

## Kona Dolphins & Kona Aquatics

### ATHLETE CODE OF CONDUCT

Purpose of this code of conduct:

- Ensure a safe and respectable environment for all athletes.
  - Promote the best possible conduct of team members.
  - Encourage a challenging yet rewarding training culture.
  - Create the most positive possible individual and team impression.
  - Govern team travel.
1. Unsportsmanlike, indiscreet, disrespectful, or destructive behavior and the use of obscene language will not be tolerated at but not limited to; at all times during practices (including aquatic facility parking lots), functions, meets, and team travel. Swimmers are expected to behave in a manner that will reflect positively on the entire team.
  2. Athletes will be respectful of teammates' feelings and personal space. All teammates, competitors, coaches, parents, and volunteers are to be treated with respect regardless of gender, race, national origin, and sexual orientation. Inappropriate or offensive behavior is prohibited, including fighting within the team for any reason.
  3. The use or possession of tobacco, alcohol, and the illegal use/possession of drugs, including steroids is prohibited.
  4. All swimmers will wear the designated team cap and uniform during all competitions.
  5. Apparel, including clothing, bags, and towels, must be appropriate for the team environment. Apparel with obscene gestures, profanity, inappropriate sayings, etc will not be allowed.
  6. Male swimsuits may be speedos, jammers of all lengths, and training drag suits. Younger male athletes new to swim team may wear tight tying boardshorts until their training suit is received- board shorts must not fall down during a streamline push off or fast swim and must be snug. Female swimsuits may be one piece or two pieces intended for training (no normal beach bikinis or one pieces will be allowed as they are not made to withstand fast training without coming off or billowing at the chest).
  7. Possession by a team member of any form of weapon is strictly forbidden.
  8. Hazing or bullying by any member of the team is prohibited. Those persons with firsthand knowledge that a specific hazing or bullying event has occurred must report this to the coaching staff as soon as possible. This behavior will not be tolerated.
    - a. The USA Swimming Code of Conduct defines bullying in 304.3.7. Bullying is the severe or repeated use by one or more USA Swimming members of oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member that to a reasonably objective person has the effect of:
      - i. causing physical or emotional harm to the other member or damage to the other member's property;
      - ii. placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property;
      - iii. creating a hostile environment for the other member at any USA Swimming activity;
      - iv. infringing on the rights of the other member at any USA Swimming activity; or
      - v. materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC).
  9. Bullying examples are defined as and not limited to:
    - a. Verbal
      - i. Repeatedly and excessively verbally attacking an athlete personally (e.g., calling them worthless, fat or disgusting)
      - ii. Repeatedly and excessively yelling at participants in a manner that serves no productive training or motivational purpose
      - iii. Repeatedly making negative remarks and/or mimicking under one's breath but loud enough for targeted athletes to hear
      - iv. Repeatedly gossiping and speaking negatively of any athlete or team member with the intent to cause emotional harm and/or spread rumors about said athlete/team member.
    - b. Physical
      - i. Throwing sport equipment, water bottles or chairs at, or in the presence of, participants

- ii. Punching walls, windows or other objects
  - c. Cyber
    - i. Use of rumors or false statements about someone to diminish that person's reputation
    - ii. Using electronic communications, social media or other technology to harass, frighten, intimidate or humiliate someone
    - iii. Socially excluding someone and asking others to do the same
  - d. Sexual
    - i. Ridiculing or taunting based on gender or sexual orientation, gender traits or behavior.
    - ii. Teasing someone about their looks or behavior as it relates to sexual attractiveness
- 10. Athletes will not partake in the use of any form of social media/electronic communication that reflects negatively on the team (members, coaches, and parents) in any way.
  - i. No fake accounts, fan pages, or similar will be created for any member, coaches, or parents of the team.
  - ii. Any situations that cannot be resolved between athletes should immediately be brought to the attention of a coach.
  - iii. Any issues that are a potential violation of the Code of Conduct should immediately be brought to the attention of a coach.
- 11. Doing damage to any facility, its equipment, or teammates' equipment will be considered a violation of this code.
- 12. PDA (public display of affection) as explained below is prohibited at all times during practices (including aquatic facility parking lots), functions, meets, and team travel.
  - a. Public display of affection (PDA) is an act of physically displaying love, or affection for a person, entity, or group in the public eye. Examples are below, but are not limited to:
    - i. Holding hands
    - ii. Looping arms and gentle caresses
    - iii. Excessive hugging
    - iv. Kissing
    - v. Cuddling
    - vi. Sitting on someone's lap
    - vii. Excessive touching
- 13. Congratulatory high fives, fist bumps, and side hugs are allowed between team members, coaches, parents, officials, and chaperones.
- 14. Athletes will make every effort to contribute towards a positive training environment.
- 15. An athlete may not scratch an event at any meet unless it is first cleared through the coach.
- 16. Never show disrespect to people working or officiating a meet – always be polite and let coaches handle problems.
- 17. No team meetings may be missed. Team members will be punctual to all meetings and warm-up times. With the exception of prior obligations, work, parent approval, and/or school activities.
- 18. Sexual misconduct and activity is prohibited at all times during practices, functions, meets, and travel.
- 19. All athletes will abide the following:
  - a. USA Swimming Code of Conduct (copy attached at the end of this document)
  - b. Any and all meet rules and facility rules
- 20. Specific travel rules (all rules above apply with the addition of the rules below):
  - a. At away meets, curfews and travel rules will be obeyed unless a swimmer has received permission from the coach for an extension or special exemption.
  - b. Team members will stay with the team at all times. Exceptions will be made if permission is granted by staff/chaperones. When free-time is given, team members will travel in groups as directed by staff/chaperones, but never less than three (3).
  - c. At no times will male and female athletes be in the same room together with the door closed. This applies to our team members or members of any other team. If members of the same gender are in the same room during free time hours the door must remain open.
  - d. "Lights out" time will be designated by staff each night and bed check will be conducted by two members of the staff (female/male). Each athlete must visibly present themselves to staff at the doorway each night. No team member may be out of his or her room after bed check is completed unless permission is granted by staff/chaperones.
  - e. Athletes will room with the same gender and be similar in age.

- f. Coaches will room with coaches/chaperones.
- g. Any damages or thievery incurred at a hotel will be at the expense of the swimmers assigned to that room and further disciplinary action will be taken.
- h. No loud/boisterous behavior will be tolerated in hallways, public areas, or individual rooms.
- i. Make all long distance calls on a cell phone.
- j. Cost of the trip is divided amongst everyone traveling, each team will handle billing as they see fit. KA & KD pay for the coach's travel costs. Parents/guardians of athletes are responsible for covering the cost for their athlete(s).

*Disregard for the Code of Conduct, What Happens?*

**Rules/Code of Conduct Violation Guidelines**

The following is a guideline for violations of our Code of Conduct. While an exhaustive effort will be made to treat every incident identically, each circumstance will be judged on its own merit and handled accordingly. Due to the severity of a specific violation, some incidents may be so flagrant that they will be treated initially as a second or third time offense. This could also be used when one or more tenants of this code are broken during the same incident. At the discretion of the head coach, any one or all of the following penalties may be applied:

- Code violations that are deemed illegal activities will be immediately reported to the appropriate authorities.
- Travel code violations will be subject to return home (at the expense of the parent and/or swimmer) and other possible barring from future travel events or other competition. The coaching staff/chaperones hold the final word on any rules, regulations, or disciplinary action. Their directions are final.
- Property damage violations will result in disciplinary action plus the swimmer and their family will be responsible for all damages and fees incurred upon collection or prosecution of damages.
- Code violations which are also violations of the USA Swimming Code of Conduct may carry separate/additional repercussions as defined through USA Swimming rules.
- 1st-time offenses may result in a minimum of discussion with their coach in an open and visible environment with a third party present, parent/swimmer/coach conference. They may also result in a maximum 3-day suspension, and any various additional items parents or coaches deem necessary.
- 2nd-time offenses may result in a minimum of discussion with their coach in an open and visible environment with a third party present, parent/swimmer/coach conference. They may also result in a maximum 5-day suspension, and any various additional items parents or coaches deem necessary.

All team members, staff/chaperones, and parents of minors are apprised in writing of this code of conduct and the USA Swimming Code of Conduct. A signature on this document constitutes unconditional agreement to comply with the stipulations of both documents.

I recognize my responsibility to abide by the rules and requirements and I acknowledge that I have received and read such.

