



Orinda Aquatics Travel Code of Conduct for Athletes



As a member of Orinda Aquatics, I understand and will comply with the following guidelines as set forth by the Coaches and Board of Orinda Aquatics.

1. The possession or use/sale/distribution of alcohol, tobacco products or controlled or illegal substances, or any type of weapon by any athlete of Orinda Aquatics is strictly prohibited
2. Possession of inappropriate or explicit material is strictly prohibited in any form
3. Swimmers are to refrain from inappropriate physical contact at team activities and events
4. Swimmers are to refrain from use of inappropriate language
5. Curfews established by chaperones and coaches will be adhered to each day of travel and athletes will be on time for all activities/meetings
6. 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
7. 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.
8. When visiting public places such as shopping malls, movie theatres, etc. swimmers will stay in groups
9. Team members must wear seat belts and remain seated in vehicles
10. Team members will display proper respect and sportsmanship toward coaches, officials, administrators, teammates, fellow competitors and the public at all times
11. Team members will refrain from any illegal or inappropriate behavior that would detract from a positive image of Orinda Aquatics or be detrimental to its performance
12. To ensure the propriety of the athletes and staff, there will be no male athletes in female athletes rooms and no female athletes in male athletes rooms. There will be a team area designated by the coaches and chaperones for relaxation and recreation whenever possible. In addition:
 - Athletes must stay in assigned hotel room
 - Athletes will not leave their first without the coach's permission
 - No room service without permission
 - Athletes responsible for all incidental charges
 - Athletes responsible for any damages
13. Team members will comply with Orinda Aquatics uniform requirements. Details of this policy are:
 - Orinda Aquatics clothing is required all days
 - No "deck" changes are permitted; athletes are expected to use available change facilities
 - Orinda Aquatics attire is to be worn to prelim and final meet events. Orinda Aquatics team cap is to be worn in the pool at all times.
 - Orinda Aquatics parka if needed
 - Competition and warm-up swimsuits that are the standard of "appropriate" attire. According to USA Swimming Rule 102.8 C : "Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate." Orinda Aquatics athletes are allowed to

wear only one-piece suits for all practices, warm-ups and competitions. Since we are a Speedo-sponsored team we highly encourage and prefer the wearing of Speedo brand suits.

14. Athletes will have read and understood the attached document, USA Swimming Article 305 Athlete Protection Policies.

15. Any additional guidelines for the Orinda Aquatics Traveling Team will be established as needed by the Head Coach.

16. The directions & decisions of coaches/chaperones are final.

IMPLEMENTATION

a. All team members are apprised in writing of this policy. Signature of this documentation constitutes unconditional agreement to comply with the Travel Code of Conduct.

b. An evaluation system will be established to determine if all aspects of the policy have been followed by the team.

c. Failure to comply with the Travel Code of Conduct as set forth in this document for the Orinda Aquatics may result in disciplinary action or removal from the team.

Print Name_____

Signature_____

Parent Signature_____

Date_____