

Swimmer Code of Conduct

As a swimmer for The Dalles Swim Team (TDST), I will abide by the following code of conduct:

- I will be respectful of my teammates, coaches, all lifeguards, pool staff members, parents, spectators, my opponents, the pool facility and TDST equipment.
- I will leave all electronic devices (i.e. cellular phones, tablets, cameras, etc.) in my bag while in the locker room and during practice times. Additionally, I will take no photos or videos without a coach's express approval.
- I will be on time for practice, training sessions, and meets.
- I will leave the area I am in neat & clean at the conclusion of each practice or meet. I understand this applies to the pool, locker room, restrooms, bleacher areas, pool decks, etc.
- I will follow the rules of Gorge Athletic Club: Dry off before entering the locker rooms, keep rinse/shower times to under 5 minutes, clean up after myself, exit promptly.
- I will practice good sportsmanship.
- I will promote positive team spirit and morale.
- I will offer congratulations and encouragement to my opponents.
- I will support my teammates at practice and at competition. Working together as a unit will benefit each team member and is an important part of TDST spirit.
- I will follow verbal directions of the coaching staff. At no time, will disrespectful attitudes by any swimmer be tolerated.
- I will respect the rights and space requirements of other groups using the swimming facility.
- I will follow the Code of Conduct at home/away events and at any event where TDST is represented.

I understand that at no time will the following be accepted:

- Use or possession of any illegal substances (i.e. alcohol, drugs, tobacco). Inappropriate or unruly behavior, including fighting or striking another athlete.
- Inappropriate language (swearing or derogatory comments) name-calling or lying.
- Stealing, destruction of property and vandalism.
- Bullying or disrupting swimmers during practice or at any other time.

Consequences for Violation of the Code of Conduct:

This code applies to all TDST swimmers during practice, swim meets, and at events sponsored by, or in which, TDST is represented. Disciplinary actions will be taken by coaching staff, as needed, with full support of the Board. All disciplinary actions beyond step 1 below will be documented in writing and shared with the Board immediately. If disciplinary action is necessary, the following disciplinary steps will be initiated:

1. Coach will identify the *behavior and address with swimmer. Emphasis will be placed on educating the individual by informing all persons involved of the rules and behavior expectations related to the situation, as well as expectations for changing the behavior.
2. If the behavior continues, behavioral counseling will occur with verbal agreement regarding expected behavioral changes. Swimmer may be asked to sit out from practice. Coach will document the encounter.
3. If behavior continues after the verbal agreement, parents will be contacted to help address the issue. Coach will document.
4. If the behavior continues the swimmer will be suspended from participation for the number of days deemed appropriate by the coach. Coach will document.
5. If the behavior continues the swimmer and parent will meet with the coach and a member of the board, the swimmer may be terminated from TDST.

*If behavior jeopardizes the safety of swimmers, an immediate, but temporary suspension may occur.

Coaches will make this decision on the spot and THEN follow the disciplinary steps.

I, _____ have read and will follow the Swimmer Code of Conduct.

Swimmer's Signature _____

Date _____