



## **Rapids Swim Team Travel Policies**

As part of USA Swimming's enhanced athlete protection efforts, USA Swimming rules now require clubs to have published policies for team travel. Team Travel is defined as overnight travel to a swim meet or other team activity that is planned and supervised by the club. Club travel policies must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the club.

1. Team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming-administered criminal background check. (305.5.B)
2. Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete (unless the coach is the parent, guardian, sibling, or spouse of that particular athlete). (305.5.A)
3. When only one athlete and one coach travel to a competition, the athlete must have his/her parents' (or legal guardian's) written permission in advance to travel alone with the coach. (305.5C) In addition, the coach's supervisor must be notified and approve arrangements.
4. During team travel, when doing room checks, attending team meetings and/or other activities, two-deep leadership or no less than 1 coach-2 swimmer ratio will be maintained.
5. Athletes should not ride alone in a coach's or chaperone's vehicle, unless prior parental permission is obtained. In addition, the coach's supervisor must be notified and approve arrangements.
6. Coaches and/or Chaperones should carry a signed Medical Information and Authorization to Treat Form for each athlete.
7. All swimmers and parents have signed a copy of the Rapids Swim Team Code of Conduct at registration and are expected to follow the code at all times. This includes, but is not limited to the proper respect, sportsmanship, and courtesy toward coaches, teammates, officials, administrators, competitors, and the public will be displayed. All Rapids swimmers are reminded that when competing in meets, traveling on trips, and attending other meet-related functions,

they are representing both themselves and the Rapids program. Athlete behavior must positively reflect the high standards of the club.

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. 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. Swimmers are expected to be prompt to all scheduled activities and be prepared with all necessary swimming gear and team apparel. Approved team apparel is to be worn on the podium.

10. Athletes must stay in their assigned hotel room. Curfews shall be established by the coach and will be adhered to by all swimmers each day of the trip. No swimmer may be out of his or her room after the assigned curfew without permission from a coach. At curfew, all lights, TV's, cell phones, electronic equipment, etc., must be turned off and no talking or text messaging is permitted. At lights out, everything is off and swimmers need to be trying to get to sleep. Having conversations after lights out keeps everyone in the room up. Brushing your teeth, taking out your contacts, washing your face or any other activity along those lines need to be done before lights out.

11. It is the responsibility of the athlete to awake at a designated hour (set wake-up call or alarm) and eat an adequate breakfast before leaving the hotel for team functions.

12. Swimmers are expected to perform at their optimum at travel meets and keeping oneself properly fed and hydrated is key to that success. If a swimmer is not getting the food (type or quantity) that they need, it is the swimmers responsibility to inform the chaperones or coaches.

13. Female and male swimmers are not allowed to be in the same hotel room without others present in the room. When a swimmer of the opposite sex is in the room with more than two people present, the door shall be propped open at all times. If the hotel room is a suite with a separate bedroom, swimmers of the opposite sex are not allowed in the bedroom.

14. If other teams are staying at the same hotel, none of their athletes may be in a Rapid swimmer's room, nor may any Rapid swimmer enter any of the other teams' rooms.

15. When athletes are grouped in rooms in such a way that they are expected to share beds, all athletes in that room should sleep in a bed. Roll-away beds may be available, and may be acquired with the permission of the coaches or chaperones.

16. The possession, use and/or sale/distribution of alcohol, tobacco products or any controlled or illegal substance, or any form of weapon is strictly prohibited.

17. The possession of inappropriate or explicit material is prohibited. This applies to computers, books, magazines, movies, etc.

18. While social media will be used to disseminate meet information during Rapids Swim Team travel trips, it is critical for athletes to remember that social media (including but not limited to twitter, texting and Facebook) can be a very public forums. Tweets and posts represent the team and its reputation. It is the responsibility of the athlete to reflect the high standards that are expected of them when using social networking sites. Inappropriate posts or tweets that could be considered derogatory, bullying, sexual, or violent will not be tolerated. Inappropriate uses of the internet while traveling with the team will also not be tolerated. This includes, but is not limited to sexting, and visiting websites or chatrooms that could be considered pornographic or sexual in nature.

19. When traveling by car or van, team members must wear seat belts and remain seated in vehicles.

20. Aquatic centers, hotel rooms and travel vehicles are to be treated with respect and kept neat. Belongings should be kept together and all trash deposited appropriately. Any damage to facilities, rooms or vehicles will be the responsibility of the parties involved. Any expenses incurred as a consequence of such prohibited behavior will be billed to the appropriate party.

21. Additional guidelines may be established as needed to assure the safety and well-being of the team members and will be adhered to during the trip. Your signature of this document constitutes unconditional agreement to comply with the Rapids Swim Team Travel Policies. Failure to comply with the Policies as set forth in this document may result in disciplinary action. Such disciplinary action will be determined by the coach and may include, but not be limited to: • Disqualification from one or more events, or all events of competition. • Dismissal from the team and/or immediate return home at the parent's expense. All inconveniences of sending a swimmer home will fall to the parents of the athlete. • Disqualification from future Rapids team travel. The undersigned has read, understands and agrees to the terms of this agreement.

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Swimmer's Name

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Name of Event

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Swimmer's Signature

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Date

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Parent's Signature

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Date