

St Charles Swim Team Swimmer

Code of Conduct, Meet Guidelines and Travel Policies

Swimmer General Code of Conduct

- Team members will display proper respect and sportsmanship toward coaches, officials, administrators, fellow competitors, and the public. When you win, win graciously; when you lose, lose gracefully. Congratulate your opponent, win, or lose.
- All SCST athletes are expected to follow the directions of the coaching staff. Pool rules are to be followed in all facilities used by the team.
- Swimmers are always expected to display the highest ethical and moral conduct.
- Team members and staff will refrain from all illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
- Possession or use of alcohol, tobacco or any non-prescribed drug is prohibited.
- A swimmer driving to meets and practices in their own cars must abide by the Code of Conduct.
- All members of the club, whether parents or swimmers, continue to protect and improve the excellent reputation that the club has throughout the state and country.
- St Charles Swim Team will not tolerate sexual harassment or intolerance of any kind, including but not exclusive to harassing others because of race, ethnicity, socio-economic status, and/or sexual orientation/identification.

Swimmer Meet Guidelines and Policies

- Meet warm-up times should be strictly adhered to by all swimmers. Meet warm-up times and start times will be communicated by the coaching staff prior to the meet.
- Swimmers are expected to check in with their coach at warm-ups and before and after their events.
- In competitions with preliminary and final sessions, all swimmers who qualify for the finals are expected to compete unless otherwise notified by the coach.
- All team members are strongly encouraged to return to the finals sessions to support the team and take advantage of the opportunity to learn by watching others.
- Swimmers are expected to follow the team uniform guidelines described in meet information documents provided by the coaches. This includes using the correct suit for the swimmers age and level of experience.
- Swimmers are expected to sit with the team and participate in all team meet activities and team meetings.
- All SCST athletes and spectators will show respect to the facilities in which we compete and regularly clean up the area and dispose of all trash appropriately.
- No deck changes are permitted. Swimmers are expected to use the locker rooms at each facility for dressing before and after competition.
- In accordance with USA Swimming policy, parents and family members are expected to remain in the spectator area and off the immediate competition deck unless they are working the meet in an official capacity.
- All questions pertaining to meet results, an officiating decision, the management of the meet, etc. should be referred to the SCST coaching staff. Our coaches will pursue the matter through appropriate channels if warranted.
- No swimmers age 18 years or younger are permitted to attend a meet that requires an overnight stay or is more than 60 miles away unless accompanied by a parent or a chaperone arranged by the swimmer's parents / guardian(s).

Swimmer Team Travel Policies

All SCST team travel trips will be conducted in compliance with [USA swimming MAAPP](#) Policies and SCST Swim Meet Guidelines and Policies, including the following:

- The possession or use of alcohol, tobacco products or controlled substances by any athlete is prohibited.
- Curfews established and distributed in writing by the staff will be adhered to at all meets, camps, and team functions.
- Team members and staff will attend all team functions including meetings, warm-ups, practices, competitions, meals, etc., unless otherwise excused or instructed by the coach of record.
- Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the St Charles Swim Team, Illinois Swimming, Inc or USA Swimming or be detrimental to its performance objectives.
- Each swimmer is reminded that when traveling on trips, competing in meets, and attending other meet-related functions, you are representing both yourself and the St Charles Swim Team. Team members will display proper respect and sportsmanship toward coaches, officials, administrators, fellow competitors, and the public.
- All swimmers, coaches, chaperones, and team managers traveling with the team must be either athlete members of USA Swimming or non-athlete members of USA Swimming.
- All swimmers must attend all team functions and are expected to know all travel/meeting schedules and strictly adhere to them. Coaches will establish warm-up times and other trip-related timetables as needed. Being prompt and on time is essential.
- All swimmers are expected to remain with the team at all times during a trip. Swimmers are not to leave the pool, the hotel, restaurant, or any other place at which the team has gathered without the permission of a coach or chaperone.
- 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 rooms or vehicles will be the responsibility of the parties involved and may result in being sent home early from the trip at no cost to the club.
- When traveling by van, all passengers must wear seat belts and remain seated at all times. When traveling by other vehicles, all passengers must wear seat belts in accordance with applicable state laws.
- Swimmers are not allowed in hotel rooms of swimmers of the opposite gender.
- Swimmers must stay in the hotel room assigned to them. Swimmers may not change rooms or roommates without authorization from the lead coach and head chaperone.
- All swimmers are expected to strictly adhere to the curfew established by the coaching staff. At curfew, all lights, TV's, and other electronic equipment must be turned off. Talking is not permitted. Cell phones should be set on silent or alarm mode only so as not to disturb teammates who are rooming with you. Any complaint of a disturbance in the middle of the night by a cell phone will result in the removal of cell phone privileges for the offender.
- Swimmers are expected to be quiet and respect the rights of teammates and other hotel guests during evening hours and during rest time between prelims and finals. There is to be no telephone or cell phone use, including texting, Skype, FaceTime, social media applications, etc., after curfew or during afternoon rest time.
- Swimmers are expected to travel with and stay with the team on team travel trips.
- Chaperones, team managers and coaches must agree to fulfill their responsibilities to the swimmers entrusted to their care and to the other chaperones and coaches. Swimmers may not be chaperones.
- Chaperones and team managers must be non-athlete members of USA Swimming, which includes successfully passing the USA Swimming criminal background check. All coaches must be

current coach members of USA Swimming, which includes successfully passing the USA Swimming criminal background check.

- To provide a positive experience and safe environment for swimmers, all coaches and non-athlete adult members of USA Swimming should maintain professionalism and avoid any appearance of impropriety in their relationships with swimmers.
- Regardless of gender, at no time shall a coach share a hotel room or other sleeping arrangement with a swimmer, unless the coach is the parent, guardian, sibling or spouse of the swimmer.
- If a swimmer is 19 years of age or older and acting as both a coach and swimmer at a meet, the swimmer must room with a coach; however, if the swimmer is acting solely as a swimmer at a meet, the swimmer should room with other swimmers, age 18 or older, and not with any swimmer from a group that the swimmer coaches.
- Coaches, chaperones, and team managers traveling with swimmers are always expected to demonstrate excellent judgment and behavior to positively represent our sport and the St Charles Swim Team , using Best Practice Guidelines of USA Swimming as a reference.
- Swimmers with medically prescribed drugs must declare them prior to the trip.
- When visiting public places, such as shopping malls, movie theatres, etc., swimmers age 18 or younger will stay in groups of no less than three persons. Swimmers age 12 or under shall be accompanied by a chaperone, team manager or coach.
- Violation of these rules will result in disciplinary action, including the possibility of being sent home from the meet at no expense to the club.

Failure to comply with the Code of Conduct may result in removal from one or more events or all events of competition, financial restitution for any damages, being sent home from a meet at the parents expense, dismissal from future SCST travel and/or dismissal from the team.

I HEREBY AGREE TO ABIDE BY THE CODE OF CONDUCT SET FORTH AND UNDERSTAND THAT IF I VIOLATE ANY OF THE RULES; I WILL BE SUBJECT TO THE DISCIPLINARY ACTION STATED. COMPLETION OF RENEWAL / REGISTRATION WILL BE RECOGNITION OF SCST SWIMMER / PARENT CODE OF CONDUCT.