



NLAC Swimmer Code of Conduct

- All NLAC swimmers are expected to behave in an exemplary manner. Behavior that reflects poorly upon NLAC will not be tolerated. As representatives of NLAC, Middle Atlantic Swimming, and USA Swimming, athletes should always act with respect and demonstrate positive support toward the coaches, officials, administrators, swimmers, family members, and spectators that share the sport with us.
- NLAC's primary objective is to maintain a safe and healthy environment for its athletes and members. All minors and applicable adults should be aware of, and follow, the policies set forth in the [Minor Athlete Abuse Prevention Policy](#) (MAAPP) by USA Swimming. This includes guidelines on One-On-One Interactions, Travel, Locker Rooms, and Changing Areas, and Massages and Rubdowns/Athlete Training Modalities.
- NLAC has strict guidelines for the use of social media, cell phones, and electronic communication. Please review [USA Swimming's MAAPP](#) under the Social Media and Electronic Communication section, as well as NLAC's [Social Media and Device Policy](#) for full understanding and compliance.
- Swimmers will not display inappropriate affection toward each other while participating in any NLAC activity. Sexual advances or other inappropriate sexually oriented behavior will not be tolerated by any athlete, member, or coach.
- Bullying will not be tolerated. For full information please review NLAC's [Anti-Bullying Policy](#).
- NLAC takes the safety of its swimmers seriously. NLAC's [Concussion Protocol](#) was created to help better identify head injuries and all members should be familiar with this document.
- Swimmers should always be attentive and respectful of the NLAC coaches.
- NLAC swimmers will demonstrate outstanding sportsmanship. This includes, but is not limited to, showing respect for competitors and competitions by always racing to the best of their ability. It is a privilege to race and compete, and coaches may take away this privilege when a swimmer intentionally "throws" or "bombs" a race.
- During competitions, questions or concerns regarding decisions made by the meet officials should always be directed to a member of the NLAC coaching staff.
- Swimmers will comply with the proper/designated dress code at all times. Any clothing or the inappropriate wearing of clothing or swimwear that distracts or disrupts members is prohibited.
- Swimmers will wear coach approved or designated NLAC team suits and caps at all competitions. "Tech" suits may be worn at championship meets as directed by coaches, and as allowed by USA swimming rules.
- Swimmers will not "deck change" at NLAC or at any other swim facility.
- Abusive or offensive language and/or gestures are prohibited at all NLAC practices, meets, and activities.
- NLAC swimmers are not to scratch finals at a prelim/final meet. If athletes know in advance that they will not be able to attend a finals session, then they will not be allowed to swim in the prelim session. Exceptions to this rule are last minute circumstances such as sickness, accidents, or injury. Consequences for bailing on finals can

be (but not limited to): not being able to participate in the remainder of the meet, losing an invitation to the next team travel meet, or losing events at Junior Nationals.

- Our priority is state level championship meets. For 14 & under swimmers, this meet is Middle Atlantic Age Group Champs; for 15 & over, this meet is Senior Champs. To attend a championship travel meet post state champs, a swimmer needs to have participated in the state meet appropriate to her/her age.
- No member of NLAC shall at any time use, be under the influence of, have in his/her possession, or distribute any illegal drugs, illegal substances, or non-prescribed steroids.
- No member of NLAC under the age of 21 shall at any time use, be under the influence of, have in his/her possession, or distribute any alcohol products. Athletes 21 and over will not consume alcohol, or be under the influence, during NLAC events. All members will abide by the drug and alcohol policies of USA Swimming, which can be found on the USA Swimming website.
- NLAC practice and competition venues are non-smoking facilities. As such, the use of tobacco products (smoking, vaping, or chewing) is not permitted at any NLAC event. No member of NLAC under the age of 21 shall at any time use tobacco products, cigarettes, or e-cigarettes (including vaping).
- Theft, damage, or attempted damage to NLAC property, other team facilities, hotel rooms, restaurants, or the personal property of others is prohibited and will be subject to disciplinary action. Any expenses incurred as a consequence of such prohibited behavior will be billed to the offending party.
- Abuse of medication (prescribed or otherwise) is prohibited. This includes taking excess of prescribed/recommended dosage, sharing medication with other swimmers, or use of medicine other than its intended purpose. All medications must be added to the swimmer's health form and updated prior to all travel trips.
- The possession of dangerous objects or objects banned from or considered inappropriate in a school environment is prohibited at all NLAC activities, practices, travel, and functions.
- Cell phones are not permitted "on deck" at swim meets. At NLAC, "on deck" refers to the area behind the blocks as well as the coach/swimmer only section under the scoreboard. This includes any cell phone use: from checking meet mobile or listening to music, to texting parents or answering phone calls. If communication needs to occur, please ask your coach to leave the deck and go to a location where phone use is acceptable.
- The coaching staff and volunteer Board of Directors holds the final decision on any rule, regulation, or disciplinary action.

NLAC: Violation of Policies

- Violation of any portion of this code may result in a required apology, a meeting with swimmer/parent/coach, a swimmer being scratched from a single meet session, scratched from the remainder of a meet, possible suspension from future meets, sent home from practice, possible suspension from practice, possible expulsion from the team and/or other discipline as determined by the NLAC coaching staff and Board of Directors. Consequences will be based on the severity of the violation, as well as the swimmer's history of conduct.
- Upon termination or during any period(s) of suspension, families remain responsible for all dues, fees and contractual obligations as per the then current contract. This includes, but is not limited to, fundraising, and volunteer obligations.

- A swimmer in violation of the Code of Conduct is entitled to meet with the coaching staff along with his/her parents to discuss appropriate disciplinary actions. The swimmer may be suspended from the team prior to this conference.

My NLAC participation indicates that I have read, understand, and will comply with USA Swimming's MAAPP, the NLAC Code of Conduct, Social Media Policy, Anti-Bullying Policy, Concussion Protocol, and any disciplinary actions that may be taken.

_____ Printed Name

_____ Signed Name

_____ Date