



Radnor Aquatic Club Team Travel Policy

Section 1: USA Swimming Policies

- 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.
- Team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming-required criminal background check.
- When only one athlete and one coach travel to a competition, the athlete must have his/her parent's (or legal guardian's) written permission in advance to travel alone with the coach.

Section 2: Team Policies

- 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.
- 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.
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- Only athletes age 13 and older are permitted on team travel.
- During overnight team travel, if athletes are paired with other athletes they shall be of the same gender and should be a similar age. Athletes, chaperones and/or team managers would ideally stay in nearby rooms. Where chaperones/team managers are staying in a room with athletes, they should be the same gender as the athlete and written consent should be given by athlete's parents (or legal guardian)
- To ensure the propriety of the athletes and to protect the staff, there will be no male athletes in female athlete's rooms and no female athletes in male athlete's rooms (unless the other athlete is a sibling or spouse of that particular athlete).
- A copy of the Club Code of Conduct must be signed by the athlete and his/her parent or legal guardian (a copy of which is attached).
- Team or LSC officials should obtain a signed Liability Waiver and Release Form for each athlete.
- Team or LSC officials should carry a signed Medical Consent/ Authorization to Treat Form for each athlete
- Curfews shall be established by the RAC coaches each day of the trip. Once a curfew is set it will be the responsibility of the athlete follow the curfew & to relay that information to their parent or guardian.
- Team members and staff traveling with the team will attend all team functions including meetings, practices, meals, meet sessions, etc. unless otherwise excused or instructed by the head coach or his/her



designee.

- The directions & decisions of RAC coaches/chaperones are final.
- Swimmers are expected to remain with the team at all times during the trip. Swimmers are not to leave the competition venue, the hotel, a restaurant, or any other place at which the team has gathered without the permission/knowledge of the coach or chaperone.
- When visiting public places such as shopping malls, movie theatres, etc. swimmers will stay in groups of no less than three persons. 12 & Under athletes will be accompanied by a chaperone.
- The Head Coach or his/her designee shall make a written report of travel policy or code of conduct violations to the RAC board of directors and the parent or legal guardian of any affected minor athlete.

Section 3 – Athlete Policies

- Be quiet and respect the rights of teammates and others in hotel;
- Be prompt and on time;
- Cell phones, and computers will be used appropriately: 1) No phone or computer usage after lights out. (exception-headphones may be used for music as long as it does not bother roommates). 2) No texting or social media usage in a lewd, crude or rude nature. 3) No use of cameras or recording equipment without the knowledge and consent of those being recorded, and only in a manner that would be approved of by the parents of the involved parties;
- Always dress appropriately;
- Follow curfews established by coaches and/or chaperones for “in room” and “lights out”.
- Swimmers must receive permission from coaches and/or chaperones to leave rooms.
- Specific in-room policies will be announced at the meet, subject to the other policies above. (example might be: “same gender swimmers can be in other team members rooms until 9:00 pm”);
- Extra room charges: movies, food orders, etc. must be approved by the staff, and paid for by the swimmers involved;
- Movies and TV programs may only be watched if the parents of the swimmers would approve.



Radnor Aquatic Club Code of Conduct

The essential elements of character building and ethics in sports, including swimming and diving are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character.” As a result, RAC athletes are expected to follow the following code of conduct:

1. Be respectful, courteous and demonstrate positive support for all RAC athletes, coaches, officials and spectators at every meet and practice. Unsportsmanlike conduct such as taunting, refusing to shake hands, or using profane or obscene language or gestures is unacceptable.
2. Compete and train fairly and honestly.
3. Treat all training and competition venues with the utmost respect, putting away all training equipment in its storage location after each work out and assisting in the cleanup of the team area after each day’s competition.
4. Be punctual to all practices, meets, warm-ups, meetings and other scheduled RAC activities.
5. Comply with the policies of RAC, SAL and USA swimming and diving, to the extent a RAC athlete participates in such activities.
6. Comply with all pool, facility and locker room rules. Remember that RAC athletes are guests at these venues.
7. Resolve conflicts without resorting to, or threatening, hostility or violence.
8. Treat other athletes, coaches, officials and spectators with respect, regardless of race, creed, color, sex or ability on any other protected status.
9. Participate in all RAC, SAL and USA swimming and diving activities free from the influence of alcohol, tobacco, illegal drugs, controlled substances or other substances not being used for their intended purpose (“substances”). The use, sale, distribution or manufacturing of such substances during any RAC, SAL and USA swimming and diving activity is prohibited.
10. Refrain from engaging in hostile, abusive, intimidating, bullying, threatening or demeaning behavior when dealing with other athletes, coaches, officials and spectators.
11. Refrain from sexual, racial, ethnic and all other forms of unlawful harassment and/or inappropriate behavior.
12. Refrain from destroying or stealing the property of others.
13. Refrain from any illegal or inappropriate behavior that would detract from a positive image of RAC or be detrimental to its performance objectives.



