



HAST Swimmer Code of Conduct

HAST swimmers are expected to:

1. Abide by the USA swimming [Code of Conduct](#) and [Minor Athlete Protection Policy](#), Hilton Central School district [Code of Conduct](#) and any posted pool rule.
2. Respect Coaches' instructions and decisions. Swimmers will make every effort to be on time for work outs, practice, competitions and team events. Swimmers should notify coach in advance if they intend to leave practice or a meet early.
3. Show good sportsmanship. Swimmers should compete with honesty and integrity and should support their fellow competitors. Swimmers who have an issue with a decision made by a meet official shall take those issues to a member of the HAST coaching staff only.
4. Show proper conduct during all HAST functions, including practice. Examples of unacceptable behavior are: running, horseplay, unnecessary loudness, misuse or damage to property, non-consensual physical contact, obscene language or gestures, inappropriate affection toward another swimmer and any disrespect to coaches, parents, swimmers and any others.
5. Treat your teammates with respect. Remember the diverse range of ages in your conversations with peers. Encourage everyone to be respectful and discourage and/or report any mistreatment or abuse of your teammates.
6. Refrain from the use, sale or any contact with tobacco, alcohol, illegal drugs or any substances banned by [USA Swimming](#) or [FINA](#).
7. Respect and care for the property of others, including items used during practice. Misuse of, damaging property or theft will not be tolerated.
8. Behave in the locker rooms. Locker rooms will only be used for changing and restroom use. Cell phone use is not allowed in the locker room. This includes talking, texting, communication in any manner, game playing or any other use of a call phone. Taking photos or recordings on any device in the locker room is not allowed at ANY TIME and will be punished most severely.

Discipline for violating the Code of Conduct will be progressive and discretionary. The Board and/ or Coach will consider the totality of an offense committed by a swimmer including, but not limited to: the swimmer's age, the intentional or reckless nature of the offense, behavioral history, circumstances that led to the offense and any other relevant information. Discipline can range from a verbal warning, dismissal from practice, meet or event, to dismissal from the team. Discipline beyond a verbal warning will require the swimmer's parent to meet with the board prior to resuming attendance at any HAST function, including practice.