



ATHLETE CODE OF CONDUCT

The Oregon City Swim Team has a Code of Conduct, which provides for a positive swimming environment for the coaching staff and members of OCST. The code of conduct has been established to provide guidelines as to how members of OCST are expected to conduct themselves during practice, functions, or any other events that Oregon City Swim Team is involved in. The Code of Conduct consists of a drug policy and athletic values. As a representative of Oregon City Swim Team, Oregon Swimming LSC, and USA Swimming, I will comply with the following guidelines.

AS A MEMBER OF OREGON CITY SWIM TEAM, I WILL

1. Not possess or use alcohol, marijuana, tobacco products or controlled substances.
2. On Team trips, obey the curfews and rules established by the Coach.
3. On Team trips, attend all team functions including meetings, warm-ups, practices, competitions, meals, etc., unless I am otherwise excused or instructed by the Coach.
4. On Team trips, there will be no members of opposite sex in athletes' rooms unless there is appropriate adult supervision.
5. Will refrain from any inappropriate behavior that would distract from a positive image of the Oregon City Swim Team, Oregon Swimming, or USA Swimming.
6. Will refrain from any illegal activities.
7. Treat the facilities of Oregon City Swimming Pool, including the locker rooms with care and respect.
8. Treat the facilities where swim meets are being held with the same care and respect as our own facilities.
9. Follow any additional guidelines for the team that is established by the Coach.

ATHLETIC VALUES

1. I am expected to treat all other swimmers, coaches and pool staff with respect regardless of age, ability, gender, goals, friendships or family relationships.

2. I will be friendly, courteous and promote Oregon City Swim Team's values of teamwork, pride and excellence.
3. I will be a positive role model for all others on the team and community.
4. I will be responsible for my actions and accountable for the consequences of my actions both good and bad.
5. I will be consistent in my actions and training. Consistency is very crucial in becoming a better swimmer. If I am not consistent in my execution of attendance, skills, or behavior I do not have control. Consistency is a character trait of all successful individuals.

IMPLEMENTATION

I agree to comply with the Oregon City Swim Team Code of Conduct. Failure to comply with the Code of Conduct as set forth in this document may result in disciplinary action to be determined by the coaching staff and board of directors.

DISCIPLINARY ACTIONS MAY INCLUDE BUT ARE NOT LIMITED TO

1. Removal from practice
2. A conference with swimmer, parent and coach
3. Scratch from one or more events, or meet with no refund of expenses
4. Immediate return home at the parents expense from a meet
5. Dismissal from Oregon City Swim Team for a period of time, as determined by the coaching staff
6. Financial penalties