

Athlete Code of Conduct

SKA strives to provide safe and effective practice sessions in a respectful and responsible environment. Swimmers are expected to behave in such a way as to reflect positively on the team at practices, meets and any other club activity. All club participants will abide by this code of conduct during all team functions.

- Team members, (swimmers, coaches and parents), will display proper RESPECT and SPORTSMANSHIP toward coaches, officials, administrators, teammates, fellow competitors and the public at all times.
- I will be punctual and have all equipment ready for practices and meets before they start.
- I will not interfere with the progress, training or attention of another swimmer during practice.
- I will adhere to the minimum practice and meet attendance requirements, including dryland training.
- I will complete all practices sets and dryland exercises to the best of my ability and with a good attitude.
- I will adopt the “leave it better than you found it” motto during all team events and clean up after myself.
- I will continually strive for improvement by setting goals and working to achieve them.
- I will support SKA and my teammates by being respectful, kind, and encouraging.
- I will not engage in disrespectful, indiscreet, or destructive behavior including but not limited to: foul language, dishonesty, violence, bullying, sexual misconduct, drug or alcohol use during any SKA, Hawaiian Swimming, USA Swimming or community functions.
- I will maintain a safety-first attitude and adhere to all safety rules. I will speak up if I see or hear any unsafe behavior.
- I will work hard, listen to the coach, and have fun.

Violations of Swimmer Code of Conduct

At the discretion of the coach, one or all of the following penalties will be applied should a swimmer violate this Code of Conduct. These penalties include, but are not limited to the following:

1. Swimmer will be given a verbal warning.
2. Swimmer will be asked to leave practice or meets at his or her own expense. Parents will be notified immediately.
3. If inappropriate behavior continues, coaches will meet with swimmer and parent to discuss the behavior.
4. If continued violation occurs, the swimmer may be subject to further disciplinary action, which may include suspension for a week or more, or expulsion from the team.

I, _____ have read and agree to abide by the SKA Athlete Code of Conduct. I understand that the SKA Athlete Code of Conduct does not establish a complete set of rules regarding appropriate behavior. I understand that I am a representative of SKA and will uphold this SKA Athlete Code of Conduct throughout my membership with SKA. I understand that failure to abide by the SKA Athlete Code of Conduct will result in the penalties stated above.

Signed _____ Date _____

For swimmers under the age of 18:

I, _____ certify that I am the parent or guardian of _____ and I have read this Athlete Code of Conduct. I understand that I have a responsibility to do my best to ensure that the Athlete Code of Conduct is adhered to.

Signed _____ Date _____