

Athlete Code of Conduct

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. By signing this code of conduct, I agree to the following statements:

- I will respect and show courtesy to my teammates and coaches at all times. **initial** _____
 - I will demonstrate good sportsmanship at all practices and meets. **initial** _____
 - I will set a good example of behavior and work ethic for my younger teammates. **initial** _____
 - I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences. **initial** _____
 - I will attend all team meetings and training sessions, unless I am excused by my coach. **initial** _____
 - I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities. **initial** _____
 - I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal. **initial** _____
 - If I disagree with an official's call, I will talk with my coach and not approach the official directly. **initial** _____
 - I will obey all of USA Swimming's rules and codes of conduct. **initial** _____
 - I will be proactive in communicating with my coach and accept take responsibility for my own goals for individual meets and for each season. The coach is there to help me on my journey. **initial** _____
- I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the swim club's board of directors.

Athlete: _____ **Signature:** _____ **Date:** _____

Parent Code of Conduct

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents. As a parent/guardian, I understand the important growth and developmental support that my child's participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team. I agree with the following statements:

- I will set the right example for our children by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and all facilities. **initial** _____
- I will get involved by volunteering, observing practices, cheering at meets, and talking with my child and their coach about their progress. **initial** _____
- I will refrain from coaching my child from the stands during practices or meets. **initial** _____
- I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated. **initial** _____
- I will respect the integrity of the officials. **initial** _____
- I will arrange timely drop off and pick up relative to practice schedules, and not leave siblings unattended during practice time. **initial** _____
- I will direct my concerns to first to Head Coach; then, if not satisfied, to the Board of Directors President and/or Vice President. **initial** _____

I understand the above expectations and that my failure to adhere to them may result in disciplinary action.

Parent: _____ **Signature:** _____ **Date:** _____



Athlete Code of Conduct: Team Travel Supplement (Race Team Only)

(To be filled out by each athlete in Advance Age Group and Senior Programs)

Athlete name: _____ **Group:** _____

These supplemental items reference Team Travel Events. Anyone who, in the opinion of the coaches or chaperones, acts in a manner that would interfere with the standards listed below, will be subject to immediate return home (**at the expense of the parent and/or athlete**) and other punishments including barring from future travel or competition, suspension from practice, or dismissal from the Team.

1. SBSC Race Team Athletes shall display proper respect and sportsmanship towards coaches, chaperones, officials, administrators, fellow athletes, and the public. The reputation of SBSC is dependent upon your behavior and appearance. **initial**_____
2. Athletes are prohibited from possession and use of illegal substances and/or use of tobacco, alcohol and cannabis. Likewise, athletes will not abuse prescription or nonprescription drugs. 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 SBSC. **initial**_____
3. SBSC athletes shall be on time to all Team functions including meetings and when the Team is scheduled to depart the hotel or event. Likewise, they will be prepared for the event/activity with proper equipment, clothing, food, water, sunscreen, etc. **initial**_____
5. The Team travels in team arranged transportation, not athlete driven vehicles. **initial**_____
6. Once at the hotel, venue, or designated location, athletes may not leave the hotel, venue, or designated location. **initial**_____
7. Curfews established by the coaches and chaperones will be adhered to (curfew means athletes shall be in their assigned rooms). **initial**_____
8. At no time will male and females be in the same room together unless a coach or chaperone is in the room or has approved the situation and the door remains open. **initial**_____
9. Athletes will be held liable for damage done to property at any time during the trip. (This includes the vehicle, hotel, pool, restaurants, etc.) **initial**_____
10. If for any reason during the trip you have a problem, emergency, etc., contact a chaperone or coach immediately. **initial**_____
11. Follow all rules given during the trip by coaches and chaperones. **initial**_____

I recognize my responsibility to abide by the USA Swimming and SBSC rules and requirements. I agree to abide by the SBSC Athlete Code of Conduct outlined above during the time I am participating with SBSC.

Athlete: _____ **Signature:** _____ **Date:** _____

Parent: _____ **Signature:** _____ **Date:** _____