

OREGON SWIMMING, INC.

ATHLETE/STAFF CODE OF CONDUCT TRAVEL/CAMPS

2017 Senior Spring Long Course Training Camp
Olympic Training Center. Colorado Springs, CO
April 20-23, 2017

The following rules are designed to help insure a safe and quality experience for everyone and insure conditions which are conducive to achieving exceptional performances. Anyone who, in the opinion of the staff, acts in a manner that would interfere with these objectives will be subjected to immediate disciplinary action.

1. Each swimmer shall be considerate of his/her teammates, and realize that the reputation of Oregon Swimming is dependent on the behavior of each team member. This purpose of this trip is to provide an experience which will afford a valuable competitive opportunity and experience for the participants. **The trip is not intended to be a swimming vacation.**

2. A specific daily schedule will be distributed to all swimmers and staff with information concerning warm-ups, curfews, and other pertinent information. If you have any questions, see your coach immediately. At times, because of circumstances beyond our control, the schedules will change. Be prepared for such changes. **Flexibility is the key.**

3. **Punctuality is essential.** The team will eat and travel together. Do not inconvenience your teammates by being late.

4. Clean and neat attire is required at all times. Check with your coach if you are not sure what to wear. Team uniforms will be required for most activities. **Team members are expected to exhibit polite and proper behavior at all times.**

5. All swimmers must be in their assigned rooms before curfew. Lights-out is 30 minutes after curfew. Curfews are designed to provide you with the rest you need in order to perform at your best.

6. **Damage** or theft incurred by the motel or pool facility will be at the **expense of the swimmer**, with further disciplinary action taken by the staff. Swimmers may use their own cell phone, or make collect calls or use pay phones in the lobby for long distance calls, including calling card calls as they incur access fees. **Doors must remain open** when you have guests in your room, and no males allowed in females rooms, and vice/versa.

7. Possession of alcoholic beverages, tobacco products, or non-prescription drugs is prohibited. **The strictest punishment will be imposed for these infractions.** Anyone found in the presence of others partaking in illicit activities will be subject to the same punishments and **probable expulsion from the team.**

8. Severity of punishment varies with the severity of the infraction, the most serious of which is expulsion from the team and being **sent home**. Expelled members are responsible for all costs incurred as a result, including transportation expense.

I have read the above code of conduct and agree to abide by the terms set forth above, and understand the consequences of a violation(s) of the code.

Print Name of Athlete/Staff: _____

Athletes signature: _____ Date: _____

Coach/Chaperone signature: _____ Date: _____

Parent/Guardian signature: _____ Date: _____