

# Oxford Otters Swim Team

## Mission Statement and Vision Statement

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The Oxford Otters Swim Team is a competitive USA Swimming Team with a recreational Yankee Swim League affiliation. We strive to bring each swimmer to their full potential both in the pool and in life. We teach responsibility, respect, and sportsmanship. We help our swimmers understand that commitment, hard work, and dedication can pay off with anything they do; whether it's in sports, school, music, or any activity in life they pursue.

### Mission Statement:

To provide a carefully designed, professionally coached, competitive program to train athletes from novice to national competitor and achieve excellence in the pool and in life.

### Vision Statement:

- Provide a safe, fun, learning environment where athletes can excel.
- Build and maintain a professional and cohesive coaching staff.
- Support and encourage every athlete to reach their potential.
- Treat swimmers, coaches, parents, lifeguards, officials and others with kindness and respect.
- Build confidence through skill development, positive feedback, sportsmanship, and teamwork.
- Enhance our community by teaching young athletes and students responsibility, commitment, discipline, and respect.

# Oxford Otters Swim Team

## Swimmer Medical Form



Parents/Guardians: Please fill out all sections of this form and return with registration. One form for **each** swimmer must be returned before participation in team practices, functions and meets.

Swimmer's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Parents/Guardians Name(s): \_\_\_\_\_ Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Insurance Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_

Physicians Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Level:              Bronze              Silver              Gold              Junior              Senior

### **Who is the best person to contact in case of emergency? (During practice and meets)**

Name(s): \_\_\_\_\_

Phone: \_\_\_\_\_ Other #: \_\_\_\_\_

### **Is there a history of: (If yes, please explain below)**

Allergies: \_\_\_\_\_

Heart Condition: \_\_\_\_\_

Does Allergy require EpiPen? \_\_\_\_\_

Learning Disorders: \_\_\_\_\_

Asthma: \_\_\_\_\_

Hearing Disorder: \_\_\_\_\_

Epilepsy: \_\_\_\_\_

Poor Vision/ Glasses: \_\_\_\_\_

Diabetes: \_\_\_\_\_

Other: \_\_\_\_\_

Explain: (Use back of page if necessary)

**Are any Prescribed Medications being taken? (Answer yes if the swimmer uses an inhaler for asthma or has an EpiPen for allergies)** \_\_\_\_\_ **\*If yes, please have your physician complete page 2.**

I give permission for \_\_\_\_\_ to participate on the Oxford Otter Swim Team. I assume responsibility for full disclosure of current medical conditions as well as notifying the coaches and board of any changes in my child's health.

Parents Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I give permission for the provision of emergency treatment to \_\_\_\_\_, in the event of injury or illness which occurs during participation in the Oxford Otter Swim Team program.

Parents Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Oxford Otters Swim Team

## Prescribed Medication Information

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Swimmers' Name: \_\_\_\_\_

**\*This section is to be completed only by a physician**

This swimmer has indicated that he/she takes prescribed medication. Please provide the following information for the use of the coaching staff:

Drug Name \_\_\_\_\_

Dose and Administration \_\_\_\_\_

Side effects that may be observed \_\_\_\_\_

If side effects are observed, what measures should be taken? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Is there any reason why this swimmer should not participate in a competitive swimming program? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Is there any medical information which you think is important for the coach to know in order to work effectively with this swimmer?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signature Of Physician: \_\_\_\_\_ Date: \_\_\_\_\_

Address/Telephone: \_\_\_\_\_

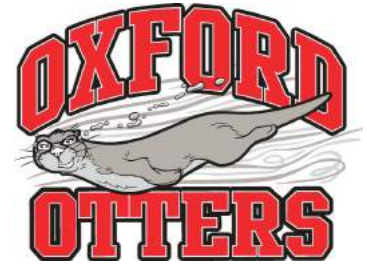
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# Oxford Otters Swim Team

## Rules and Regulations for Swimmers & Parents/Guardians

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The Rules and Regulations must be read and signed annually by all swimmers and their parents/guardians and adhered to at all times.

