

Code of Conduct

Please print for your records. Document is signed electronically.

SWIMMER CODE OF CONDUCT

As a member of the Poseidon Swim Team, I agree to follow the following code of conduct:

- I will strive to be the best that I can be and always give my best effort both at practice and at meets.
- I will treat all my teammates, coaches, parents, officials and myself with good sportsmanship, courtesy, and respect.
- I understand that while at swim meets, practice and Poseidon Swimming events that I not only represent myself and my family but also Poseidon Swimming, Virginia Swimming and USA Swimming so I will conduct myself in an appropriate manner. I will refrain from any illegal or inappropriate behavior that would detract from the positive image of Poseidon or be detrimental to our team's performance objectives.
- I will listen to my coaches with attention and respect and follow their instructions.
- I will not use profanity or abusive language or gestures at any Poseidon Swimming practice, meet or event.

- I will not steal or mistreat other people's equipment or belongings.
- I am expected to be on time for practice and warm-ups for meets and to come prepared with my equipment to practices.
- I will respect the rules of MAC and Woodlake, the owner of the swim facility, including MAC and Woodlake's prohibition on the use of cell phones in locker rooms.
- While at a Poseidon Swimming practice, swim meet or function, I will not:
 - Use tobacco (smoking or chewing); or
 - Use, be under the influence of , have in my possession or distribute any illegal drugs, illegal substances, non-prescribed steroids or alcohol; and
 - Use, or have in my possession a Vaping device.

I will abide by the drug and alcohol policies of USA Swimming which can be found on their website.

- I will not display inappropriate affection towards other swimmers while participating in a Poseidon Swimming activity.
- I understand that any sexual contact or advance or other inappropriate sexually oriented behavior directed towards me by a coach or other person who in the context of swimming is in a position of authority is unacceptable and should be reported immediately to the Executive Committee of the Board of Directors.
- I will follow the Swim Meet policies listed below and any separate travel meet policies if I attend a travel meet with the team.

If I fail to follow the rules, I understand that I may, at the discretion of the Poseidon Swimming coaching staff:

- Receive a verbal warning from a coach that may be documented in writing and sent to my parents;
- Required to attend a telephone or in-person meeting with my parents and the Head Coach and/or other members of the coaching staff to discuss my behavior; and/or
- Be subject to discipline which may include but is not limited to:
 - Immediate removal from practice or a competition;
 - Disqualification from one or more events at a competition;
 - Disqualification from future team travel;
 - Suspension from the team for a specific period of time;
 - If I am on a travel meet, my parent or guardian may be required to supervise me for the remainder of the meet or I will be sent home at my parent's expense; or
 - Dismissal from the team.

I understand that if I am suspended or dismissed from the team for disciplinary reasons, my family and I are still responsible for swim fees, the fundraising obligation and other expenses due under the membership agreement.

My parents or I may appeal any disciplinary action to the Executive Committee of the Poseidon Board of Directors.

General Swim Meets Policies

- Meet warm-up times are published on the Poseidon Swimming website and swimmers are expected to be on deck, ready to swim at the specified warm-up time.
- Swimmers should meet with their coach before and after each of their events.
- In preliminary and final meets, all swimmers who qualify to compete in finals are expected to participate in finals. Poseidon Swimming encourages swimmers to return to the finals sessions to support their teammates.
- Swimmers are expected to follow the team uniform policy. Poseidon Swimming is sponsored by Speedo and only Poseidon Swimming approved or team Speedo suits may be worn at competitions.
- Swimmers are expected to sit with the team and participate in all team meet activities and team meetings.
- Swimmers are expected to display proper respect and sportsmanship towards coaches, officials, meet administrators and fellow competitors.
- As a matter of Poseidon Swimming pride and courtesy to the meet host, swimmers are expected to leave the Poseidon Swimming team area in a neat and clean condition at the conclusion of each session of the meet.
- All questions swimmers may have concerning meet results, an officiating call or the conduct of a meet should be referred to the Poseidon Swimming coaching staff only. The coaches will follow-up through the appropriate channels.

By signing this document, I understand and agree to follow the Poseidon Swimming Swimmer Code of Conduct.

Swimmer Name: _____

Swimmer Signature: _____

Date: _____

Swimmer Name: _____

Swimmer Signature: _____

Date: _____

By signing this document, I understand and agree that my child must follow the Swimmer Code of Conduct. I understand that if my child disobeys the rules, disciplinary action may be taken at the discretion of the coaching staff.

Parent or Guardian Name: _____

Parent or Guardian Signature: _____

Date: _____

POSEIDON PARENT GUIDELINES

Strong parental support of our swimmers and coaching staff is critical to the continued success of Poseidon swimming in the pursuit of our core values of Competitive Excellence and Personal Development. The Board of Directors would like to provide the following guidance as to how our parents can positively support and assist our swimmers, coaching staff and families in reaching team and personal goals.

Poseidon Swimming highly encourages the following parental behavior:

- Open communication between parents, swimmers and coaches.
- Treating all with courtesy, good sportsmanship and respect.
- Positive actions and communications that earn the respect of swimmers, competitors, parents, officials and coaches at meets and practices.
- Staying in the spectator area at swim meets and off the competitive decks unless officiating or volunteering at the meet in some capacity.
- Sitting in the bleacher area during your swimmer's practice times and not on deck.
- Directing any questions or concerns regarding decisions made by meet officials to a member of the Poseidon Swimming coaching staff and not to meet officials.
- Parental involvement on the Board of Directors and in organizing and running of meets and other team events.

Poseidon Swimming highly discourages the following behavior from parents:

- Having conversations or meetings with the coaches at practice or swim meets in a manner and at a time that takes the coach's time and attention from the swimmers and interferes with coaching duties and responsibilities.
- Criticizing, name-calling, abusive language or gestures or profanity at a practice or meets directed towards coaches, swimmers, parents, officials or your own children.

Any illegal or inappropriate behavior that brings discredit or disruption to our swimmers and our team or would detract from a positive image of Poseidon including inappropriate or derogatory information or comments posted on social media sites.