



Travel Policy (Athletes and Staff)

As an authorized representative of Metro Aquatics, I will comply with the following:

1. The possession or use of alcohol, tobacco, cannabis or controlled substances by any team member or staff is prohibited.
2. Curfews established by the coach(es) will be adhered to each day.
3. Minor athletes and adult athletes of the same gender may share rooms. No athlete shall be in the room of athletes of from different gender(s). The only exception allowed is regarding meal sharing and must be open-door and supervised by coach or staff.
4. Team members and staff will refrain from any illegal or inappropriate behavior that may detract from a positive image of the Metro Aquatics, or be detrimental performance objectives.
5. Team members will display proper respect and sportsmanship toward coaches, officials, administrators, fellow competitors and the public.
6. An open and observable environment shall be maintained for all interactions between adults and athletes. Private, or one-on-one situations, shall be avoided unless they are open and observable.
7. During team travel, when doing room checks, attending team meetings and/or other activities, two-deep leadership and open and observable environments should be maintained.
8. When a coach touches an athlete as part of instruction, the coach should do so in direct view of others and inform the athlete of what he/she is doing prior to the initial contact.
9. If the hotel has adjoining rooms, where a doorway between rooms may be opened, athletes in both rooms must be of the same gender.
10. For USA Swimming "covered" travel, all team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming-administered criminal background check.
11. Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete (unless the coach is the parent, guardian, sibling, or spouse of that particular athlete).
12. Club travel policies and Code of Conduct must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the club.
13. Metro Aquatics has a strict "No Touching" policy which means members do not touch each other, ever.
14. Any additional guidelines for the team will be established as needed by the coaching staff.

Furthermore, the following are USA Swimming travel policies stipulated in the USA Swimming Rulebook.

- A. Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete unless the coach is the parent, guardian, sibling, or spouse of that particular athlete. (305.6.1)
- B. Team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming-required criminal background check. (305.6.2)
- C. When only one athlete and one coach travel to a competition, the athlete must have his/her parent's (or legal guardian's) written permission in advance to travel alone with the coach. (305.6.3)
- D. Clubs and LSCs shall develop their own travel policies. USA Swimming will provide a model club travel policy as an example. Club travel policies must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the club. (305.6.4)

Your signature below constitutes unconditional agreement to comply with this *Metro Aquatics Travel Policy*. Failure to comply with the Code of Conduct as set forth in this document may result in disciplinary action. Such discipline may include, but not be limited to:

- Dismissal from the team and immediate return home (at parents' expense);
- Disqualification from one or more events, activities, or competition;
- Disqualification from future Metro Aquatics travel.

The undersigned has read and understands the terms of this agreement.

Printed Name: _____ Event: _____

Signature: _____ Date: _____

Parent Signature: _____ Date: _____