As a member of the Oxford Otters Swim Team, I agree to the following rules and regulations:

### Swimmers:

- Attend the required number of practices per week, based on my level, at the specified time.
- Enter the pool area ONLY after a coach has arrived.
- Enter the pool area through the locker rooms or designated entry.
- Only wear my team suit to meets, and obtain other suits for practices.
- Do not hang out in the locker rooms during practices or meets.
- Meet with my coach immediately before and after each one of my events at every meet.
- At meets, sit with the team and participate in all team meet activities and team meetings.
- Conduct myself properly and respectfully at all times, especially on the pool deck and in locker rooms.
- Respect the Oxford High School facility, treat the building and pool area with respect and care.
- Leave the area neat and clean. Take responsibility for my belongings and remove all trash.
- Swim equipment is to be properly maintained and returned to its rightful place after use.
- Street shoes are not allowed on the pool deck, unless specified otherwise by a coach.
- No running on the pool deck.
- No chairs on the pool deck per Oxford Fire Marshall.
- No eating or drinking anything other than water on the pool deck.
- No Jumping into the shallow end of the pool.
- Diving permitted only off the starting blocks or off the side of the pool as instructed by a coach.
- Do not use starting blocks unless instructed to by a coach.
- Respect the privacy of others. No use of cell phones in the locker rooms or during practices.
- Listen and obey coaches and lifeguards at all times, especially in the event of an emergency or inclement weather.
- Remove myself from the pool deck, with coach's permission, if I must communicate with parents or family members in attendance during practice. (Communication is discouraged during practices)

# Oxford Otters Swim Team

## Rules and Regulations for Swimmers & Parents/Guardians

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### Parents/Guardians:

- Support and reinforce the above rules with my swimmer(s).
- Adhere to the Oxford Otters Swim Team Code of Conduct at all times.
- Accompany my swimmer to all meets or arrange a chaperone if I am unable to attend.
- Encourage and support my swimmer(s) but make no attempt to advise or coach my swimmer(s). Leave that to our professional coaching staff.
- Refrain from interrupting practices. Contact the head coach after practice or via email with questions or concerns. (If necessary, a meeting will be scheduled at a mutually convenient time to address any issues or concerns)
- Direct all questions and concerns regarding meet results, an officiating call, or meet conduct to the Oxford Otters coaching staff and let them pursue the matter through proper channels.
- Allow and expect my swimmer to meet with their coach immediately before and after each race.
- Meet with my swimmers after their events, in hallways, or spectator areas, only after a coach's consent.
- During meets adhere with USA Swimming rules and remain in the designated spectator viewing area, unless working a meet in an official capacity.
- Adhere to the Oxford Otters Swim Team "No Parent on Deck" policy at all times, no exceptions.

### No Parent/Guardian on Deck Policy

As a parent/guardian I acknowledge the following will not be tolerated and may result in my swimmer's expulsion from the team:

- Stepping on to the pool deck during any practice, unless specifically requested by a coach.
- Stepping on to the pool deck during a swim meet, unless working the meet as a timer, meet marshal, computer operator, official or other volunteer who is required to be on deck during meets, unless specifically requested by a coach.

### Please note:

- During swim meets, parents/guardians are only allowed to meet with their swimmers in the hallways or the spectator viewing areas, after their events, with the coach's permission. (i.e. swimmers may have back to back events and may not have sufficient time to leave the deck before their next race)
- Due to fire code and deck capacity limits, the "No Parents on Deck" policy will be enforced and **MUST** be obeyed at all times. No exceptions!

**\*All swimmers of the Oxford Otters Swim Team and both parents/guardians (if applicable) must sign and/or initial the Rules and Regulations section of the Signature Page and return prior to being able to participate in team practices, functions, and meets.**

# Oxford Otters Swim Team

## Code of Conduct- Swimmers, Parents/Guardians, & Coaches

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Competitive swimming represents a wonderful way for children to learn how to conduct themselves in many situations; they are expected to conduct themselves in a mature, responsible manner consistent with their age level. Parents are also expected to conduct themselves in a mature and responsible manner at all times.

The conduct of individual swimmers, parents, and coaches reflects on the entire team and the reputation of the Oxford Otters Swim Team. Therefore conduct unbecoming to the team will not be tolerated. The following Code of Conduct must be read and signed annually by all swimmers and their parents/guardians.

