



The Plymouth Aquatics Club provides an environment that facilitates the development of self-motivated leadership, through teamwork, goal setting and skill development while fostering a safe, enjoyable experience for all. As such, the following Code of Conduct will be enforced at all times for all members of the Plymouth Aquatics Club as a companion to USA Swimming Safe Sport Policies.

AS A SWIMMER AND MEMBER OF THE PLYMOUTH AQUATICS CLUB, I WILL ABIDE BY THE FOLLOWING CODE OF CONDUCT:

1. I will conduct myself with dignity and respect for others and for the property of others.
2. I will support and encourage ALL of my teammates at practice and competition. I understand that working together as a unit will benefit each team member and is a very important part of our PAC team.
3. I will practice and encourage good sportsmanship.
4. I will promote POSITIVE team spirit and morale.
5. As a matter of team pride and courtesy to meet hosts, pool facility operators, and janitorial staff, I will leave the PAC team area in a neat and clean condition following the conclusion of each meet or practice session. This also applies to locker rooms, rest rooms, bleacher areas, pool decks, etc.
6. I will be on time for practice, training sessions, and meets.
7. I will always follow the directions of the coaching staff and (board members) and at no time will disrespectful attitudes by any swimmer be tolerated.
8. I will comply with all team rules and always follow the Code of Conduct.

THE FOLLOWING BEHAVIORS WILL NOT BE ACCEPTED:

1. Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
2. Destroying or stealing property of others, including athletic facilities.
3. Physical abuse, such as fighting or striking another person.
4. Bullying.
5. Use of inappropriate language (swearing or derogatory comments), obscene gestures, or lying.
6. Interference with the progress of another swimmer.

DISCIPLINARY POLICY:

Above the Line Behaviors	Below the Line Behaviors	Bottom Line Behaviors
Give RESPECT Be RESPONSIBLE Build RELATIONSHIPS	Being DISRESPECTFUL Being IRRESPONSIBLE Being UNCOOPERATIVE	Fighting Vandalism Possession of a weapon Drugs/Alcohol/Tobacco Chronic Misbehavior Other criminal acts

At PAC, we strive to provide a safe, healthy, and positive environment so that swimmers can focus on their swimming. Above the Line behaviors are necessary for this to occur. Swimmers choosing to continuously engage in Below the Line behaviors will face consequences designed to fit the behaviors of the individual swimmers and may be different when the problems appear to be the same. Equal is not always fair. Consequences for Below the Line behaviors will be up to the coach's and board's discretion, as each swimmer and situation are unique. Engaging in Bottom Line Behaviors will result in the following consequences:

- * Removal of practice (or meet) for 3 days and the swimmer may not return until a meeting with the swimmer, parent, and either coach or board member takes place.
- * EXCEPTION: Any use or possession of drugs, alcohol, or tobacco and/or any activity that results in legal charges will result in the swimmer being expelled from PAC for the remainder of the season.

This Code of Conduct shall be enforced for all PAC swimmers during practice, swim meets, and at events sponsored by or in which PAC is represented.

Swimmer Signature

Date

Print Swimmer's Name

Parent's Signature

Date

Print Parent's Name