

Nation's Capital Swim Club (NCAP)

Code of Conduct & Medical Release Form

The undersigned athlete participating in _____ agrees to abide by the standards of conduct outlined below in addition to those established during the trip.

1. When representing NCAP, everyone is expected to behave in an exemplary manner. The reputation of NCAP, as well as the other athletes with you, is dependent on your behavior.
2. All swimmers are required to attend all team meetings/activities unless excused by the coach in charge of the trip.
3. First impressions are very important to the swimmer's personal image, to NCAP, to PVS, and to the sport of swimming. If the team attends special functions, travels by air, etc., appropriate attire is required (no jeans, t-shirts, etc). Check the coach if unsure what to wear. During competitions swimmers will wear NCAP attire, and may not wear apparel that represents any other teams.
4. NCAP swimmers are expected at all times to follow the directions of the coaching staff. At no time will disrespectful attitudes be tolerated from any swimmer.
5. Curfews established by coaching staff will be adhered to each day of the trip.
6. At no times will males be allowed to enter female rooms or will females be allowed to enter male rooms.
7. Any damages or thievery incurred by the hotel will be at the expense of swimmers assigned to that room, and further disciplinary action will be taken. Under no circumstances will loud or boisterous behavior be tolerated in any part of the motel/hotel facility.
8. The consumption of alcohol, the use of tobacco, or use of any non-prescribed drugs or illegal substance of any kind will not be tolerated. In addition, any team member found or suspected to be in the presence of others (regardless of team affiliation) partaking in any of the above activities will be subject to the same punishments and probable expulsion from the NCAP.
9. All team members will be polite in restaurants and all public facilities. Leave a 15% tip at restaurants. If there is a problem with the service, see the coach.
10. The NCAP coaching staff holds the final word on any rules, regulations, or disciplinary actions.

Failure to comply with this Code of Conduct may result in, but not limited to, any or all of the following actions:

- a. Swimmer will not be allowed to participate in team activities.
- b. Swimmer sent home at parent's expense.
- c. Swimmer may not be allowed to participate in upcoming team trips.
- d. Possible suspension or expulsion from Nation's Capital Swim Club.

I recognize my responsibility to abide by the rules and requirements of Nation's Capital Swim Club and I acknowledge that I have received and read such.

Swimmer's Signature _____ Dated _____

Parent's Signature _____ Dated _____

T-Shirt Size (circle one): YS YM YL AS AM AL AXL

Authorization for Emergency Medical Care

I hereby give my consent for the Coaching staff of Nation’s Capital Swim Club or official trip parent chaperones to authorize Emergency Medical Treatment of my child.

Swimmer’s Name _____

Swimmer’s Date of Birth _____

Parent’s Name _____

Parent’s Signature _____

Parent’s Phone Numbers
or emergency contacts _____

Insurance Company _____

Policy Number _____

Please list any pertinent medical information and/or allergies, which might need to be addressed: