



TEAM TRAVEL POLICY

Team Travel is a vital component of the training and technical platform of competitive swimming. Team travel offers swimmers supervised opportunities to learn and practice independence, as well as building team cohesion. Team travel duration may be anywhere from a weekend for a swim meet, or a week or more for a training camp. A swimmer designated to attend a travel meet either travels with the team, or they do not attend the meet.

Swimmers attending any team travel meet must attend in its entirety. If a swimmer cannot commit to the **entire** team travel experience, they may not attend the meet.

Travel and Accommodations

The team will travel together and will stay in a vetted hotel or vacation rental. Travel arrangements and estimated costs will be communicated to families approximately 6 weeks prior to the event.

Swimmers will sleep 2-4 per room, and should expect to share a bed with another swimmer. Part of any athlete's development is the ability to room with any one of their teammates. Room assignments will be determined by coaches, and will be communicated to athletes upon arrival at the hotel. Swimmers will only be assigned to rooms with other swimmers of the same gender.

Parent chaperones will be required for team travel. Parents who are not chaperoning the trip are not to stay in the same hotel as the team.

After the team travel is over, the Club Admin will determine the final cost and communicate this to the parents and any adjustments will be made on the families' accounts.

Food

Meals are either catered by the hotel, ordered and brought in by the event managers, or may be prepared by chaperones on longer training camps.

Meal plans will be shared in advance with all team travel swimmers. Any concerns about meals or dietary restrictions/allergies should be relayed to the Club Admin at that time so proper accommodations can be made.

Swimmers are permitted to bring their own food and snacks to eat in their rooms, during meet sessions, and during travel. Ordering separate food items (i.e. delivery, or leaving the premises for food) is strongly discouraged during team travel.

Cellphones and Electronics

Cell phones, tablets, and video game consoles are to be turned off and handed in to chaperones at lights out. They will be returned to swimmers at breakfast in the morning.

This procedure has been in place during HHBF Team Travel as well as HHBF Training Camps for several years, and is recommended by the team at [Dare to Care](#). It protects the privacy of swimmer roommates, as well as ensuring proper sleep. Swimmers will be given the contact information for the chaperones and will be able to contact/locate them if needed while at the hotel and at swim events.

Parents are asked to ensure their swimmers are aware of this rule, and that swimmers be respectful of their teammates by handing in their current working phones. Old disconnected phones are not permitted as a way around the policy, and will be considered a breach of team travel rules and subject to discipline as well as placing future team travel permission at jeopardy.

Emergencies

Simple headaches and stomachaches will be attended to by the chaperones. In the event of a more serious illness or other emergency, appropriate steps will be taken and parents/guardians notified.

Delays/Changes of plan

In the event of a delay or change of plan during team travel (i.e. delays due to weather, timing of events) all participating swimmers' parents/guardians will be notified by the Club Admin via email.

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