

Social Media and Electronic Communications Policy

As representatives of HAC all swimmers and their families have the responsibility to portray the team and themselves in a positive manner both on and off the pool deck and throughout the season. In addition to the agreed upon behaviors in the Athlete Honor Code and the Parent/Family Code of Conduct, if anyone participates in any electronic communications, (e.g., texting, email), interact on social networking site(s), or use social media (e.g. Twitter, Facebook, Instagram, Snapchat, etc.) they must avoid inappropriate and offensive behaviors. If a HAC representative's social media profile and its contents or other electronic communications are found to be inappropriate in accordance with the behaviors listed below, he/she will be subject to disciplinary action in accordance with HAC's Disciplinary Policy and Procedures.

Examples of inappropriate and offensive behaviors may include, but are not limited to, depictions or presentations of the following:

- Photos, videos, and comments that are of sexual nature, This includes links to websites of pornographic nature and other inappropriate material.
- Photos, videos, comments or posts showing the personal use of alcohol, drugs, tobacco or tobacco related products (including electronic nicotine delivery systems (including electronic cigarettes or other devices that are designed to allow users to inhale nicotine and/or other chemicals))
- Content online that is unsportsmanlike, derogatory, demeaning, defamatory, or threatening toward any other individual or entity (for example, derogatory comments regarding another swimmer or club)
- Any communications including posts depicting or encouraging unacceptable behaviors such as violent or illegal activities (for example, sexual harassment, vandalism, underage drinking, or illegal drug use)

Remember:

Our goal is for HAC to be known as the leading example of respect and sportsmanship in swimming. Always present a positive image and don't do anything to embarrass yourself, your team, your family or HAC.

The internet is permanent and actions have consequences. Anything posted online is available to anyone in the world. Any content posted is completely out of your control the moment it is placed online, even if you limit access to your page.

Don't post anything you wouldn't want your coaches or parents/guardian to see.

Your social media content can and will be reviewed by both potential higher education schools and potential employers.

Consequences for Violation of the Social Media and Electronic Communications Policy:

Any violation of this Policy will be brought to the attention of HAC's Board of Directors, which will issue the appropriate response. HAC members agree to this Policy understanding that any violation may result in disciplinary action and/or sanctions on participation with HAC including, but

not limited to, reprimand (verbal or written), probation, temporary suspension from meets, or loss of membership.