

Swimmer Code of Conduct

In order to be a member of the Napa Valley Swim Team, each swimmer must understand and agree to follow the following Code of Conduct. The Code will be enforced for each paid membership year on the team (team registration day to the next team registration day) and will cover all activities pertaining to your involvement as a swimmer with the NVST, including the use of any facility rented by the team for practice and any other purpose, behavior during home and away meets, and during all organized travel arranged by NVST or USA Swimming for the purpose of competition or training. A swimmer's violation of the following Code in part or in whole may result in, but is not limited to, action ranging from verbal warning to dismissal from the team.

The following Code of Conduct conforms to recommendations made by USA Swimming and the American Swim Coaches Association. Ultimately, the goal of the Code is to ensure a safe and positive environment for the development of all swimmers and promote an encouraging team atmosphere.

NVST swimmers are expected to:

1. Swim for the fun of it, not just to please one's parents or coach.
2. Be punctual for all practices and meets. Pool time is very valuable.
3. Attend all recommended meets unless they have made special arrangements with their coach.
4. Wear NVST logo swimwear and team caps at meets. This displays team pride and also makes it easier to identify swimmers on the blocks and in the water.
5. Be active participants in all team practices, competitions, fundraising events and other team activities.
6. Focus on every drill and every set. Swimmers are expected to put forth their best effort every day, including practicing good training habits.
7. Pay attention to and follow all of the coach's instructions completely and exactly, and to politely request clarification if necessary.
8. Support every other swimmer's ability to learn and the coach's ability to teach other swimmers. Disruption of practice by an athlete will be grounds for removal.
9. Be committed to striving for personal best goals and for the good of the team.
10. Represent NVST with excellence, team spirit, good sportsmanship, and politeness.
11. Follow the directions of any NVST coach, official, or chaperone. Disrespect or failure to obey instructions will not be tolerated from any athlete.
12. Respect each other. Profane or abusive language or obscene gestures will not be tolerated. Fighting, intentional touching or striking another athlete will not be tolerated. Bullying will not be tolerated.
13. Refrain from drinking alcohol, using tobacco products, or using illegal drugs. All NVST swimmers shall abide by the anti-doping rules of FINA, USOC, and USADA (USA Swimming Article 303.3).
14. Respect and care for the property of others. Vandalism, intentional damage to property, or theft of property will not be tolerated.
15. Refrain from using audio or video recording, including cell phones, in the locker room.
16. Ask coach's permission to leave practice or swim meets early.
17. Report any physical, emotional, or sexual abuse to a coach, parent, official or member of the Board of Directors. This includes inappropriate touching (massages/rubdowns) and inappropriate communication (text, email, Twitter, Facebook, etc.).

18. Report to their coach or parent any recruitment by another coach or member of another team.
19. Have read and abide by the SafeSport Code for the US Olympic and Paralympic Movement and the Minor Athlete Abuse Prevention Policy (MAAPP).
20. Have read and abide by the USA Swimming Code of Conduct (Article 304).
21. To follow the spirit of the rules as well as the specific rules. The coach must adapt this philosophy to an infinite number of situations. Swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive practice environment and competitive environment for all.

Consequences of Code Violation

The coaches have the authority to impose penalties for violations of the Swimmer Code of Conduct. The penalties may include, but are not limited to:

1. A verbal warning to the swimmer.
2. The swimmer being removed from practice and a parent contacted by the coach.
3. Requiring the swimmer to be accompanied by a parent for four (4) consecutive practices.
4. Continued, repeated, or especially egregious behavior may result in a one-week suspension and a parent-swimmer-coach meeting.
5. Dismissal from the team in the case of ongoing problem behavior.