



### **GMSC TRAVEL CODE OF CONDUCT: ATHLETES**

As a member of Gold Medal Swim Club (GMSC), I understand and will comply with the following guidelines as set forth by the Coaches and owner of the Gold Medal Swim Club.

1. The possession or use of alcohol, tobacco products or controlled substances by any athlete of Gold Medal Swim Club is prohibited.
2. Possession of inappropriate or explicit material is prohibited. This applies to computers, books, magazines, movies, etc.
3. The possession, use, or sale/distribution of any controlled or illegal substance or any form of weapon is strictly forbidden.
4. Swimmers are to refrain from inappropriate physical contact at team activities and events as outlined in the USA Swimming code of conduct.
5. Swimmers are to refrain from use of inappropriate language that is directed to or around other swimmers or team members.
6. Curfews established by chaperones and coaches will be adhered to each day of travel. Likewise, it will be the responsibility of the athlete to awake at a designated hour and eat an adequate breakfast before the session.
7. Team members and staff traveling with the team will attend all team functions including meetings, practices, meals, meet sessions, etc. unless otherwise excused or instructed by the head coach or his/her designee.
8. Swimmers are expected to remain with the team at all times during the trip. Swimmers are not to leave the competition venue, the hotel, a restaurant, or any other place at which the team has gathered without the permission/knowledge of the coach or chaperone.
9. When visiting public places such as shopping malls, movie theatres, etc. swimmers will stay in groups of no less than three persons.
10. Team members must wear seat belts and remain seated in vehicles.
11. Team members will display proper respect and sportsmanship toward coaches, officials, administrators, teammates, fellow competitors and the public at all times.
12. Team members will refrain from any illegal or inappropriate behavior that would detract from a positive image of Gold Medal Swim Club or be detrimental to its performance.



13. To ensure the propriety of the athletes and staff, there will be no male athletes in female athletes' rooms and no female athletes in male athletes rooms. There will be a team area designated by the coaches and chaperones for relaxation and recreation whenever possible.

- Athletes must stay in assigned hotel room
- No room service without permission
- Athletes responsible for all incidental charges
- Athletes responsible for any damages or thievery at hotel
- Athletes may not ENTER a teammates hotel room of opposite gender.

14. Team members will comply with Gold Medal Swim Club uniform requirements.

Details of this policy are:

- GMSC clothing is required all days.
- No "deck" changes are permitted. Athletes are expected to use available change facilities.
- GMSC attire is to be worn to prelim and final meet events.
- GMSC cap is to be worn at all times.
- GMSC Parka if needed.
- Competition and warm-up swimsuits that are the standard of "appropriate" attire. According to Rule 102.9. : "The swimsuits worn for competition must be non-transparent and conform to the current concept of appropriate. The Referee shall have authority to bar offenders from competition until they comply with this rule." (According to AZ Swimming, "appropriate" attire is a swimsuit worn by a male that covers the buttocks and for females that cover the breasts and the buttocks).
- What is NOT acceptable during travel or competition times:
  - i. Sagging clothing
  - ii. Underwear as outer wear
  - iii. Skirts or dresses shorter than mid-thigh, inappropriately sheer, tight, or short clothing
  - iv. Any clothing, paraphernalia, grooming, jewelry, accessories or body adornments that contain advertisement, symbols, words, slogans, patches, or pictures that are sexually suggestive; that are drug, tobacco, or alcohol related; or that are obscene, profane, vulgar, lewd, indecent, or plainly offensive.



- v. Garments that inappropriately bare or expose traditionally private parts of the body including, but not limited to, the stomach, buttocks, back and breasts.
15. Athletes will have read and understood the attached document, USA Swimming's Athlete Protection Policies. In particular, some points to highlight related to travel include:
  - Athletes should not ride in a coach's vehicle without another adult present who is the same gender as the athlete, unless prior parental permission is obtained.
  - Communications between non-athlete adult members and athletes should not include any topic or language that is sexual or inappropriate in nature.
  - When a coach touches an athlete as part of instruction, the coach should do so in direct view of others and inform the athlete of what he/she is doing prior to the initial contact.
  - Touching athletes should be minimized outside the boundaries of what is considered normal instruction. Appropriate interaction would include high fives, fist bumps, side-to-side hugs and handshakes.
16. Any additional guidelines for the Gold Medal Swim Club Traveling Team will be established as needed by the head coach, Mike Chasson.
17. The directions & decisions of coaches/chaperones are final.

#### IMPLEMENTATION

1. All team members are apprised in writing of this policy. Signature of this documentation constitutes unconditional agreement to comply with the Travel Code of Conduct.
2. An evaluation system will be established to determine if all aspects of the policy have been followed by the team.
3. Failure to comply with the Travel Code of Conduct as set forth in this document for the Gold Medal Swim Club may result in disciplinary action. This may include removal from the team.
4. Disciplinary Action while traveling except if entering a room of the opposite sex:
  - a. 1st offense – verbal warning unless deemed to be more severe by the coach alternative and appropriate action may take place at the coaches discretion.
  - b. 2nd offense – phone call home unless deemed to be more severe by the coach alternative and appropriate action may take place at the coaches discretion.



- c. 3rd offense – sent home at athlete’s expense
- d. Entering the room of a swimmer of the opposite sex may result in removal from the team. There will be no second or third offense.

Print Name\_\_\_\_\_

Signature\_\_\_\_\_

Parent Signature\_\_\_\_\_

Date\_\_\_\_\_