As a member of the Oxford Otters Swim Team, I agree to:

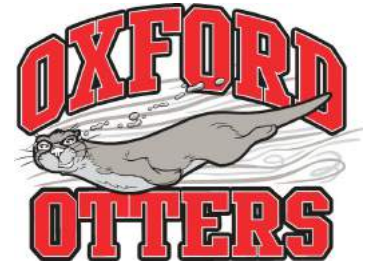
### Swimmers:

- Act and conduct myself in a mature and courteous manner at all times.
- Have respect for others and their property at all times.
- Show respect for and follow the directions of the coaching staff.
- Listen when coaches are talking, do not talk over their words, follow directions and instructions, to the best of my ability, and answer respectfully.
- Follow the rules posted at facilities hosting away meets attended by the Oxford Otters Swim Team.
- Leave the facility cleaner than I found it, by removing all personal items and trash at the end of each session.
- Bring all necessary equipment to each practice and meets and be responsible for my belongings.
- Arrive on time to all meets and practices.
- Notify coaches, in writing, of any need to leave practice early.
- Practice proper lane etiquette and refrain from behavior that will inhibit the progress of my fellow swimmers.
- Always practice good sportsmanship to my teammates and fellow competitors.
- Promote high team spirit and morale.
- Wait in water for races to finish.
- Shake hands with competitors after each race.
- Be respectful and supportive of my teammates whenever and wherever possible both in and out of the pool.
- Refrain from any/all hurtful physical and verbal behaviors: including but not limited to: pinching, hitting, kicking, fighting, punching, name calling, ignoring, spreading rumors, bullying etc.
- Use proper language at all times when representing the team.
- Be a responsible goodwill ambassador between the sport of swimming and the public.
- Follow the rules and regulations set forth by the parent board, the coaches, the facility managers, the fire marshal, and the lifeguards on duty.
- Recognize that the reputation of the Oxford Otters Swim Team is affected by and dependent upon my conduct and behavior.

# Oxford Otters Swim Team

## Code of Conduct- Swimmers, Parents/Guardians, & Coaches

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### Parents:

- Support and reinforce the Swimmers Code of Conduct listed above with my team member(s).
- Support and recognize the coaches' authority during practices and meets.
- Obey the "No Parents on Deck Policy" which is outlined in the Rules & Regulations, during all practices and meets.
- Refrain from coaching, correcting, disciplining or attempting to make conversation with my swimmer from the viewing area, during practices or meets. It disrupts the practices and undermines the coaches' authority.
- Act in a sportsmanlike manner towards members of the team, and their families, as well as fellow competitors and their families at all practices and meets.
- Use proper language at all times when representing the team.
- Refrain from any/all hurtful physical and verbal behaviors: including but not limited to: pinching, hitting, kicking, fighting, punching, name calling, ignoring, spreading rumors, bullying, etc.
- Follow the rules and regulations set forth by the parent board, the coaches, the facility managers, the fire marshal and the lifeguards on duty.
- Leave the spectator and parent areas cleaner than I found it by removing all personal items and trash as well as removing the trash of others around me as needed.
- Notify coaches in writing if my swimmer must leave practice early.
- Notify coaches of any extended absences, injuries or changes in medical condition of my swimmer(s).
- Be a responsible goodwill ambassador between the sport of swimming and the public.
- Drop off my swimmer(s) no sooner than 15 minutes prior to practice and pick them up immediately upon its completion.
- Respect the privacy of others and only take photos/video of my swimmer(s), unless consent is provided from other parents and/or swimmers.
- Refrain from using tobacco products, or alcohol at any and all practices, meets, swim team functions or on school grounds.
- Recognize that the reputation of the Oxford Otters Swim Team is affected by and dependent upon my conduct and behavior.

### Coaches:

- Be governed by the Rights, Privileges and Code of Conduct set forth by the USA Swimming Rulebook, Articles 301, 304, 305 and 306.
- Stay current with the USA Swimming Rulebook by accessing it at [www.usaswimming.org](http://www.usaswimming.org), as this rulebook is updated annually.

