



CA SWIMMERS' CODE OF CONDUCT

General Swim Meet Policies

1. No swimmer, except for those post high school athletes approved by the coaching staff, shall attend a meet unless accompanied by a parent or a chaperone arranged for by the swimmer's parents.
2. No swimmer shall drive a car to, from, or at any away swim meet unless accompanied by a parent or chaperone. Swimmers 19 years of age and older may drive themselves, but may not be accompanied by younger swimmers.
3. Meet warm-up times, which are set by the staff and published in the team meet information and weekly coach's email, are to be strictly adhered to by all team members.
4. Team members should check with the coaches prior to leaving a meet. Should it become necessary for a swimmer to leave a meet early, his/her coach must be notified.
5. Swimmers are expected to meet with their coach before and after each of their events.
6. In prelim and final meets, all swimmers who qualify to compete in the finals are expected to participate in the finals. All team members are strongly encouraged to return to the finals sessions to support the team and take advantage of the opportunity to learn from watching the finals. At times, alternate and relay positions open up that need to be filled.
7. All team members are expected to follow the team uniform policy. Proudly wear your team apparel. Your personal appearance shall be neat and appropriate at all times.
8. Swimmers are expected to sit with the team and participate in all team meet activities and team meetings.
9. Team members and parents are expected to display proper respect and sportsmanship toward coaches, officials, meet administrators, and fellow competitors.
10. As a matter of team pride and courtesy to the meet host, swimmers are expected to leave the CA team area in a neat and clean condition at the conclusion of each session of the meet.
11. All questions swimmers and/or parents may have concerning meet results, an officiating call, or the conduct of a meet, should be referred to the CA coaching staff only. Our coaches, in turn, will pursue the matter through appropriate channels.
12. In accordance with USA Swimming rules, parents are expected to remain in the spectator area and off the immediate competitive deck unless they are working the meet in an official capacity.

Team Travel Policies

1. All team members are reminded that when traveling on trips, competing in meets, and attending other meet-related functions, you are representing both yourself and the CA program. Your behavior must positively reflect the high standards of the club.
2. All swimmers and chaperones traveling with the team will attend all team functions and are expected to know all travel/meet schedules and strictly adhere to them. Coaches will establish warm-up times and other trip-related timetables as needed. Being prompt and on time is essential.
3. Swimmers are expected to remain with the team at all times during a trip. Swimmers are not to leave the pool, the hotel, or any other place at which the team has gathered without the permission of a coach or chaperone.
4. Rooms and travel vehicles are to be treated with respect and kept neat. Belongings should be kept together, and all trash deposited appropriately. Any damage to rooms or vehicles will be the responsibility of the parties involved and may result in being sent home early from a trip.
5. When traveling by van, swimmers must wear seat belts and remain seated at all times. Trip participants also agree to abide by any CA travel policies that may be established.
6. Male swimmers are not allowed in female swimmers' hotel rooms, nor are female swimmers permitted in male swimmers' rooms unless a chaperone/coach has granted permission (i.e., for a small group to watch a movie).
7. Swimmers are to refrain from inappropriate physical contact.
8. All swimmers are expected to strictly adhere to the curfew established by the coaching staff. At curfew, all lights, TV's, electronic equipment, etc., must be turned off, and no talking is permitted.
9. Swimmers are expected to be quiet and respect the rights of teammates and other hotel guests during evening hours and the rest time between prelims and finals. There is to be no telephone use after curfew and no room-to-room telephone use during afternoon rest time.
10. All telephone and incidental room charges must be paid prior to curfew on the final night of the trip.
11. When group meals are contracted for with a hotel or restaurant, all swimmers and chaperones on the trip are expected to participate in and share the cost of these meals.
12. Swimmers are expected to travel with and stay with the team on team travel trips. Any exceptions to this policy must be approved by the Head Coach or his designee prior to the trip.
13. Chaperones must agree to fulfill their responsibilities to the swimmers entrusted to their care and to the other chaperones and coaches. Swimmers may not be chaperones, unless approved by the coaching staff.
14. Violation of these rules will result in disciplinary action, including the possibility of being sent home from the meet at the expense of the swimmer's family.

CA PARENTS' CODE OF CONDUCT

As a parent of a swimmer and member of Carolina Aquatics, I will abide by the following guidelines:

- I. I will practice *teamwork* with all parents, swimmers and coaches by supporting the values of *Discipline, Loyalty, Commitment and Hard Work*.
- II. I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck.
- III. I will demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at meets and practices.
- IV. I will maintain self-control at all times. I know my role.

Swimmers – Swim
Coaches – Coach
Officials – Officiate
Parents – Parent

- V. I understand that criticizing, name-calling, and using abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated.
- VI. I will enjoy involvement with Carolina Aquatics by supporting the swimmers, coaches and other parents with positive communication and actions.
- VII. During competitions, I will direct questions or concerns regarding decisions made by meet officials to a member of our coaching staff. I understand that parents address officials via the coaching staff only.
- VIII. **Sanctions.** Should I conduct myself in such a way that brings discredit or discord to Carolina Aquatics, or USA Swimming, I voluntarily subject myself to disciplinary action. CA maintains the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.