

ATHLETE CODE OF CONDUCT

1. The SSC team rules are to be followed at all times, in all facilities.
2. The consumption or purchase of alcohol, marijuana, smoking or chewing tobacco or use of any other illegal drug, substance or prohibited performance-enhancing substance of any kind by underage swim team member, is prohibited. Any swim team member found to partake in the above activities, or suspected to be in the presence of others (regardless of team affiliation) partaking in any of the above activities on SSC property or at any SSC event will be subject to expulsion from SSC, at the discretion of the coaches and the Board of Directors.
3. Disrespectful, indiscreet or destructive behavior will not be tolerated. It is the responsibility of each swimmer to make every effort to avoid guilt by association with such activity at any time. Any swimmer who, in the opinion of the coaches and the Board of Directors, violates this rule during practice or competition will be told to leave the deck immediately and the parents will be contacted to remove the swimmer from the facility. Any additional disciplinary action will be determined at the discretion of the coaches and the Board of Directors.
4. Use of proper language is expected at all times.
5. All athletes are expected to treat team members, coaches, staff and competitors with respect, support and kindness.
6. Any person guilty of thievery, on and off an SSC site, will be subject to expulsion from the team.
7. Each swimmer is responsible for replacing accidentally lost or damaged equipment.
8. Be on time and prepared for each practice, competition and team event.
9. ALWAYS represent the team positively in your behavior, appearance and sportsmanship.
10. The use of cell phones, cameras, or other recording technology is prohibited in the locker rooms. Please leave the devices at home, in the car, or in your bag. The devices may be collected prior to entry to the locker rooms.
11. Any swimmer or parent found to be in possession of a weapon while on SSC property, practice site or meet, will be subject to the following mandatory discipline:

The Board of Directors shall expel for a period of not less than one (1) year any swimmer or parent who violates this weapons policy.

A weapon is defined to include, but is not limited to, a knife, cutting instrument, cutting tool, explosive device, firearm, shotgun, rifle, replica of a weapon and/or any other tool instrument or implement capable of inflicting bodily injury and/or used with the intent to threaten or inflict bodily injury. A swimmer or parent is in

possession of a weapon when the weapon is found on the person of the swimmer or parent, in the swimmer's or parent's personal possessions or bags, under the swimmer's or parent's control while s/he is on SSC property or property being used by SSC or any meet or team event.

Any swimmer or parent who has knowledge of the possession of a weapon by any other person on SSC property or property being used by SSC, or any meet or team event, must immediately report this knowledge to a SSC coach or staff member. Failure to do so will result in disciplinary action as determined by the coaches and the Board of Directors.

Failure to comply with these codes of conduct may result in disciplinary action. Three examples of conduct violations are outlined below. The severity of consequences will be determined by the circumstances and the swimmer's history of behavior. Some situations may require a disciplinary meeting to discuss the situation and appropriate course of action. Additionally, SSC will offer support and opportunities for behavior improvement to ensure the well-being and growth of the swimmers in the program.

Minor Conduct Violations

These are minor or first-time violations that require attention but may not have a significant impact on the overall team environment. Consequences can range from parent notifications to a 3-day suspension from all SSC activities. Any damages can result in financial penalties.

Moderate Conduct Violations

These are more serious violations that may affect the team's atmosphere or performance. Consequences can include a 7-day suspension from all SSC activities and imposed restrictions. Any damages can result in financial penalties.

Severe Conduct Violations

These are severe violations that significantly impact the team's safety, harmony, performance, or reputation. Consequences can include a suspension from all SSC activities for 10-30 days or an expulsion from the club. Any damages can result in financial penalties.

Summary

As an athlete of SSC I promise to follow the full list of guidelines in the Swim Team Handbook located on the website under the Swim Team Tab.