



RISE Aquatic Team Athlete Code of Conduct

RISE Aquatic Team has a responsibility to not only develop swimming skills, but also to develop the whole athlete. As an athlete of CATS Aquatic Team athletes must understand the following behavior is expected by all members at all times:

RISE is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, board member or athlete/mentor. **RISE** has a zero tolerance bullying policy. The USA Swimming Code of Conduct defines bullying in section 304.3.7 of the USA swimming rulebook. 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.
- 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).

By signing the **RISE** athlete code of conduct, every athlete agrees to the following:

- No bullying
- No consumption or possession of any alcoholic beverages, illegal drugs or tobacco products, as this will not be tolerated
- Respect for all property associated with **RISE** including facilities, equipment and personal possessions.
- No vandalism • No theft
- No acts of rude or abusive conduct, including inappropriate language considered racist or sexist, directed at teammates, opponents, coaches, officials or spectators.
- Behaving in an exemplary manner.
- Practice good sportsmanship and be a positive example in and out of water. Whether you win or lose, show respect to teammates, opponents, coaches, officials and spectators.

RISE AQUATIC TEAM THE ATHLETIC TRAINING AND BEHAVIOR CONTRACT OF RISE AQUATIC TEAM LETTER OF INTENT AND PERMISSION

To Whom It May Concern: I have read the athletic training and behavior code of **RISE** Aquatic Team. I understand the provisions as stated herein and agree to abide by these provisions while a member of this team. I understand the importance of this contract and will accept the consequences for any unacceptable conduct. Failure to adhere to these rules may result in suspension or removal from the team.

Student Athlete's Printed Name

Student Athlete's Signature

Date



I have read the athletic training and behavior code of **RISE** Aquatic Team. I have reviewed it with my son/daughter. I agree to cooperate with the **RISE** Aquatic Team Coaching staff in enforcing the behavior and training contract as it applies to my child. I give my permission for my child to participate in the stated sport, subject to the standards and provisions stated.

Parent/Legal Guardian Printed Name

Parent/Legal Guardian Signature

Date

This page is to be returned with appropriate signatures and will be kept on file with the Head Coach