

TCA Travel Meet Policies and Code of Conduct

1. The manner in which one behaves will present a positive image of the TCA Swim Team and will provide an atmosphere to meet the competitive performance objectives. Swimmers will set a good example of behavior and work ethic for younger teammates.
2. Proper respect, sportsmanship, and courtesy towards coaches, officials, administrators, competitors, fellow team members, flight/hotel/restaurant staff and the public will be displayed at all times. Swimmers who exhibit sexist, racist or homophobic behavior will be faced with consequences.
3. Curfew (established by the head coach) will be adhered to each day of the meet (generally 9-9:30pm). Swimmers must remain in their room following curfew except in the case of an emergency. The coaches or chaperones should be called immediately in the event of such an emergency.
4. Team members and staff will attend all team functions including meetings, warm-ups, practices, competitions, etc., unless otherwise excused or instructed by the head coach.
5. Team members are expected to clean up after themselves at the pool deck & in the locker rooms and must leave their hotel rooms in a clean condition (especially after shaving down). Any damages or thievery incurred at any of the areas mentioned (or others) will be at the expense of the swimmers involved and further disciplinary action will be taken. *Team members should tip the cleaning staff \$1-\$2 per night on the morning of check-out.*
6. Alcohol, tobacco products, non-prescription drugs or illegal substances, gambling are prohibited.
7. If a swimmer disagrees with an official's call, he or she will talk with their coach, and not approach the official directly. Swimmers will obey all of USA Swimming's rules and code of conduct.
8. The door to all hotel rooms will be left ajar when any athletes other than those assigned to occupy the room are in the room. Roommates may be assigned 2 to a room but this is not guaranteed.
9. Uniform requirements (ARENA, team tech suits), sweats, shirts, caps, airplane attire, etc. established for the trip will be followed. Airplane dress code – males: no sneakers, no jeans, collared shirt. Females: no jeans, slightly dressy. Team ARENA sweats are ok.
10. Cell phone use on trips is strictly limited to the needs of the trip and communication with parents, coaches, chaperones and team members. Any texting or phone messages left that are harmful and/or hurtful in nature will result in the immediate removal of the athlete's cell phone for the remainder of the trip. Please respect your roommate during down time with use of the cell phone. No use of cell phones while driving, or during team meals. At meets: no cell phone use under the team canopies or in the team bleacher area.
11. It is the responsibility of the parent(s) or their designated representative to get their swimmer(s) to and from the (Oakland/San Francisco) airport for departure and arrival.
12. At meets that require travel by car, athletes will not be allowed to travel with non-chaperone (credentialed) parents (except their own parent).
13. If it is determined that there is a need for additional chaperones in addition to the Thunder Coast Aquatics coaching staff, all chaperones must be non-athlete members of USA Swimming and also

have passed a background screening offered through USA Swimming. Additionally, chaperones must complete the USA Swimming Athlete Protection course. The cost of these chaperone certifications will be divided between swimmers attending the meet.

14. The swimmers will divide the cost of the coaches and chaperone's travel. Some travel costs may be defrayed using TCA Foundation funds.
15. In order for an athlete to leave the care, custody, and control of the TCAs representative on the designated team trip, swimmers must have parental permission and this permission must be texted, emailed, or phoned to the Head Coach or his designated representative. Examples of this would be if a parent of one athlete wants to take out another athlete on a given trip for lunch or the athlete wishes to have a meal with a relative in the city of competition. Permission must be granted by the parent's of this athlete and this permission must be communicated before the athlete will be free to go.
16. Violation(s) of any travel policies by an athlete shall be handled by the Head Coach or his designated representative.
17. Additional guidelines may be established by the head coach as needed to assure the safety and well-being of the team members.

The TCA Swim Team Travel Policy and Code of Conduct as set forth in this document (or additions) is necessary for the safety and well-being of the team members. Failure to adhere to these policies may result in disciplinary action. Such discipline may include, but may not be limited to the following:

- 1) Disqualification from one or more swimming activities sponsored by the TCA Swim Team
- 2) Dismissal from the travel team and returned home at personal expense.
- 3) Courses in drug and alcohol education may be required where appropriate.
- 4) Further disciplinary actions may take place which include, but are not limited to suspension from the TCA Team for a period of time.
- 5) If an infraction is subject to a violation of the USA Swimming Code of Conduct, the violation will be reported to the USA Swimming Board and Review and will be subject to their investigation and subsequent disciplinary action.