### Swimmers and Parents:

I acknowledge that the following conduct is unacceptable and will not be tolerated:

- Possession or use of alcoholic beverages, illegal drugs, any tobacco products or contraband of any kind.
- Destructive behavior, unsportsmanlike behavior, bullying, or negative criticism.
- Inappropriate language, discussions or gestures.
- Inappropriate or unruly behavior, including failure to adhere to team rules and standards



# Oxford Otters Swim Team

## Code of Conduct- Swimmers, Parents/Guardians, & Coaches

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I understand that failure to abide by the Oxford Otters Swim Team Code of Conduct may lead to immediate disciplinary action including but not limited to the following:

1. Verbal and/or written warning.
2. Suspension from the event/practice.
3. Temporary or permanent dismissal from the team.
4. Forfeiture of all payments or credits for participation in the event and/or program.
5. Dismissal from the Oxford Otters Swim Team, and the program. If the dismissal occurs while on trip, the cost of the immediate return trip will be at parents/participants expense.
6. Any combination of the above.

**\*All swimmers of the Oxford Otters Swim Team and both parents/guardians (if applicable) must sign and/or initial the Code of Conduct section on the Signature Page and return it prior to being able to participate in team practices, functions, and meets.**



# Oxford Otters Swim Team

## Informed Consent & Liability Release

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Participation in all sports requires an acceptance of possible injury. The athlete and parent/guardian must be aware that by choosing to participate in sports you are making an informed decision to accept the risks involved with any physical fitness activity and competitive sport. In giving your consent, you are aware that the risk of injury may be severe, including the risk of fractures, brain injuries, paralysis or even death.

The Oxford Otters Swim Team complies with all state pool safety laws by providing lifeguards at every practice and meet. We exceed state law requirements by certifying all our coaches to be either lifeguards or water safety trained as well as CPR, First Aid and AED certified.

We hereby RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the Oxford Otters Swim Team, The Oxford Department of Parks and Recreation and/or The Town of Oxford and any of their employees, servants or agents and to hold harmless from and against any and ALL LIABILITY, FOR ANY AND ALL LOSS OR DAMAGE, AND ANY CLAIM OR DEMANDS THEREFORE ON ACCOUNT OF INJURY TO THE PERSON ARISING OUT OF OR RELATED TO ANY EVENT(S), WHETHER CAUSED BY THE NEGLIGENCE OF the Oxford Otters Swim Team, the Oxford Department of Parks and Recreation and/or the Town of Oxford or otherwise, our swimmer(s) may suffer, or to our heirs, assigns, or personal representatives for personal injury. This shall include, but is not limited to, injury, death, or sickness occurring in connection with or aggravated by his/her/their participation in the Oxford Otter Swim Team program and any consequences resulting directly or indirectly from that program.

I have read this release and waiver of liability, assumption of risk and indemnity, fully understand its terms, and understand that I have given up substantial rights by signing it, and have signed it freely and voluntarily and intend my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

**\*All swimmers of the Oxford Otters Swim Team and both parents/guardians (if applicable) must sign and/or initial the Informed Consent & Liability section of the Signature Page and return prior to being able to participate in team practices, functions, and meets.**

# Oxford Otters Swim Team

## Team Policies

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### Competition Policy:

- Meet schedule is determined at the start of each season by coaches.
- Meets are held Saturday, and/or Sunday with an occasional Friday.
- Notices regarding the meet schedule will go to all swimming families via email.
- Parents are instructed to confirm swimmers can or cannot attend meets within 5 days from the date posted on the meet schedule notice.
  - On occasion an earlier response may be needed. Any alteration to the 5 day rule will be stated in an email or in writing on the meet schedule notice.
- If there is a lack of response to meet schedule notices, the coaches will assume the swimmer cannot attend the meet.
- Swimmers should wear their team racing suits at meets only. Wearing team racing suits at practice only stretches out the material and makes it baggy causing drag and slower times.
- Parents/guardians are responsible for purchasing the required team suit, cap and any swimming accessories deemed necessary by their child's coach.
- All meets shall be conducted under the USA Swimming rules and guidelines. The referee of the meet shall be the final authority for the conduct of the meet.
- Referee, starter, stroke and turn officials shall be present at each meet.
- All warm-up sessions will be supervised and controlled by certified coaches.
- Swimmers are required to be present and ready to swim at the start of the warm-up time. Timing systems provided at home meets as follows:
  - Primary timing system, automatic Daktronics Timing system.
  - Backup system includes a minimum of 1 button and 2 manual watches.
- Parents will be asked to assist at meets as timers, computer operators, assistants, marshalls, officials, runners, and other meet related jobs. In order for our swimmers to host and participate in meets, these jobs must be done by volunteers and should be taken seriously.
- All parents will be expected to assist with meet related jobs on a rotating basis.
- Parents who are certified USA officials are exempt from timing assignments.
- Parents are responsible for notifying coaches as soon as possible if a swimmer has been entered in a meet and suddenly cannot attend.
- Scratches must be submitted within ½ hour after the start of warm-up.
- Relays will be primarily drawn from the most recent best times on file.
  - If there is no time on file, a practice time trial may be used.
  - Relay participation is subject to change based on practice attendance, sportsmanship, work ethic, meet strategy and coach's discretion.
- Any applicable meet entry fees are non-refundable once your entry is submitted. Payment is due no matter if your swimmer attends the meet or not.

