**WAIVER**

**CODE OF CONDUCT Parents and swimmers of Portsmouth Swim Team will sign and abide by the following guidelines: I. Practice teamwork with all parents, swimmers and coaches by supporting the values of Discipline, Loyalty, Commitment and Hard Work. II. As a parent, they will not coach or instruct the team or any swimmer at a practice or meet and not interfere with coaches on the pool deck. III. Demonstrate good sportsmanship. They will conduct themselves in a manner that earns the respect of their child, other swimmers, parents, officials and the coaches at meets and practices. IV. Maintain self-control at all times. Know their role. Swimmers – Swim Coaches – Coach Officials – Officiate Parents – Parent V. Parents understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated. VI. Enjoy involvement with PST by supporting the swimmers, coaches and other parents with positive communication and actions. VII. Prior to any competition, questions or concerns about the upcoming meet must be directed to the swimmer’s coach only. Any contact with the team sponsoring the meet will be made through the meet entry person or the head senior/age group coach. VIII. During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff. Parents address officials via the coaching staff only. Sanctions If a parent or swimmer conducts himself or herself in such a way to bring discredit or discord to PST, or USA Swimming, they will voluntarily subject them to ‘disciplinary’ action. PST maintains the right to terminate any membership with/without cause in the interest or our vision, mission and objectives. MEDICAL WAIVER In consideration of my and/or my child or ward’s participation as a member of the Portsmouth Swim Team, Inc., I hereby release, discharge, and agree to hold harmless the Portsmouth Swim Team, Inc., its officers, members of its board of directors, employees, agents, coaches, representatives, successors and assigns, and volunteers (the “Released Parties”) from all liabilities, claims, actions, damages, costs or expenses of any nature arising out of or in any way connected with my or my child’s or ward’s association with or participation as a member of the Portsmouth Swim Team, Inc., including, without limitation, bodily injury, property damage, and loss by theft or otherwise, suffered by me or my child or ward either before, during, or after such association or participation. PHOTO RELEASE I further grant the Released Parties the right to, at their sole discretion, publish, in any form, including, without limitation, posting on the Portsmouth Swim Team, Inc. website, any results and standings of any meets, including the names of the participants and their respective scores, without reservation or limitation, and without liability for errors and/or omissions. I additionally grant the Released Parties the right to photograph and/or videotape me and my child or ward in connection with my and/or my child or ward’s participation as a member of the Portsmouth Swim Team, Inc. and I authorize the Released Parties, in their sole discretion, to display, use and/or otherwise publish such media, including my and/or my child or ward’s name, face, likeness, voice, and appearance in all forms, including, without limitation, digitized images, without compensation, reservation or restriction.**