



ATHLETE CODE OF CONDUCT

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. By being a member of SDA all athletes must adhere to the following statements:

- ☐ I will respect and show courtesy to my teammates and coaches at all times.
- ☐ I will demonstrate good sportsmanship at all practices and meets.
- ☐ I will set a good example of behavior and work ethic for my younger teammates.
- ☐ I will remain on deck during practice and will not wander off.
- ☐ If feeling unwell at practice I will inform coaches to contact my parents for pickup.
- ☐ 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 our team logo, social media page and all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- ☐ I will use restroom and locker room facilities quickly and only when necessary. I understand they are not for socializing or taking pictures.
- ☐ I will not use my cell phone in restrooms/locker rooms at any time at practice or meets.
- ☐ I will refrain from using foul language, violence, and behavior deemed dishonest, offensive, or illegal.
- ☐ I will refrain from being disrespectful towards other teams at meets.
- ☐ I will make myself available for all events and relays at championship meets.
- ☐ I will pay attention at meets so I do not miss my event.
- ☐ If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- ☐ I will obey all of [USA Swimming's rules and codes of conduct](#).

Any swimmer who engages in behavior that is inappropriate or unbecoming to SDA, he/she may be subject to disciplinary action as deemed appropriate by SDA coaches or staff. Disciplinary action may include suspension or expulsion from the team.