



Atlantis Athlete Code of Conduct

Our athletes are the reason our Club exists!

To ensure the best possible experience, our swimmers, with the support of their parents, are expected to adhere to the following policies.

- Swimmers are expected to arrive at each practice session on time, prepared with proper gear and equipment, and complete each training session to the best of their ability. They are expected to follow the directions of their coaches.
- Atlantis swimmers will shower in the locker rooms before each and every practice as well as prior to competition.
- Swimmers will promote good sportsmanship in each and every practice and during competition. Supporting teammates at practice, competition, and working together as a unit to benefit each team member are an important part of Atlantis spirit and pride.
- Swimmers are expected to clearly communicate their goals to their coaches.
- Atlantis swimmers should refrain from any activity that could be considered as bullying, harassment, hazing, and/or intimidation. Atlantis has no tolerance for bullying of any kind - physical, verbal, electronic, etc., (see our full policy on Bullying).
- There will be no tolerance for any harmful or disparaging actions on social media toward teammates, coaches, or opposing teams. This includes negative comments and/or posts on Facebook, Twitter, Instagram, Snapchat, Vine, or any other platform for online interaction. (please note The USA Swimming Athlete Protection Policies prohibit the use of cell phone, still/video cameras and other devices with recording capabilities in the locker room or other changing area.)

- Atlantis swimmers are expected to be civil and courteous athletes – theft, vandalism, rude behavior and inappropriate language will not be tolerated.
- Take care of your body – eat healthy meals, do not drink or abuse substances (illegal or legal), get proper rest, hydrate, warm up and cool down appropriately.
- Swimmers will comply with all of the team rules.
- As a matter of team pride and courtesy, swimmers will leave the Atlantis team area in a neat and clean condition at the conclusion of each practice session as well as swim meets. This is understood that this applies to the pool deck, locker rooms, bleacher areas, pool decks and travel meet facilities.
- Swimmers will abide by the Safe Sport Regulations at all times.
- Swimmers 18 and older are required to complete Adult Athlete APT (Athlete Protection Training) Certification (Component of MAAPP) and provide documentation of completion to the Safe Sport Coordinator.
- Swimmers are expected to be members in good standing with Atlantis Swimming and USA Swimming.
- Swimmers are expected to promote a safe and positive environment. This includes physical, social, and emotional safety. They should be familiar with and adhere to USA Swimming's Code of Conduct, in particular [Article 304](#)

Discipline Policy

Step 1: After the swimmer has been verbally warned twice, that swimmer is removed from practice to have a discussion with the coach. After the discussion, the swimmer is allowed to return to the water

Step 2: If the undesirable behavior persists or occurs again at the subsequent practice, the swimmer will be removed for the remainder of the practice. That swimmer may not return to practice until a meeting is held with the coach (es), swimmer, the swimmer's parent and a possible medicator (another coach) from the practice session.

Step 3: If the swimmer must be removed from practice a second time, the swimmer will be suspended from all practice activity for one practice week (5 days). If there is a meet during the suspension, the swimmer's family will still be required to fulfill their work requirement and the swimmer will be able to swim in the meet however their suspension

will continue until the 5 practice duration. After the week is up, the coach(es), swimmer, parent(s) of the swimmer and a designated mediator (other coach) will meet to discuss the discipline problems and how to curb this behavior. The swimmer will not be put on probation for the current and subsequent swim sessions.

Step 4: This is the final and most dramatic step. If a swimmer is removed for a third time, it must be that swimmer's final time. That swimmer will be asked to leave the team and is not allowed back. There will be no monetary refund.

If a situation occurs, whether a swimmer is endangering themselves or other swimmers, swimmers may be escalated up to and including Step 4, with the agreement of the coaching staff and Board of Directors. Atlantis is committed to providing a safe environment for their members.