



REVISED MAY 2025



## FREDERICK AREA SWIM TEAM CODE OF CONDUCT: ATHLETES

The Frederick Area Swim Team is a member of USA Swimming and is bound by the Code of Conduct. **USA Swimming Rulebook** Part 3, Articles 304, 305 and 306

The purpose of a code of conduct for athletes is to establish consistent expectations for athletes' behavior. By signing this code of conduct, I agree with the following statements.

- a. I will respect and show courtesy to my teammates and coaches at all times.
- b. I will demonstrate good sportsmanship at all practices and meets.
- c. I will set a good example of behavior and work ethic for my younger teammates.
- d. 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.
- e. I will attend all team meetings and training sessions, unless I am excused by my coach.
- f. I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- g. I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- h. If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- i. I will obey all of USA Swimming's rules and codes of conduct. I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the swim club's board of directors.

Any violations of the Code of Conduct should be first reported to Head Coach. The Head Coach will then address the violation(s) of the Code of Conduct with all parties involved.

Depending on the situation, a swimmer may be suspended or dismissed from the Team.

In the event of dismissal, a member of the FAST Board of Directors and the head coach will discuss the matter with the athlete and his/her parents regarding the decision. The



FAST Board of Directors will take into account all pertinent facts of the situation and may entertain re-instatement after a time depending upon circumstances of the dismissal.

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*Swimmer's Signature*

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*Parent's Signature*

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*Date*