# Oxford Otters Swim Team

## Team Policies

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- Parents, unless working a job at the meet that requires them to be on deck, shall remain in the spectator area at all times during the meets. This is normal protocol for any sport, (you would not be allowed to walk onto a football field during the game) please be respectful of our “playing field”.
- Due to capacity limits and fire code, parents are not allowed on deck during swim meets.
  - Swimmers can meet with parents in spectator areas after their events, once they have discussed the race with their coach.
  - One exception may be additional assistance required for 8 and unders at coach’s discretion.
- Parents will refrain from coaching or advising their swimmers on technique, race strategy or any other facet of competitive swimming at all times.
- Swimmers will respect and trust the competency of the coaches if their parents respect, trust and support the coaching staff.
- Parents will show unconditional support and love to their swimmers, no matter what the outcome.
- All swimmers and parents will show proper respect and sportsmanship to all team members, their families, fellow competitors and their families, officials, meet administrators, and coaches at all times.
- No swimmer will be eligible to participate in any Oxford Otters swim meet if the swimmer or swimmer’s family is indebted to the Oxford Otters Swim Team.

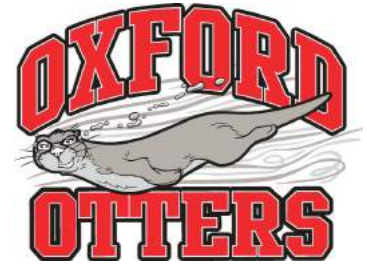
### Practice Expectations:

- Swimmers are expected to attend the recommended number of practices based on their appointed Level, as directed in the Level Standards.
- Swimmer should arrive on time, use the restroom prior to practice and be ready to swim.
- A practice racing suit should be worn at practice. Team suits are for meets only. Baggy trunks and worn out suits are not appropriate.
- Bring water to practice. It is important to stay hydrated. No food allowed on deck.
- No gum chewing.
- Goggles and caps should be worn. Bring extra goggles and cap in case they break or tear.
- A written note is required if a swimmer must leave practice early.
- Notify coaches as soon as possible if an extended absence is expected due to other obligations, injury or vacation.
- The coaching staff is courteous and respectful to all swimmers and swimmers will be courteous and respectful to coaches in return.
- Horseplay, disruptive behavior or talking over coaches words will not be tolerated.
- Swimmers will abide by facility, lifeguard, and coaches rules at all times.
- Parents and other family members in attendance (younger siblings, grandparents, etc.) will refrain from initiating discussions with their swimmer(s) or coaches during practice.

# Oxford Otters Swim Team

## Team Policies

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### Practice Expectations (continued):

- Parents will be respectful of the coach's ability to teach and discipline their swimmer(s) during practice and not interfere in any way.
  - Interference will delay the development of self-reliance, responsibility and accountability of the swimmer. These skills are necessary to develop the trust and confidence in the coaching staff needed for personal growth and technical advancement.
- Parents will not come on deck during practice for any reason unless specifically requested by a coach.
- Parents will refrain from coaching or advising their swimmers on technique, race strategy or any other facet of competitive swimming at all times.
- Swimmers and parents/guardians will abide by the code of conduct and rules and regulations at all times during all practices.

