

Hudson Explorers Aquatic Team (“HEAT”) Travel Policy

Purpose: To provide rules and guidelines for athletes, coaches, parents and any other individuals during HEAT team travel. HEAT team travel is defined as overnight travel to a swim meet or other team activity that is planned and supervised by HEAT or the Local Swimming Committee (“LSC”).

Section 1

- a. The HEAT Travel Policy must be signed by all athletes, parents, coaches and other adults traveling with HEAT.
- b. Team coaches and chaperones must be members of USA Swimming and have successfully passed a criminal background check administered by USA Swimming.

Section 2

- a. 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.
- b. When only one athlete and one coach travel to a competition, the athlete must have a parents’ or legal guardian’s written permission in advance to travel alone with the coach.
- c. During HEAT team travel, when doing room checks and attending team meetings or other activities, two-deep leadership and open and observable environments shall be maintained.
- d. Athletes shall not ride in a coach’s vehicle without another adult present who is the same gender as the athlete, unless prior parental permission is obtained.
- e. During HEAT team travel, athletes paired together shall be of the same gender and should be a similar age. Where athletes are age 13 and over, chaperones shall stay in nearby rooms. When athletes are age 12 and under, chaperones may stay with athletes. Where chaperones 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.
- f. There shall 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.
- g. Swimmers and staff traveling with the team will attend all team functions including meetings, practices, meals, and meet sessions unless otherwise excused or instructed by the head coach or designee.
- h. Swimmers shall 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 of a coach or chaperone.
- i. When visiting public places swimmers shall stay in groups of no less than three persons. A chaperone shall accompany athletes 12 and under.
- j. Swimmers shall behave appropriately at all times, including but not limited to in vehicles, hotels, restaurants and meet facilities.

- k. Swimmers shall wear seat belts and remain seated in vehicles.
- l. Swimmers shall observe any established dress code.
- m. Swimmers shall observe all established curfews.
- n. Swimmers must stay in the hotel room to which they are assigned.
- o. Swimmers shall not incur charges for room service or other incidentals without permission from the coach or chaperone.
- p. Swimmers shall be responsible for any damages caused to vehicles, hotel rooms or other facilities.

Section 3

- a. Violations of this Travel Policy may result in disciplinary action up to and including dismissal from the team.