

NOVA: the Swimmer's Code of Conduct

- All NOVA swimmers are expected to behave in an exemplary manner. Behavior that reflects poorly upon NOVA will not be tolerated. As representatives of NOVA, Virginia Swimming, and USA Swimming, athletes should always act with respect and positive support toward the coaches, officials, administrators, swimmers, family members, and spectators that share the sport with us.
- Swimmers should always be attentive and respectful of the NOVA coaches.
- NOVA swimmers will demonstrate outstanding sportsmanship. This includes, but is not limited to, showing respect for competitors and competitions by always racing to the best of their ability. It is a privilege to race and compete, and coaches may take away this privilege when a swimmer intentionally “throws” or “bombs” a race.
- During competitions, questions or concerns regarding decisions made by the meet officials should always be directed to a member of the NOVA coaching staff.
- Swimmers will not display inappropriate affection toward each other while participating in any NOVA activity. Sexual advances or other inappropriate sexually oriented behavior will not be tolerated by any athlete, member, or coach. Please refer to USA Swimming's [Athlete Protection Policy](#) for more information.
- Swimmers will comply with the proper/designated dress code at all times. Any clothing or the inappropriate wearing of clothing or swimwear that distracts or disrupts members is prohibited.
- Swimmers will wear designated NOVA team suits and caps at all competitions. “Fast” suits may be worn at championship meets as directed by coaches.
- Swimmers will not “deck change” at NOVA or at any other swim facility.
- NOVA has strict guidelines for the use of social media, cell phones, and electronic communication. Please review NOVA's [Social Media and Electronic Communication Policy](#) for full understanding and compliance.
- Abusive or offensive language and/or gestures are prohibited at all NOVA practices, meets, and activities.
- Bullying will not be tolerated. For full information please review NOVA's [Anti-Bullying Policy](#).
- No member of NOVA shall at any time use, be under the influence of, have in his/her possession, or distribute any illegal drugs, illegal substances, or non-prescribed steroids.
- No member of NOVA under the age of 21 shall at any time use, be under the influence of, have in his/her possession, or distribute any alcohol products. Athletes 21 and over will not consume alcohol, or be under the influence, during NOVA events. All members will abide by the drug and alcohol policies of USA swimming, which can be found on the USA Swimming website.
- The NOVA Aquatic Center is a non-smoking facility. As such, the use of tobacco products (smoking, vaping, or chewing) is not allowed at the NOVA facility or any swim meet or NOVA event. Athletes are prohibited from using tobacco products at any time.
- Theft, damage, or attempted damage to NOVA property, other team facilities, hotel rooms, restaurants, or the personal property of others is prohibited and will be subject to disciplinary action. Any expenses incurred as a consequence of such prohibited behavior will be billed to the offending party.
- The possession of dangerous objects or objects banned from or considered inappropriate in a school environment is prohibited at all NOVA activities, practices, travel, and functions.
- NOVA takes the safety of its swimmers seriously. NOVA's [Concussion Protocol](#) was created to help better identify head injuries and all members should be familiar with this document
- Cell phones are not permitted “on deck” at swim meets. At NOVA, “on deck” refers to the area behind the blocks as well as the coach/swimmer only section under the scoreboard. This includes any cell phone use: from checking meet mobile or listening to music, to texting parents or answering phone calls. If communication needs to occur, please ask your coach to leave the deck and go to a location where phone use is acceptable.

- The coaching staff and volunteer Board of Directors holds the final decision on any rule, regulation, or disciplinary action.

NOVA: Violation of Policies

- Violation of any portion of this code may result in a required apology, a meeting with swimmer/parent/coach, a swimmer being scratched from a single meet session, scratched from the remainder of a meet, possible suspension from future meets, sent home from practice, possible suspension from practice, possible expulsion from the team and/or other discipline as determined by the NOVA coaching staff and Board of Directors. Consequences will be based on severity of the violation, as well as the swimmer's history of conduct.
- Upon termination or during any period(s) of suspension, families remain responsible for all dues, fees and contractual obligations as per the then current contract. This includes, but is not limited to, fundraising and volunteer obligations.
- A swimmer in violation of the Code of Conduct is entitled to meet with the coaching staff along with his/her parents to discuss appropriate disciplinary actions. The swimmer may be suspended from the team prior to this conference.

My signature below indicates that I have read, understand, and will comply with the NOVA Code of Conduct, Social Media and Electronic Communication Policy, Anti-Bullying Policy, Concussion Protocol, and any disciplinary actions that may be taken.

Swimmer Signature _____

Date _____

Parent/Guardian Signature _____

Date _____