### Safety:

- All swimmers and parents/guardians will abide by facility, fire marshal, and lifeguard rules in and around the pool area at all times.
- The Oxford Otters Swim Team will provide lifeguard and certified coaches at every practice and meets we attend in compliance with CT state pool safety laws as well as USA swimming safety guidelines.
- Chemicals and proper pool filtration and operation are the responsibility of the Oxford Board of Education in cooperation with Oxford Parks and Recreation. Coaches and the Board of Directors are notified of any changes with the pool and this information is passed on to the team via email.
- If for any reason our facility is inoperable or unsafe to use, an alternate pool may be used if available.
  - Fees may be charged per swimmer to use another facility.
  - These fees are the responsibility of the swimmer's parent/guardian and will not be absorbed by the team.

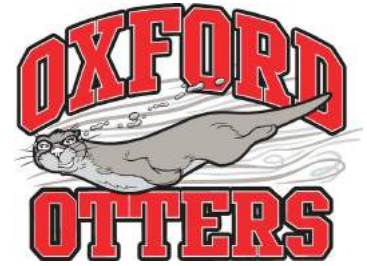
### Inclement Weather:

- In cases of thunderstorms/lightning, practice or meets will be stopped and the pool and pool deck area will be cleared of all persons.
  - Swimmers will return to practice after 30 minutes have passed since the last lightning strike.
  - While waiting for lightning/storm to pass, swimmers are expected to do dry lands, as appropriate for their Level, until their practice time is up or until it is safe to return to the pool, whichever comes first.
- In cases of tornados, high winds, snow storms, ice and other dangerous weather, practices may be ended, cancelled or postponed based on the severity of the weather.
- School closing due to weather may also affect our ability to use our facility to practice, but may not cancel practice entirely. The coaching staff reserves the right to relocate practices as needed based on the availability of our facility due to school closings.

# Oxford Otters Swim Team

## Team Policies

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### Communication:

- Email is our primary method of communication.
  - Make sure your email on file is up to date.
  - Emails will be used to notify team members of events, practice changes including cancellations, postponements, and change of venue.

### Volunteering:

- The Oxford Otters Swim Team is an organization built on the necessity of contributions from all our families, not just a select few.
- The strength and success of this organization relies on the cooperation of all team members and their families to assist with fundraising, running meets, and any other duties the Board of Directors requires participation.
- All families will provide the required number of volunteer hours per season as set by the Board of Director.
- Failure to do the required number of volunteer hours will result in that members' swimmer not being eligible to participate in time trials, Championship meets for both Yankee League and USA swimming as well as All-Stars meets.
- If you have been assigned a job or volunteered for a job at a fundraising function, meet or other team function, you are expected to fulfill your duty. If you are not able to perform your job, you are responsible for finding a replacement.
  - If we do not fulfill our required assignment at a meet, the team can be fined.

### Zero Tolerance:

Certain behaviors and actions are not tolerated on the Oxford Otters Swim Team and are grounds for immediate dismissal. They are as follows:

- Bullying.
- Stealing or damaging property of others.
- Defacing property at our facility or any facility we use.
- Possession or use of alcoholic beverages, illegal drugs, any tobacco products or contraband of any kind.
- Destructive behavior, unsportsmanlike behavior, bullying, or negative criticism.
- Inappropriate language, discussions or gestures.

# Oxford Otters Swim Team

## Team Policies

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### Disciplinary Action:

If any coach finds any swimmer or parent/guardian in violation of the Oxford Otters Swim Team Registration Contract, Rules and Regulations, Code of Conduct, or Team Policies, discipline will be handled in the following manner:

- Verbal Warning - Swimmer or parent/guardian will be notified of the infraction verbally and notified of the consequences should the infraction occur again. (written warning)
- Written Warning - If infraction occurs again, swimmer or parent/guardian will be immediately removed from current practice or meet or team function. A formal written account of the incident will be drafted and sent to the perpetrator. Email copies sent to all coaches, and the president of the board. A copy will also be kept in the swim team permanent records in the family's file.
  - Swimmer or parent/guardian may be suspended from additional practices, meets and team functions as warranted by the situation and type of infraction.
- Dismissal – If an infraction occurs a 3rd time, swimmer and parent/guardian will be removed from the team for the remainder of the season and possibly indefinitely. No refunds will be issued.

