



## ATHLETE CODE OF CONDUCT

1. I will respect and show courtesy to my teammates and coaches at all times
2. I will demonstrate good sportsmanship at all practices and meets
3. I will set a good example of behavior and work ethic for my younger teammates
4. I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences
5. I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities
6. I will refrain from foul language, violence, behavior deemed dishonest, offensive or illegal
7. I will refrain from partaking in the use of any form of social media/electronic communication that reflects negatively on the team (members, coaches, and parents) in any way
8. I will refrain from the use of tobacco, alcohol, and the illegal use/possession of drugs, including steroids
9. I will not engage in hazing or bullying. Those persons with firsthand knowledge of any hazing or bullying must report this to the coaching staff as soon as possible. If necessary, information regarding bullying/hazing will be reported to MSDLT officials or the Indianapolis PD.
10. I will refrain from engaging in sexual misconduct and activity (including PDA) during all team practices functions, and meets.
11. All athletes will abide by the following:
  - a. USA Swimming Code of Conduct
  - b. MSDLT Athletic Rules and Guidelines
12. Specific travel rules:
  - a. Curfews and travel rules will be obeyed at all times
  - b. Team members will stay with the team at all times. Exceptions will be made if 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 athletes.
  - c. At no time will male and female athletes be in the same room together with the door closed. This applies to LST members or members of any other team
  - 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 the 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. Any damages or incidentals incurred at a hotel will be at the expense of the swimmers assigned to that room and further disciplinary action will be taken. No loud/boisterous behavior will be tolerated in hallways, public areas, or individual rooms.

### PURPOSE

To establish a consistent expectation for athlete behavior, insure a safe and respectable environment for all athletes, and govern team travel.



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### LST 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 punishments including 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 MSDLT Athletic Rules and/or the USA Swimming Code of Conduct may carry separate/additional punishments.
- 1<sup>st</sup>-time offenses may result in a maximum 3-day suspension, parent/swimmer/coach conference, and any various additional items parents or coaches deem necessary.
- 2<sup>nd</sup>-time offenses may result in a maximum 5-day suspension, parent/swimmer/coach conference, and any various additional items parents or coaches deem necessary.
- 3<sup>rd</sup>-time offenses in cases of LST membership, staff will recommend expulsion to the LST Board of Directors.
- Violations of rule #3 will involve possible removal from the team (2-week minimum suspension) and a competition suspension (current season minimum) as well as possible additional items deemed 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 of LST and I acknowledge that I have received and read such.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date