

HAST ATHLETE CODE OF CONDUCT (13 & older swimmers)

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 understand "I" represent Hilltop Aquatics Swim Team at any team function, and will act in accordance to the guidelines of the HAST Code of Conduct and the HAST Disclosure Document *(as found on the HAST website)*.
- I will do my best to attend all workouts and team functions, and to notify my coach when I will be absent. When contacting a coach, my parent will receive a copy of any electronic communication. I will not phone my coach without parental permission.

Behavior:

- I will read and understand the HAST Anti-Bullying Policy *(as found on the HAST website)*, including possible dismissal from the team for bullying behavior. **Bullying of any kind, will NOT be tolerated.**
- I will respect and show courtesy and kindness to my Coaches and Teammates at all times.
- I will demonstrate good sportsmanship at all workouts and meets.
- I will set a good example of behavior and work ethic for my Teammates.
- 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.
- I will show respect for all facilities and other property (including locker rooms) used during workouts, competitions, and team activities.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will obey all of USA Swimming's rules and codes of conduct.
- I will follow the guidelines set by Hilltop Aquatics Swim Team and the American Fork Fitness Center as to the appropriate **behavior** at workouts and at all meets.

Apparel:

- As a member of HAST, I will wear HAST caps & team wear at all workouts and meets.
- NO High School affiliated team wear is permitted at a HAST Workout or Meet.**
- I will follow the guidelines set by Hilltop Aquatics Swim Team and the American Fork Fitness Center as to the appropriate **apparel** at workouts and at all meets.

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.

Swimmer's Name *(please print)*

Swimmer's signature

Date_____

Parent's Name *(please print)*

Parent's signature

Date_____

HAST ATHLETE CODE OF CONDUCT

(12 & under swimmers)

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 understand "I" represent Hilltop Aquatics Swim Team at any team function, and will act in accordance to the guidelines of the HAST Code of Conduct and the HAST Disclosure Document (*as found on the HAST website*).
- I will do my best to attend all workouts and team functions, and to notify my coach when I will be absent.

Behavior:

- I will read and understand the HAST Anti-Bullying Policy (*as found on the HAST Website*), including possible dismissal from the team for bullying behavior. **Bullying of any kind, will NOT be tolerated.**
- I will respect and show courtesy and kindness to my Coaches and Teammates at all times.
- I will demonstrate good sportsmanship at all workouts and meets.
- I will set a good example of behavior and work ethic for my Teammates.
- I will be respectful of my Teammates' feelings and personal space.
- I will show respect for all facilities and other property (including locker rooms) used during workouts, competitions, and team activities.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive.
- If I disagree with an official's call, myself or my parents will talk with my coach and not approach the official directly.
- I will obey all of USA Swimming's rules and codes of conduct.
- I will follow the guidelines set by Hilltop Aquatics Swim Team and the American Fork Fitness Center as to the appropriate **behavior** at workouts and at all meets.

Apparel:

- As a member of HAST, I will wear HAST caps & team wear at all workouts and meets.
- I will follow the guidelines set by Hilltop Aquatics Swim Team and the American Fork Fitness Center as to the appropriate **apparel** at workouts and at all meets.

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.

Swimmer's Name (*please print*)

Swimmer's signature

Date _____

Parent's Name (*please print*)

Parent's signature

Date _____

HAST CODE OF CONDUCT: PARENTS

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.
- I will get involved by volunteering, observing practices, cheering at meets, and talking with my child and their coach about their progress.
- I will refrain from coaching my child from the stands during practices or meets.
- 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.
- I will respect the integrity of the officials.
- I will direct my concerns first to HAST's Head Coach or Head Age Group Coach then, if not satisfied, to the appropriate supervisor.
- I will watch USA Swimming's "[Safe Sport Education for Parents](#)". USA Swimming is committed to raising awareness about prevention of abuse in sport.

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

Name *(please print)*

Signature

Date

Swimmer(s) currently on team *(please print)*:
