

Nu Wave Swim Club
Code of Conduct Team Travel Trip

Section 1 - USA Swimming Required Policies

The following items are Code of Conduct stipulations in the USA Swimming Rulebook.

1. All athletes, parents, coaches and other adults traveling *with* the club on trips will have to sign a form that they have read this form and understand the code of conduct.
2. Team managers and coaches are members of USA Swimming and have successfully passed a USA Swimming-administered criminal background check.
3. Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete (unless the coach is the parent, guardian, sibling, or spouse of that particular athlete).
4. When only one athlete and one coach travel to a competition, the athlete must have his/her parents' (or legal guardian's) written permission in advance to travel alone with the coach.

Section 2 – Nu Wave Swim Club Specific Policies

These rules are taken from USA Swimming's Best Practice Guidelines for Athlete Protection by the staff at Nu Wave Swim Club.

1. During team travel, when doing room checks, attending team meetings and/or other activities, two-deep leadership and open and observable environments should be maintained.
2. Athletes should not ride in a coach's vehicle without another adult present who is the same gender as the athlete, unless prior parental permission is obtained. (See section 1.4)
3. When only one athlete and one coach travel to a competition, at the competition, the coach will establish a "buddy" club to associate with during the competition and when away from the venue.
4. All athletes are expected to be on time for all team activities throughout the duration of the trip.
5. All athletes will be assigned a room and must stay in that room from curfew through breakfast time the following morning. No room switching, leaving the room after curfew or additions to rooms without the head coach's approval.
6. Athletes of the opposite sex cannot be in a room at any time and athletes of the opposite sex may only gather in hallways or common areas.
7. All athletes must eat meals with the team and participate in all team activities throughout the duration of the trip. Athletes may only leave the "team" with the head coach's approval.
8. Once the curfew time has been announced, athletes must be in their rooms at the curfew time. Athletes will have a designated time period after curfew before all lights and TV/radios must be off.
9. The directions & decisions of coaches/chaperones are final. Athletes will respect all other athletes, parents and coaches at all times. This includes proper language use, proper sportsmanship and proper citizenship. Differences between participants or problems that arise must be addressed by informing a chaperone or the head coach/head age group coach. The head coach or designee will resolve conflicts.

10. When visiting public places such as shopping malls, movie theatres, etc. athletes will stay in groups of no less than three persons. 12 & under athletes will be accompanied by a chaperone at all times.
11. The coaches and chaperones will supervise the behavior of all athletes during the length of the trip. The head coach or designee may discipline athletes for any misbehavior. The head coach will consult with the chaperones before administering any disciplinary action. In severe cases of misbehavior or breaking of team rules or guidelines, parents and the board of directors will be consulted.
12. Team rules will be simple.
 1. Noise kept within reasonable levels in the vehicles, in hotel rooms, around the hotel and during meals.
 2. Appropriate behavior in the vehicles, around the hotel and in hotel rooms.
 3. No vandalism to the vehicles, hotel or personal property.
 4. No room service without permission
 5. No practical jokes, foul language, tobacco use or possession, alcohol use or possession, illegal drug use or possession, pornography possession, offensive language or inappropriate conduct.
 6. Athletes must remain on hotel property when not at team activities or at meals. Athletes should remain close to rooms and not wander around the property or in parking lots.
 7. Cell phones should not be utilized at a meet unless an athlete needs to contact their parents.
 8. Travel dress code should be followed if established for a particular competition.
 9. No "deck" changes are permitted. Athletes are expected to use available change facilities.

Parent's signature: _____ Date: _____

Athlete's signature: _____ Date: _____

Athlete's name: _____

Nu Wave Swim Club

Trip Waiver and Release Form

In signing below, the athlete and his/her parent or guardian affirms to have read the Nu Wave Swim Club Team Travel Code of Conduct and agrees to abide by the conditions. The athlete and his/her parent or guardian hereby and forever discharge any and all rights and claims for damages which we or either of us may hereafter have against Nu Wave Swim Club, the coaches, trip chaperones and the respective officers, agents, representatives, successors, and or assigns for any and all damages which may be sustained or suffered in connection with or participation in and/or arising out of traveling to, participating in, and returning from said meet.

The undersigned parent and guardian does thereby represent he/she is in fact acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties herein referred to above and releases from all liability, loss, cost, claim, or damage whatsoever may be imposed upon said releasers because of any defect in or lack of such capacity to so act and release said releasers on behalf of the undersigned.

The undersigned parent also authorizes the head coach and/or chaperones to make medical decisions in consultations with parents, if possible, in the event of a medical emergency or crisis.

Meet date and location

Athlete's name (print)

Athlete's signature

Date

Parent/guardian signature

Date

Parent/guardian print

Phone numbers Home: _____

Work: _____

Cell: _____

Emergency Contact: _____

Insurance information Company _____

Policy # _____