

## **Ridge Seals Swim Team Registration - RSST Code of Conduct**

The intention of this contract is to promote respect for all participants within the RSST and FSSL as well as our home pool the RSC. It is expected that all swimmers and their parents read and understand the Code of Conduct and continue to observe and follow all principals contained within the Code throughout the season.

**A. RSC Non-member pool recreational use policy:** Any persons who are not members of the pool may not have swimmers, their siblings, or guests swim/jump/wade in any pool during or before/after swim team practice. If you are NOT a member of the pool, you are not allowed to swim outside of your practice lane while under direct supervision of a coach unless you are a registered paying guest of a member, who is also on site at the time. The guest fee is \$5 per swimmer and you must be registered as a guest, sponsored by a member who is present, and pay the fee BEFORE you enter the pool deck. Also, kindly be respectful of the space we take up on deck during practice times when the pool is open - please do not put swimmer's belongings on deck chairs and please leave the chaise lounges open for pool members.

**B. RSST skill requirement:** I am ready, willing and able to swim at minimum 25-meters freestyle independently prior to joining the swim team.

### **C. RSST behavioral requirements:**

I understand that I am a representative of RSST and will conduct myself according to the following principals:

1. I will remember that coaches and officials are there to help me. I will accept their decisions and show all coaches respect at all times.
2. I will report early, with suit, cap, and goggles on and ready to use by the beginning of practice and pre-meet warm-ups. I am expected to stay for the entire practice & meet, unless I notify the coach.
3. I will swim because I want to, not because others or coaches want me to.
4. I understand that the Disciplinary Action Policy Section 4.0 in the Handbook will be enforced by the coach and the Board of Directors if I refuse to participate appropriately during team practices or events.
5. I will have fun, but not waste valuable practice time and instruction time before, during, and after practices or meets.
6. I understand the planned Social Activities are the acceptable times and events to socialize with my teammates- not during practices
7. I understand that "mouthing-off" can spoil the activity for everyone and I will refrain from such actions.
8. I will not use vulgar or profane language, racial, ethnic or gender-related slurs toward teammates, coaches, officials, opponents or spectators.
9. I will demonstrate behavior that will uphold the good reputation of the Ridge Seals Swim Team.
10. I will attend all required practices, meetings, and meets unless ill or given prior permission to be absent by the Coach.

11. I will maintain good community relationships and comply with all RSST, Ridge Swim Club, competitors' pool rules, and FSSL policies at practices & all meets.
12. I will display courteous and good sportsmanship behavior at all times.
13. I agree that alcohol, tobacco products, and banned substances have NO PLACE in SWIMMING and will abstain from using them.
14. I will not use "war paint". This includes drawing with marker, pen, paint, etc. on the body, except to write event number and lane seeding on my hand, if desired. I understand no messages or drawings of any kind will be allowed on my body.
15. I understand that if I have not followed sign-up procedures by meet deadlines, I will NOT be included in the meet.
16. I understand I must report to Clerk of Course when my events are being organized. Meet delays are not provided due to my inattentiveness.
17. My parents understand that they are required to help the team throughout the season in order for me to be a part of the team and agree to comply with Meet Obligations as outlined on the sign-up form and on the website.
18. I will take the initial responsibility to discuss with the coaching staff questions I may have about my performance, meet line-ups, or practice.

I understand repeat offenses may result in expulsion from the team with no refund.