

Dubuque Area Swimmin' Hurricanes

Athlete Code of Conduct

General Conduct, Rules, & Safety Guidelines

- The use and/or possession of alcoholic beverages, drugs (other than those prescribed by your physician) and tobacco products is forbidden on Dubuque Community School District (DCSD) Aquatic Center or on school property.
- Undesirable language (i.e., profanity) or destructive behavior (i.e., vandalism) will not be tolerated.
- Team members will treat their membership w/DASH as a privilege and personally acknowledge the associated responsibilities.
- Team members will treat teammates, competitors, coaches, officials, and all others with respect.
- Win with humility and lose with dignity.
- Team members will encourage and positively challenge teammates. Deprecating or negative communication or behavior toward teammates will not be tolerated.
- Team members will be expected to follow all of DASH's policies; violations will be addressed per policy directive.
- All rules of the DCSD facility will be followed including but not limited to:
 - All drinks on deck must be clear or light colored
 - Team members should not go into other areas of Hempstead High School during practice
 - Team members are not allowed to use Hempstead High School team locker rooms outside of DASH hosted meets; on deck changing facilities are available for bathroom needs during practice.
- Horseplay will not be tolerated. This includes, but is not limited to:
 - Running - pool deck, locker rooms, parking lot
 - Throwing - buoys, kickboards, paddles, balls, anything
 - Fighting, hitting or kicking other people
 - Spitting
 - Pushing (including into the pool)
 - Gum chewing in the pool
- Locker rooms
 - Team members will be respectful of the DCSD changing rooms and locker rooms when being used.
 - Including cleaning up litter and personal belongings before exiting the facility
 - Team members will be respectful of other swimmers and other

swimmers' property in the locker room.

- Bullying, sexual misconduct (defined as: conduct of a sexual nature or conduct based on sex or gender that is nonconsensual or has the effect of threatening, intimidating, or coercing a person) and stealing will not be tolerated

Bullying is the use of aggression, whether intentional or not, which hurts another person. Bullying results in pain and distress.

- Swimmers are expected to adhere to DASH's Bullying policy; failure to adhere to the policy will result in repercussions stated in said policy

Cell phones at Practice

- Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras are NOT allowed in the bathrooms, changing rooms or locker rooms associated with any DASH function.
- Cell phones should be placed in the swimmer's bag BEFORE practice begins and remain in their bag until swimmers have been dismissed by the coach
- Cell phones are allowed on deck during meets but should not interfere with swimmers paying attention to when they are racing or from cheering on their teammates.

Practice times - arrivals & departures.

- Be on time for practice. Swimmers should be prepared at their appointed time.
 - Swimmers are encouraged to socialize before and after practice but are expected to stop once practice has begun
- Have your ride pick you up within 15 minutes of the end of your practice time.
- Enter & exit the facility through the proper entrance/exit. When arriving go directly to where you are supposed to be.
- Honor all commitments you make to YOUR team - financial, time, talent, and effort.

Enforcement and Violations of the Code

All team members are required to read, sign, and adhere to the Code of Conduct to participate in the activities of the Dubuque Area Swimmin' Hurricanes (DASH).

The process for addressing misconduct will be as follows:

- A verbal warning will be issued as the initial response. If the inappropriate behavior persists, the swimmer will be asked to leave practice, and their parents

will be notified.

- Should a swimmer be asked to leave practice three times, a meeting must be convened involving the swimmer, their parents, the coaches, and a member of the Executive DASH Board of Directors before the swimmer is permitted to return to practice.
- If the swimmer's behavior continues to be problematic, the Board of Directors will determine appropriate disciplinary actions, which may include, but are not limited to:
 - Suspension from practice(s)
 - Suspension from the team without a refund
 - Permanent expulsion from the team without a refund.

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