

Greater Philadelphia Aquatic Club

COMPETITION CODE OF CONDUCT

General Swim Meet Policies

1. No swimmer shall attend a meet unless accompanied by a parent or a chaperone arranged for by the swimmer's parents. Post-high school students 19 years of age and older must receive approval from the coaching staff in order to travel alone to an away swim meet.
2. No swimmer shall drive to or from away swim meets unless accompanied by a parent or chaperone. Post-high school swimmers 19 years of age and older may drive themselves to a meet, but may not be accompanied by younger swimmers, including siblings. Post-collegiate swimmers may carpool together.
3. Meet warm-up times, which are set by the staff and published in the team Meet, and updates as needed, which will appear on the website and/or be emailed out to participants during the week of the meet, are to be strictly adhered to by all team members.
4. Team members must check with the coaches prior to leaving a meet. Should it become necessary for a swimmer to leave a meet early, his/her coach must be notified.
5. Swimmers are expected to meet with their coach before and after each of their events.
6. In prelim and final meets, all swimmers who qualify to compete in the finals must participate in the finals. All team members are strongly encouraged to return to the finals sessions to support the team and take advantage of the opportunity to learn from watching the finals. At times, alternate and relay positions open up that need to be filled.
7. All team members are expected to follow the team uniform policy. Specific meet uniform requirements will be emailed out to everyone prior to the meet. Be proud to wear your GPAC team colors! Your personal appearance shall be neat and appropriate at all times.
8. Swimmers are expected to sit with the team and participate in all team activities and team meetings.
9. Team members and parents are expected to display proper respect and sportsmanship toward coaches, officials, meet administrators, and fellow competitors.
10. As a matter of team pride and courtesy to the meet host, swimmers are expected to leave the GPAC team area in a neat and clean condition at the conclusion of each session of the meet.
11. All questions that swimmers or parents may have concerning meet results, an officiating call, or the conduct of a meet should be referred to the GPAC coaching staff only. Our coaches, in turn, will pursue the matter through appropriate channels.

12. In accordance with the USA Swimming rules, parents are expected to remain in the spectator area and off the immediate competitive deck unless they are working the meet in an official capacity.

13. No “deck” changes are permitted. Athletes are expected to use available changing facilities.

14. Parents should refrain from communicating with their swimmers during the meet. Swimmers are not permitted to meet and to speak with their parents in between races. Parents, allow your child the experience of the competition and the ability to be with their teammates and coaches.

Team Travel Policies

1. Each team member is reminded that when traveling on trips, competing in meets, and attending other meet-related functions, you are representing both yourself and the GPAC program. Your behavior must positively reflect the high standards of the club.

2. All swimmers and chaperones traveling with the team must attend all team functions and are expected to know all travel/meeting schedules and strictly adhere to them. Coaches will establish warm-up times and other trip-related timetables as needed. Being prompt and on time is essential.

3. All swimmers are expected to remain with the team at all times during a trip. Swimmers are not to leave the pool, the hotel, restaurant, or any other place at which the team has gathered without the permission of a coach or chaperone.

4. Rooms and travel vehicles are to be treated with respect and kept neat. Belongings should be kept together and all trash deposited appropriately. Any damage to rooms or vehicles will be the responsibility of the parties involved and may result in being sent home early from the trip at the parents' cost.

5. When traveling by van, swimmers must wear seat belts and remain seated at all times.

6. When in the hotel swimmers must stay in their own room at all times. You are not permitted to “visit” other rooms, regardless of if it is a boys room or a girls room. If a “schoolwork” room is necessary this must be arranged through a coach or chaperone. Swimmers are not permitted to leave their rooms for any reason whatsoever without the permission of a coach or chaperone.

7. Swimmers are to refrain from inappropriate physical contact at all times while on a team travel trip.

8. Swimmers must stay in the hotel room assigned to them. Swimmers may not change rooms or roommates without authorization from the Coaches or Chaperones.

9. All swimmers are expected to strictly adhere to the curfew established by the coaching staff. At curfew, all lights, TVs, electronic equipment must be turned off. Talking is not permitted. Likewise, cell phones and other electronic devices are to be turned off and put away. **NOT AFTER HOURS PHONE CALLS OR TEXTS!**

10. Swimmers are expected to be quiet and respect the rights of teammates and other hotel guests during evening hours and during rest time between prelims and finals. There is to be no telephone or cell phone use, including texting, skype, facebook, twitter, etc., after curfew and also during afternoon rest time.

11. All telephone and incidental room charges must be paid prior to curfew on the final night of the trip.

12. When group meals are contracted with a hotel or restaurant, all swimmers and chaperones on the trip are expected to participate in and share the cost of these meals.

13. Swimmers are expected to travel with and stay with the team on team travel trips. Any exception to this policy must be jointly approved by the Site Coaches and their designees prior to the trip.

14. Chaperones must agree to fulfill their responsibilities to the swimmers entrusted to their care and to the other chaperones and coaches. Swimmers may not be chaperones, unless approved by the coaching staff.

15. All GPAC swimmers must abide by the **Drug, Alcohol, and Tobacco Policy** set forth by USA Swimming.

16. When visiting public places such as shopping malls, movie theatres, etc., swimmers will stay in groups of no less than three persons. 12 and under athletes will be accompanied by a chaperone.

Violation of the **Greater Philadelphia Aquatic Club Competition Code of Conduct** will result in disciplinary action, including the possibility of being sent home from the meet at the expense of the swimmer's family as well as expulsion for future team travel trips to meets and training destinations. Repeated violations or gross violations may result in suspension or expulsion from the program at the discretion of the Head Coach.

I have read and understand the **Greater Philadelphia Aquatic Club Competition Code of Conduct** and, by this signature, agree to abide by it.

Parent or Guardian Signature Date

Swimmer's Signature Date

Swimmer's Signature Date

Swimmer's Signature Date