



SOCIAL MEDIA POLICY & GUIDELINES FOR SWIMMERS OF LASC

Swimming for the Los Angeles Swim Club is a privilege. Swimmers on the Los Angeles Swim Club (LASC) are Ambassadors of the club and the program. As swimmers you have the responsibility to portray your team, and yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you, but benefit the entire team as a whole.

Facebook, Twitter and other social media sites have increase in popularity, and are used by the majority of swimmers in one form or another.

LASC members should be aware that third parties—including schools, teachers, coaches, future employers, universities, colleges—could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the swimmer, the coaches and the club. This could also be detrimental to you as you apply to colleges or future employment options.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include but are not limited to the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco e.g., no holding cups, cans, shot glasses etc.
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory comments, taunting comments aimed at another swimmer, coach or other teams and derogatory comments against race and/or gender. No posts should show or encourage unacceptable violent or illegal activities (examples: sexual, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use and underage smoking).

If a swimmer is found to engage in such inappropriate behavior he/she will be subject to the following penalties;

- Written warning
- A meeting with the Head Coach and their immediate Coach and parents
- Penalties as determined by the Head Coach and their immediate coach, including but not limited to possible suspension from the team



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For your own safety, please keep the following recommendations in mind as you participate in social media websites;

- Set your security settings so that only your friends can view your profile.
- You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Be aware of who you add as a friend to your site-many people are looking to take advantage of student-athletes or to seek connection with student-athletes.

If you are ever in doubt of the appropriateness of your online material, consider whether it upholds and positively reflects your own values and ethics as well as your families and the club's values. **If in doubt do not post!** Remember, always present a positive image and don't do anything to embarrass yourself, the team, the coaches and your family.

By signing below you agree that you understand LASC's Social Media Policy and Guidelines and agree to uphold them. By signing below you also understand that failure to adhere to this policy and guidelines may result in consequences that include suspension from the club.

Printed Name _____

Signature _____

Date _____