



Travel Trip Code of Conduct

THIS CODE OF CONDUCT CONTRACT FOR LAKESIDE AQUATIC CLUB SWIMMERS
GOVERNS ELIGIBILITY FOR PARTICIPATION IN TEAM SPONSORED TRAVEL TRIPS

Purpose

The purpose of this code of conduct is to be consistent with the Lakeside Aquatic Club and USA Swimming mission, and will act to promote the pursuit of excellence in all aspects of the sport of swimming.

Swimmer Promise

I, _____, as a member of Lakeside Aquatic Club, I understand that I am a part of an organization that believes in teamwork, integrity, respect and good sportsmanship. I promise to show respect, demonstrate common courtesies, and exemplify good sportsmanship to team members, coaches, fellow competitors, officials, bus drivers, chaperones, and hotel and restaurant staff while on team travel trips. I promise to follow the direction of the coaching staff and trip chaperones. By signing this Travel Trip Code of Conduct, I agree to follow behavioral rules set forth while representing Lakeside Aquatic Club. In addition, I understand that any standards set forth by USA Swimming take precedence and must be followed.

Swimmer Responsibility Pledge

- I will attend all team functions while on travel trip unless excused by the lead coach. This includes meetings, practices, meals, meet sessions, etc.
- I will be on time for all designated travel trip departures, meetings, meals, and happenings.
- I will be compliant with dress codes, wearing appropriate team attire as specified. When allowed free dress in public places, I will dress sensibly and appropriately. I understand that shoes are required in public places and that I am not to walk around the hotel, rest stops, or restaurants barefooted.
- I will exemplify respectable behavior when visiting public places such as restaurants, shopping malls, hotels, and meet/practice facilities.
- I will wear my seatbelt and remain seated when in vehicles.
- I will clean up after myself at competition/practice facilities, hotels, restaurants, and travel vehicles.
- I will respect the privacy of those I am traveling with.

Part I: Travel Trip Code of Conduct Rules

1. I will abide by all the rules set forth in the LAC Swimmer Code of Conduct.
2. Under no circumstance may any athlete go anywhere alone. Athletes are required to stay in groups of two or more, or be escorted by a coach or chaperone.
3. I will comply with the established curfew and the designated lights-out, phones-off, electronics-off, time.
4. I will not leave my room after curfew. I will remain in my room until designated morning team meeting time.
5. I will stay in the room which I am assigned. Unauthorized room changes are prohibited.
6. Visitors of the opposite sex are prohibited in hotel rooms at any time. (A "common room" will be established where teammates can socialize in the presence of chaperones and/or coaching staff.)
7. Quiet hours will be enforced for prelim/final competition travel trips. Loud, disruptive, unruly behavior will not be tolerated.
8. I will not incur room charges such as room service, pay per view movie rentals, or long distance phone calls.
9. Lakeside Aquatic Club assumes no liability for any lost or stolen items.
10. If an athlete requires medical attention or help of any kind, he/she will contact a coach or chaperone immediately, or dial 911 in the event of an emergency.

Part II: Violation of the Code of Conduct Rules

Failure to comply with the Code of Conduct set forth in this document may result in disciplinary action. Such actions may include but are not limited to the following:

1. Swimmer may be sent home immediately from meet, practice, or team function at the expense of his/her family.
2. Swimmer may have phone or electronics taken away during the travel trip.
3. Swimmer may be suspended from the team until the swimmer and his/her parents have had a conference with the Head Coach and disciplinary actions have been implemented.
4. Swimmer may be suspended from future team travel trips.
5. Swimmer's family will be responsible all fines, fees, or damage assessment charges associated with actions.

Upon notification of any violation of the Code of Conduct, a review committee comprised of coaching staff and the Board of Directors, shall promptly investigate the circumstance of the violation and request a conduct review conference with the swimmer and his/her parents. The review committee will determine what disciplinary action, if any, shall be taken. The Head Coach and Board of Directors may terminate any LAC member in the interest of LAC's mission and objectives. By signing below, I am stating that have read and understand the LAC Travel Trip Code of Conduct. I understand that if I violate any of the rules, I risk suspension and expulsion from the team.

Swimmer Signature

Date

Parent Signature

Date