

The Rappahannock Area YMCA Swim Team, Inc. (RAYS)



Swimmer's Code of Conduct

The Rappahannock Area YMCA Swim Team, Inc. (RAYS) has put together a Code of Conduct for our swimmers in order to foster a positive competitive environment for all its members. All RAYS Swimmers agree to the following standards of conduct outlined below in conjunction with the RAYS Handbook and Swimmer's Code of Conduct as a member of USA Swimming.

- I will respect and show courtesy to my teammates and coaches at all times.
- I will demonstrate good sportsmanship at all practices and meets including participation in relays.
- I will not taunt, "boo", or show any unsportsmanlike conduct towards other teams, parents, swimmers, or officials at any time.
- I understand when representing RAYS, everyone is expected to behave in an exemplary manner. The reputation of RAYS, as well as the other athletes with you, is dependent on my behavior.
- I will set a good example of behavior and work ethic for my younger 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 practices, competitions, and team activities.
- I understand any inappropriate use of cell phones, social media, or other devices is prohibited, especially in private areas such as the locker room or hotel room. Cell phones cannot be out in the locker room at any time.
- I will refrain from foul language, non-consensual contact, violence, behavior deemed dishonest, offensive, or illegal.
- I will follow the directions of the coaching staff. At no time will disrespectful attitudes be tolerated from any swimmer.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I understand that the consumption of alcohol, the use of tobacco, electronic cigarette, or use of any non-prescribed drugs or illegal substance of any kind will not be tolerated. 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 the RAYS.
- I will obey all of USA Swimming's rules and codes of conduct.

Failure to comply with this Code of Conduct may result in, but not limited to, any or all of the following actions: Swimmer will not be allowed to participate in team activities, Swimmer may not be allowed to participate in upcoming team trips, or possible suspension or expulsion from RAYS with/without cause.