay in nearby rooms. When athletes are age 12 & Under, chaperones and/or team managers may stay with athletes. Where chaperones/team managers are staying in a room with athletes, they should be the same gender as the athlete and written consent should be given by athlete's parents (or legal guardian).
- g) To ensure the propriety of the athletes and to protect the staff, there will be no male athletes in female athlete's rooms and no female athletes in male athlete's rooms (unless the other athlete is a sibling or spouse of that particular athlete).
- h) A copy of the Club Code of Conduct for Athletes and the Honor Code must be signed by the athlete and his/her parent or legal guardian.
- i) Team or LSC officials should obtain a signed Liability Release and/or Indemnification Form for each athlete.
- j) The swimmers and families will provide a signed Medical Consent or Authorization to Treat Form for each athlete. Chaperones are not able to give over the counter prescriptions to any athlete without the written consent of the parent(s)/guardian(s).
- k) Team members and staff traveling with the team will attend all team functions including meetings, practices, meals, meet sessions, etc. unless otherwise excused or instructed by the head coach or his/her designee.
- l) The directions & decisions of coaches/chaperones are final.
- m) 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.
- n) When visiting public places such as shopping malls, movie theatres, etc. swimmers will stay in groups of no less than three persons. 12 & Under athletes will be accompanied by a chaperone.

TEAM CODE OF CONDUCT: ATHLETES--The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. As a participant of the club, I agree to the following:

- I will respect and show courtesy to my teammates and coaches at all times.
- I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- I will attend all team meetings and training sessions, unless I am excused by my coach.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will obey all of USA Swimming's rules and codes of conduct.

I understand that if I violate this code of conduct, I will be subject to corrective action determined by my coaches and the swim club's board of directors.

PEAK HONOR CODE

- All team members, team staff, and parents of minors are apprised in writing of this Code of Conduct and the attached USA Swimming Code of Conduct. A signature on this document constitutes unconditional agreement to comply with the stipulations of ALL PEAK travel documents.
- Team members will display proper respect and sportsmanship toward coaches, officials, administrators, teammates, fellow competitors and the public at all times.
- Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
- The possession or use of alcohol or tobacco products by any athlete is prohibited.
- The possession, use, or sale/distribution of any controlled or illegal substance or any form of weapon is strictly forbidden.
- No "deck" changes are permitted. Athletes are expected to use available change facilities.
- Team members are reminded that when competing in meets, traveling on trips, and attending other meet-related functions, they are representing both themselves and Pearland Aquatics (PEAK.)

Athlete/official/parent behavior must positively reflect the high standards of Pearland Aquatics, Gulf Swimming and USA Swimming.

Failure to Comply with PEAK Policies Failure to comply with the Honor Code as set forth in this document may result in disciplinary action. Such discipline may include, but may not be limited to:

- i. Dismissal from the trip and immediate return home at the athlete's expense
- ii. Disqualification from one or more events, or all events of competition
- iii. Disqualification from future team travel meets
- iv. Financial penalties
- v. Dismissal from the team vi. Proceedings for a LSC or USA Swimming Board of

ADDITIONAL BEHAVIORS AND TRAVEL POLICIES

- a) Be quiet and respect the rights of teammates and others in hotel
- b) Be prompt and on time
- c) Respect travel vehicles
- d) Use appropriate behavior in public facilities.
- e) Must stay in assigned hotel room
- f) Needs and wellbeing of the team come first
- g) Swimmers are to refrain from inappropriate physical contact at team activities and events. h) Swimmers are to refrain from use of inappropriate language.

FINANCIAL

- a) Swimmers are responsible for their own money. PEAK chaperones will not hold money for any swimmer unless permission communicated from parents to chaperone.
- b) PEAK is not responsible for personal belonging lost or stolen while during a PEAK travel trip or team function.
- c) No room service without permission
- d) Swimmers responsible for all incidental charges
- e) Swimmers responsible for any damages or thievery at hotel and such may also include disciplinary action.

Athlete Signature/Date

Parent/Guardian Signature/Date