



## **RULES FOR OUT OF TOWN TRAVEL**

Getting to travel as a team is one of the many exciting privileges of swimming with the Marlins of Raleigh Swim Team. This is where friendships are made, team bonding occurs, and fun memories are forged. Along with this privilege comes responsibility.

Because we are traveling as a team, individual wants sometimes need to take a back seat to the needs of the whole team. Do not expect things to be just as they are when you are traveling with your family. The ability to adapt to unforeseen circumstances is key to a successful team trip. The coaching staff is in charge of the trip and swimmers must understand this.

While it is important for swimmers to call and communicate with their parents on a trip, swimmers must plan ahead so as not to miss curfew. These rules are designed for the swimmer's safety and so the swimmers may have the most enjoyable and fast swim meet experience possible.



### **USA Swimming Travel policy:**

- Club travel policies must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the club. (305.5.D)
- Team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming-administered criminal background check. (305.5.B)
- 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). (305.5.A)
- When only one athlete and one coach travel to a competition, the athlete must have his/her parents' (or legal guardian's) written permission in advance to travel alone with the coach. (305.5C)

### **MOR TRAVEL POLICY**

- ❖ Coaches will determine room assignments. You are all part of a team and should treat all teammates with respect.
- ❖ Strict Curfews will be set by the coaching staff for each night.
- ❖ No alcohol, cigarettes or drugs will be tolerated. Being in the same area with others that are using or possessing these substances is considered a violation.
- ❖ Rooms will be left in a presentable state. Over zealous horseplay that may result in personal or property damage is not permitted.
- ❖ Always be prompt and wear your suits and team attire to the pool. Be on time for van/bus.
- ❖ Never leave the hotel complex alone or without letting the coach know.
- ❖ A male and female will not be in a room alone together. You are at the meet to swim.
- ❖ Cell phones may be collected at room check and returned at breakfast.
- ❖ Cell phone use of any kind is prohibited in any locker room.
- ❖ Be respectful of teammates, coaches, and parents.
- ❖ Be cooperative with teammates regarding sleeping arrangements in hotel rooms.
- ❖ You are representing MOR at all times, so make a positive impression at all times.
- ❖ Violations may result in but are not limited to:
  - Being scratched from events
  - Being sent home by bus at parents expense
  - Not being allowed to travel with the team
  - Being suspended from team
  - Being removed from the team

Swimmer Signature \_\_\_\_\_

Practice Site/Group \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date: \_\_\_\_\_