### Parent/Coaches Meetings:

- There will be 2 – 5 meetings a year held by the coaching staff for parents/guardians.
  - Every fall there will be a welcome meeting with the head coach to discuss what to expect for the coming season. This meeting is MANDATORY for all parents/guardians and will be conveniently held during a practice.
  - There will be a mid-season meeting in Jan/Feb to discuss the upcoming trials and championship events.
  - Coaches may schedule additional meetings to discuss swimmers progress and expectations of their groups for the season.
- Meetings will have a question/answer period and are a good time to get to know the coaches and their coaching philosophies.
- It is strongly recommended that parents/guardians attend at least 2 meetings each season to make sure they are current with news and any changes.

### Team Travel & Overnight stays:

- Coaches will not share a hotel room or any other accommodations with any athlete unless the coach is the parent, guardian, sibling or spouse of that particular athlete.
- Athletes will not ride in a coach's vehicle without another adult present who is the same gender as the athlete.
- If athletes must share accommodations, they shall be of the same gender and similar age. When athletes are 12 and under, it is recommended that parents/guardians accompany athletes.
- Team members will respect the privacy and property of others.
- Athletes must stay in assigned hotel rooms.



# Oxford Otters Swim Team

## Team Policies



### Team Travel & Overnight stays (continued):

- Athletes will not visit rooms of other athletes of a different gender. No females in rooms of male athletes and no males in rooms of female athletes.
- Team members and staff traveling with the team will attend all team functions including meetings, practices, meals, meets session, etc., unless otherwise excused by the head coach.
- The directions and decisions of coaches and chaperones are final.
- 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 and knowledge of the coaches or chaperones.
- When visiting public places, such as malls, movie theaters, restaurants, etc., swimmers will stay in groups, stick together and look out for each other and younger athletes.
- Curfews will be established by the coaches and strictly enforced.
- Possession or sale of alcohol, any tobacco products, illegal drugs, controlled substances or contraband is strictly prohibited.
- Athletes and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the Oxford Otters Swim Team or that may be detrimental to their performance objectives.
- Team members will display proper respect and sportsmanship towards coaches, officials, administrators, fellow competitors and the public at all times.
- Athletes and staff will not deface, destroy or damage any property. Any costs incurred will be at the expense of the perpetrator.
- Athletes, parents, and staff will adhere to the Oxford Otters Swim Team code of conduct at all times.
- Failure to comply will result in dismissal from the trip, immediate return home at athletes expense and further disciplinary action including but not limited to:
  - Disqualification from one or more events or all events of competition.
  - Disqualification from future team travel events.
  - Dismissal from team

**\*All swimmers of the Oxford Otters Swim Team and both parents/guardians (if applicable) must sign and/or initial the Team Policies section of the Signature Page and return prior to being able to participate in team practices, functions, and meets.**



# Oxford Otters Swim Team

## Video & Photo Release

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The Oxford Otters Swim Team will occasionally take video of its swimmers. This video footage is used primarily for training purposes and is normally reviewed by swimmers and coaches to assist with the correction of stroke and turn technique.

- We ask your permission to take video of your swimmer(s).

The Oxford Otters Swim Team occasionally uses photographs of swimmers for our website and newspaper articles.

- We ask your permission to use any photos taken of your swimmer(s) for promotional purposes to benefit the Otter's visibility in the community

We allow representatives of the Oxford Otters the irrevocable right and unrestricted permission to use and publish photographs or video images of my swimmer(s), for any purpose authorized by the Otter's, including but not limited to: website use, editorial publications, and advertising use. I understand that the circulation of such materials could be town wide or on the internet and that there will be no compensation to me for this use. Furthermore, I understand that I will not be given the opportunity to inspect or approve the finished products that may be used in connection therewith. In granting this permission to the Oxford Otters representatives, I am fully and without limitation releasing it from any liability that may arise from the use of the images. I understand that the team photo will be placed on the internet and if I choose not to sign this release that my swimmer will not be included in the team photo.

**\*All swimmers of the Oxford Otters Swim Team and both parents/guardians (if applicable) must sign and/or initial the Video & Photo Release section of the Signature Page and return prior to being able to participate in team practices, functions, and meets.**