



EAST COAST AQUATIC TEAM

ATHLETE CODE OF CONDUCT

The purpose of this code is to promote responsibility among team members and to project a positive image for East Coast Aquatic Team and its members at all times. By signing this Code of Conduct, you agree to comply with its requirements at all ECAT related events or while representing ECAT in any capacity.

PART I – GENERAL CODE OF CONDUCT RULES

1. Athletes must represent ECAT in a positive manner at all times, realizing that inappropriate behavior reflects badly upon all team members and on the team as a whole.
2. Athletes shall display proper sportsmanship and respectful towards all individuals, including coaches, parents, siblings, and swimmers from ECAT as well as members of other teams.
3. Athletes must follow the direction of the Head Coach and coaching staff.
4. Athletes will wear designated team suits during competition events.
5. Athletes will respect and follow the facility rules and safety procedures applicable at each training or competition location.
6. Athletes shall comply with all rules, regulations, by-laws and requirements of ECAT, Virginia Swimming, and USA Swimming.
7. Athletes shall dress appropriately at all times when representing East Coast Aquatic Team. Athletes are never permitted to change clothes in public, or on deck.
8. Athletes shall not use inappropriate or foul language both on the pool deck and off.
9. Inappropriate conduct between team members of the opposite sex will not be tolerated at any ECAT related activity.
10. Athletes shall not use or be under the influence of alcohol or drugs, other than those prescribed by your physician, at any ECAT related activity. Athletes shall not smoke at any time.
11. Disrespectful, indiscreet or destructive behavior will not be tolerated. Verbal or physical altercations or abuse will not be tolerated, and may be grounds for immediate expulsion.
12. All participants have a responsibility to encourage other team members to follow this Code of Conduct to help ensure the safety of all program participants.

PART II - VIOLATION OF THE CODE OF CONDUCT RULES

1. The Head Coach or coach on deck, shall have the discretion to immediately discipline any athlete in violation of the General Rules, which may include the following:
 - a. Athlete may be temporarily removed from the practice or ECAT activity;
 - b. Athlete may be sent home immediately from practice;
 - c. Athlete may be scratched from a meet, or may be sent home immediately from a meet at his own expense. If there is an additional expense incurred by the team, it shall be the athlete's responsibility.
 - d. Athlete may be suspended from ECAT activities until the swimmer and parents have had a conference with the Head Coach and appropriate disciplinary actions have been implemented.
2. Athletes shall be automatically suspended for a violation of rules 9-11 above.
3. Serious or repeated violations of this Code of Conduct may result in review of the athlete's membership status in ECAT. In such case, ECAT's Executive Committee shall review the circumstances surrounding the violation of this Code and shall make a final decision in conjunction with the appropriate members of the Coaching Staff. The athlete and the athlete's family agree to abide by the final decisions made.

I agree to abide by this Code of Conduct, and acknowledge that, should any violations will be subject to disciplinary action, including suspension or revocation of membership status in East Coast Aquatic Team.

Signature of Swimmer Date

Signature of Parent/Guardian Date