\_\_\_\_\_  
Athlete's Name (please print)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete Signature (if athlete is 18+)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature (if athlete is under 18)

\_\_\_\_\_  
Date

## USA Swimming Code of Conduct

### 304.1 94 2020 Rules & Regulations

#### ARTICLE 304 - CODE OF CONDUCT

304.1 The mission of USA Swimming is to encourage participation and the pursuit of excellence in all aspects of swimming. USA Swimming grants the privilege of membership to individuals and organizations committed to that mission. The privilege of membership may, therefore, be withdrawn or denied by USA Swimming at any time where USA Swimming determines that a member or prospective member's conduct is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it.

In order to assist all members to better serve the interests of those who participate in swimming, USA Swimming has adopted this Code of Conduct.

304.2 Any member, former member, or prospective member of USA Swimming is subject to the jurisdiction of the Board of Review. Any member, former member, or prospective member of USA Swimming may be denied membership, censured, placed on probation, suspended for a definite or indefinite period of time with or without terms of probation, fined or expelled from USA Swimming for life if such person violates the provisions of the USA Swimming Code of Conduct, set forth in

304.3, or aids, abets or encourages another person to violate any of the provisions of the USA Swimming Code of Conduct. USA Swimming shall initiate an investigation of any former member of USA Swimming when a report required under 306.1 is received. 304.3 The following shall be considered violations of the USA Swimming Code of Conduct: ***Measures to be adjudicated by the USA Swimming National Board of Review***

.1 Violation of the right to compete provisions set forth in Article 301.

.2 Discrimination in violation of the Amateur Sports Act which requires that USA Swimming must provide an equal opportunity to athletes, coaches, trainers, managers, administrators, and officials to participate in the sport of swimming. Athletes must be allowed to participate and compete to the fullest extent allowed by the Rules and Regulations. Discrimination against any member or participant on the basis of age, gender, race, ethnicity, culture, religion, sexual orientation, gender expression, gender identity, genetics, mental or physical disability, or any other status protected by federal, state or local law, where applicable, is prohibited.

.3 Repeated violation of any of the Minor Athlete Abuse Protection Policies [see page 95].

.4 Any violation of the FINA Rules on the Prevention of Manipulation of Competition as found in the current FINA Manual, including (i) betting; (ii) manipulating competitions; (iii) corrupt conduct; (iv) misuse of inside information; (v) failure to report; and (vi) failure to cooperate.

.5 The sale or distribution of illegal drugs or the illegal sale or distribution of any substance listed on FINA's recognized list of banned substances.

.6 The use of illegal drugs in the presence of an athlete, by a coach, official, trainer, or a person who, in the context of swimming, is in a position of authority over that athlete.

.7 The providing of alcohol to an athlete by a coach, official, trainer, manager or any other person where the athlete is under the legal age allowed to consume or purchase alcohol in the state where the alcohol is provided.

.8 The abuse of alcohol in the presence of an athlete under the age of eighteen (18), by a 304.3 2020 Rules & Regulations 95 coach, official, trainer, or a person who, in the context of swimming, is in a position of authority over that athlete.

.9 Any act of fraud, deception or dishonesty in connection with any USA Swimming-related activity.

.10 Any non-consensual physical contact, obscene language or gesture, or other threatening language or conduct directed towards any meet official and which is related to any decision made by such official in connection with a USA Swimming sanctioned competition.

.11 Action, other than through general advertising, by a coach, owner, officer, volunteer, representative, or employee of a swim club, or a USA Swimming or LSC employee, either through direct contact with an athlete or the encouragement of others, to recruit or otherwise encourage an athlete who is already a member of a USA Swimming member swim club to leave that club, unless the acting party receives prior written approval to recruit or encourage the athlete to change affiliation from the designated club representative of the athlete's existing USA Swimming-member swim club or contact is initiated by the athlete, the athlete's parent or authorized representative. General advertising includes any information that is: A Distributed to an identifiable general population where there is a reasonable expectation that the majority of that population are not current members of USA Swimming; or B Placed in or on any item that is sold. In the event of a violation of this section, a sanction may be imposed against any coach, owner, officer, volunteer, representative or employee of a swim club, or against any such club, or any combination thereof, as appropriate.

.12 Any other material and intentional act, conduct or omission not provided for above, which is detrimental to USA Swimming, an LSC or the sport of swimming.

***Measure to be adjudicated by the U.S. Anti-Doping Agency.***

.13 Violation of the anti-doping provisions set forth in 303.3.

***Measure to be adjudicated by the U.S. Center for SafeSport***

.14 Violation of the SafeSport Code. [see [www.usaswimming.org/code](http://www.usaswimming.org/code)]

**Signature:**

**Email:**