Consequences for not complying with the Athlete Code of Conduct/Travel Policies

Failure to comply with the Athlete Code of Conduct or Travel Policies as set forth in this document may result in disciplinary action. Such discipline may include, but may not be limited to¹:

- Dismissal from the trip and immediate return home at the athlete's expense;
- Disqualification from one or more events, or all events of competition;
- Disqualification from future team travel meets;
- Financial penalties;
- Temporary suspension or permanent dismissal from the team.

The signature of this document assures that I will abide by all of the rules and policies in the aforementioned team travel policies and Athlete Code of Conduct.

Swimmer Signature

Parent / Guardian Signature

Date

¹ Because unacceptable conduct has different levels of seriousness, the RAC coaching staff and board reserve the right to initiate discipline at an intermediate level or a step of discipline may be bypassed. In some instances, the severity of the conduct will warrant immediate suspension or expulsion of a swimmer, without prior discipline or warning, and such suspension/expulsion may result in the forfeiture of monies paid to date.



PARENT/GUARDIAN PERMISSION TO TRAVEL

I, the undersigned parent/guardian, give my permission for my child to travel overnight and stay in team rooms with the Radnor Aquatic Club to the _____ will be accompanying the team and driving the team bus for those traveling with the team.

I understand I will be responsible for paying _____ to cover the costs associated with the travel. I also understand that the attached Liability Waiver and Release Form and Medical Consent/Authorization to Treat Form must be signed as a condition of travel. Please be sure your athlete has what he/she needs for the weekend and has enough money for meals each day. Please let us know of anything we need to be additionally aware, medications, etc.

Name of Swimmer Athlete: _____
Parent/Guardian signature: _____ Date _____
Print name _____
Primary phone number in case of emergency: _____

Please Indicate One of the options below

- _____ Swimmer Athlete traveling with team, unaccompanied by parent/guardian
- _____ Swimmer Athlete traveling with team, parent/guardian attending meet events during the day
- _____ Swimmer Athlete traveling with parent/guardian, parent/guardian attending meet events during the day



RADNOR AQUATIC CLUB MEDICAL CONSENT/AUTHORIZATION TO TREAT:

By registering myself/my child(ren)/family member(s) with the Radnor Aquatic Club, I certify that I am authorized to sign this waiver and that I am and/or my child(ren)/family member(s) is (are) physically fit and capable of participation in all Radnor Aquatic Club (including USA Swimming) athletic and related activities, including team travel. I agree that I have notified the Radnor Aquatic Club, in writing, of any medical conditions which may impact participation and will provide periodic updates.

I hereby give my permission for any coach, contractor, other team administrator or board member, volunteer and/or agent associated with the Radnor Aquatic Club to obtain, provide and/or authorize emergency medical attention/treatment for me (my child(ren)/family member(s)) in the event of harm, accident, injury, illness, etc. I further agree and understand that I will be responsible for any and all costs associated with any such medical attention and/or treatment.

I have read and agree, intending to be legally bound, the above consent/authorization.

NAME

DATE

SIGNATURE



RADNOR AQUATIC CLUB LIABILITY WAIVER AND RELEASE

By registering myself and/or my child(ren)/family member(s) with the Radnor Aquatic Club, I agree to voluntarily participate (and/or allow my child(ren) and family members to participate) in the athletic and related activities of the Radnor Aquatic Club and I certify that I am authorized to sign this waiver.

In consideration for being permitted to participate, on behalf of myself and my child(ren)/family member(s), I/we hereby voluntarily assume all risks associated with participation in the athletic and related activities of the Radnor Aquatic Club (including USA Swimming) and, further, hereby release and hold harmless Radnor Aquatic Club, its directors, officers, board members, coaches, agents, participants, administrator, contractors and volunteers ("RAC Released Parties") of and from any and all claims, including but not limited to claims for personal injuries and/or harm (including death), demands, losses, damages (including damages to property), costs, expenses (including attorneys' fees) and liabilities, known or unknown, anticipated or unanticipated, whether based on negligence or fault of the RAC Released Parties or otherwise, either in law or in equity ("Claims"), which arise out of or relate in any way to my (and/or my child(ren)')s/family member(s')) participation in any and all athletic and other related activities associated with the Radnor Aquatic Club (including USA Swimming), including but not limited to, try-outs, practices, swim/diving meets and/or other scheduled team activities and related travel, as well as in connection with or relating to providing, obtaining and/or authorizing emergency medical attention/treatment for my child(ren)/family member.

I/we further agree indemnify and hold harmless the RAC Released Parties from any Claims for any damages, including property damage, or harm or injuries, including death, other liabilities and/or losses caused by me and/or my child(ren)/family member(s) and I/we agree to be financially responsible for same.

I have read and agree, intending to be legally bound, to the above waiver.

NAME

DATE

SIGNATURE