



THREE RIVERS SWIM CLUB CODE OF CONDUCT FOR ATHLETES

It is the purpose of Three Rivers Swim Club to operate in a manner that will provide an orderly process of swim instruction and that will provide for the welfare and safety of all swimmers who participate in the program. Through swimming, TRSC prepares swimmers for success outside of the pool and in their future.

In accordance with that purpose, the board has adopted a policy which requires swimmers to conduct themselves appropriately at all times in order to facilitate an adequate and safe environment for themselves and other swimmers. These standards for behavior require swimmers to respect each other and all employees and to obey swimmer behavior policies adopted by the board.

TRSC's primary goal is to facilitate swim instruction, not to punish; however, when the behavior of an individual swimmer comes in conflict with the rights of others, corrective actions may be necessary for the benefit of that individual and the program as a whole. Accordingly, swimmers shall be governed by policies, regulations, and rules set forth in this Code of Conduct.

This code of conduct for athletes establishes a consistent expectation for athlete's behavior. By signing this code of conduct, I agree to the following statements:

- I will respect and show courtesy to my teammates and coaches at all times.
- I will follow the directions of any member of the coaching staff and any person who is a chaperone. Disrespect or failure to obey instructions will not be tolerated from any athlete
- I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my other teammates.
- I will respect my teammates. Fighting, intentional touching, or striking another athlete on deck, in the locker room, or at any team function will subject the swimmer to disciplinary action.
- I will be respectful of my teammates' perspectives and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.

- I will attend all team meetings and training sessions, unless I am excused by my coach.
- 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, 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 of USA Swimming's rules and codes of conduct.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the swim club board of directors.

Discipline

When it is necessary to apply discipline, the coaches will follow a progressive discipline approach. The degree of discipline to be used will be appropriate for the severity of the behavior infraction and will take into account the swimmer's discipline history, the age of the swimmer, and other relevant factors.

Disciplinary measures that may be used include but are not limited to the following:

- 1. Verbal warning
- 2. Sitting out of practice and/or loss of locker room privileges
- 3. Notification of parents.
- 4. Parent conference with group coach and head coach
- 5. Required parental supervision at practice for up to 5 days.
- 6. Suspension from practice for up to 3 days as deemed necessary.
- 7. Short-term suspension from the team for up to 2 weeks.
- 8. Long-term or permanent suspension from the team.

As the spirit of the above rules is to provide a safe and effective training situation, swimmers are expected to follow not just the rules but the spirit of the rules. The coach must adapt this philosophy to an infinite number of situations and swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive practice environment for all. This code shall be in force and in effect for all Three Rivers Swim Club swimmers during practice, during swim meets, and at events sponsored by, or in which Three Rivers Swim Club participates.