



SRST TEAM CODE OF CONDUCT: ATHLETES

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. By signing this code of conduct, I agree to the following statements:

- I will respect and show courtesy to my teammates and coaches at all times.
- I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- I will attend all team meetings and training sessions, unless I am excused by my coach.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- I will not touch another swimmer on purpose. On SRST we keep our hands to ourselves.
- I will reach out to my Coach for help when I'm in a situation that is escalating or frustrating or when my communication skills are not working to solve the problem.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will obey all of USA Swimming's rules and codes of conduct.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and as set forth in the following progressive disciplinary steps:

- 1) Step 1 – Verbal warning. If the swimmer is getting multiple verbal warnings (3 or more in a week) the parents will be notified.
- 2) Step 2 – Sit-out on bleachers or designated area set by coach for 10 minutes. Swimmers cannot leave the designated area and must be within the line of site for the coach to continue to supervise the swimmer. Swimmers can grab a towel and whatever they need to stay comfortable while sitting out. If a swimmer is asked to sit out during a practice the parents will be notified.
- 3) Step 3 – Swimmers will be removed from practice for the rest of the day. Swimmers must stay in the designated area supervised by the coach. Swimmers can use the locker room to get dressed if done for the day. Parents will be notified.
- 4) Step 4 – 1-5 day suspension. Swimmers can jump straight to Step 4 for any aggressive and purposeful physical contact. Parents will be contacted and there will be a meeting with the Head Coach prior to entry back into the practice environment.
- 5) Step 5 – Removal from the team.

COACHES RESERVE THE RIGHT TO MODIFY AS NECESSARY TO KEEP EVERYONE SAFE.

Swimmer's signature

Date

Parent's signature

Date