



Being a member of the Bend Swim Club (“Club”) is considered a privilege. Swimmers are expected to conduct themselves in accordance with the highest ethical standards by displaying good sportsmanship, honesty, integrity and proper respect for coaches and other swimmers.

### **Athlete Code of Conduct**

By signing this code of conduct I agree to adhere to the following statements. In addition, all athletes 10 years of age and older must complete USA Swimming’s safe sport for athletes course found [here](#).

1. I will adhere to all [USA Swimming Codes of Conduct](#).
2. To always conduct myself in such a manner that my actions reflect positively upon the club. (This includes all team functions, including: practices, swim meets, travel, social media and all social gatherings.)
3. I will be on time and attend practice on a regular basis as assigned by the coach.
4. I will:
  - A. Wear appropriate attire and suits to all team functions, practices and meets.
  - B. Wear attire/suits in an appropriate fashion.
5. The consumption, purchase, or possession of alcohol, cigarettes, chewing tobacco, or any illegal drug or substance of any kind will not be tolerated. In addition, any BSC athlete found to be in the presence of other minors (regardless of team affiliation) partaking in any of the above activities will be subject to the same punishments.
6. I will respect the rights, dignity and worth of others, regardless of; race, sexual orientation, gender identification, abilities, cultural background or religion.
7. I will refrain from the use of foul language, violence towards others, behavior deemed dishonest, offensive or illegal including on social media.
8. I will respect the other swimmers, coaches, parents, and officials.
9. I will not violate the BSC social media policies.
10. I will not engage in any other conduct deemed “detrimental to the team”.

### **Discipline**

The consequences for violations will vary according to the severity of the offense. However, the following procedures will be followed:

1. The head coach will notify the athlete, athlete’s parents and board of directors (“board”) of the offense.
2. A conference will be held with the head coach, athlete and athlete’s parents.
  1. (The head coach or parent may invite a board member to participate)
3. The head coach will determine appropriate discipline in consultation with the board. Such consequences may include, but not be limited to: suspension from the team, and if warranted, expulsion from the team.

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_  
Date