



## **Swimmer Contract, Code of Conduct and Team Rules**

1. Swimmers shall respect and show courtesy to their teammates and coaches at all times.
  2. If a swimmer has a problem with a coach, it is their responsibility to communicate the problem to their coach. If the problem escalates or can't be resolved in this manner, the swimmer is to take the issue up with the head coach, who will help to resolve any issue.
  3. Be on time, be ready to get in the water on time for practice and meet warm-ups. Be prepared to swim. Have your equipment ready. Bring extra caps and goggles.
  4. Be respectful of your teammate's feelings and personal space. Swimmers who exhibit sexist, racist or inappropriate behavior towards another person will be excused from the practice or meet and will be subject to a disciplinary process as determined by the head coach depending on the severity of the infraction. Any coach at any time has authority to ask a swimmer to exit the pool for disciplinary reasons.
  5. No dunking, foul language, hanging on lane lines, splashing, spitting, hitting, trash talking, belittling or any other behavior deemed as horseplay is allowed in a practice venue or meet venue.
  6. Deck changing is forbidden (per USA Swimming Rules) as is shaving at swim meets (prevention of communicable diseases).
  7. Proper swimming attire is required at LASC practices and swim meets. For dry-land session that means proper athletic gear and running shoes. In the water for males no board shorts as proper attire is a speedo type brief or jammer. No cutoffs or board shorts are allowed. For females a one-piece training or racing suit is required.
  8. Swimmers are expected to exhibit good sportsmanship at practice and meets.
  9. Swimmers shall not ever confront an official or stroke and turn judge at a meet about a disqualification. This is the coach's responsibility. Swimmers and parents will be respectful and courteous to meet volunteers at all times. If you have a problem, come get your coach.
  10. Destruction of locker rooms and theft of property will be prosecuted under the law. The swimmer and family of swimmer will be responsible for all damages and fees incurred upon collection or prosecution of damages.
  11. Swimmers are not to take any photos with their phone cameras, regular cameras or any other photo-taking device in locker room, changing or showering areas.
  12. Swimmers who are ill with contagious viruses and open wounds must tell their coach before entering the water.
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13. A swimmer who is injured at practice or a meet must report this to their coach immediately following the injury.

Your signature below indicates that you agree to and accept all of the above Swimmer code of conduct policies of the Los Angeles Swim Club.

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Swimmer Signature Date

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Coaches Signature Date