

# **PALATINE SWIM TEAM SWIMMERS CODE OF CONDUCT**

In accepting to be a part of the Palatine Swim Team, I agree to:

## **General Behavior**

1. Commit to team goals, program requirements and procedures.
2. Display proper respect, honesty, and sportsmanship toward teammates, coaches, officials, parents, and fellow competitors.
3. Refrain from any immoral, inappropriate or unacceptable behavior such as:
  - a. Use of tobacco products
  - b. Consumption of alcoholic beverages
  - c. Use of any drugs (unless medically prescribed)
  - d. Any illegal activity
  - e. Bullying, which includes unwanted purposeful written, verbal, nonverbal, or physical behavior that has the potential to create an intimidating, hostile, or offensive environment or cause long term damage, discomfort or humiliation
4. Report to the group coach any inappropriate behavior, either observed or subjected to, by anyone associated with the team; if inadequately addressed, report to Head Coach or Parent Board President
5. Represent the Palatine Swim Team with the honor, pride and dignity that is expected as a Palatine Swim Team member at all times.

## **Practice Behavior**

1. Support teammates at practice as well as in competition. Work together as a team to benefit all individuals in the group.
2. Follow the instructions of the coaching staff at all times.
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 year.
  - a. Examples of such behavior include:
    - i. Abusive language
    - ii. Lying
    - iii. Stealing
    - iv. Vandalism
4. Locker room etiquette is expected at all times. Respect our host locations and clean up after yourselves. Behavior rules should follow into the locker rooms as well.
5. Swimmers may leave practice only with the coaches' permission.
6. Palatine Swim Team rents the pools we train in. All activities are limited to the pool area.

**Non-compliance with the above listed policies may result in suspension or termination**

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

Swimmer Name (Please Print) \_\_\_\_\_

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

Parent Name (Please Print) \_\_\_\_\_