



## Athlete Code of Conduct for Colorado Springs Area (COSA) Swimming

Approved August 1, 2021

The purpose of this Code of Conduct is to establish a consistent expectation for COSA athletes' behavior. By accepting this code of conduct, the COSA swimmer agrees 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 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 punctually attend all team meetings and training sessions unless I am excused by my coach.
- ✓ I will wear my COSA swimsuit and cap and promote team spirit in all competitions.
- ✓ I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- ✓ I will refrain from foul language, violence, and behavior deemed dishonest, offensive, or illegal.
- ✓ If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- ✓ I will obey all USA Swimming rules, including (but not limited to) the [USA Swimming Code of Conduct](#).
- ✓ I will obey all COSA Swimming rules, including (but not limited to) [COSA Swimming's Safe Sport policies](#).

I understand that, if I violate this Code of Conduct, I will be subject to disciplinary action determined by my coach and/or the COSA Senior Leadership Team and/or USA Swimming.