



RIPTIDE TEAM CODE OF CONDUCT: ATHLETES

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches. By signing this code of conduct, I agree 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 arrive to practice on time and prepared with the appropriate equipment, including a swimsuit, swim cap and goggles.
- ☐ I will participate in all assigned dryland and in-water workout sets. In the event of injury or illness I will alert the coach before practice so that accommodations can be made. I may be asked for a doctor's note or a meeting with my parents to discuss my injury.
- ☐ I will show respect for all facilities and other property used during practices, competitions, and team activities
- ☐ I will refrain from foul language violence, and dishonest, offensive, or illegal behavior, and I will not condone those actions from my teammates
- ☐ I will refrain from participating in sexist, racist, homophobic, or otherwise inappropriate treatment of others, nor will I condone those actions from my teammates
- ☐ I will observe CAC's lobby and locker room etiquette:
 - ☐ keep voices down in the locker rooms
 - ☐ do not block hallways or changing areas, be respectful of members
 - ☐ no cell phones allowed in the locker rooms
 - ☐ do not leave a mess behind
 - ☐ Coaches are not responsible for policing the indoor hot tubs at either club. The same rules about ages (13 and up) apply. Swimmers under 13 using the indoor hot tubs without parental supervision will be subject to CAC disciplinary policies.
- ☐ 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.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches.

Swimmer's name

Swimmer's signature

Date

Parent's name

Parent's signature

Date