



Tornadoes Swim Team

Athlete Agreements

Below are the agreements for Tornadoes Swim team athletes. Please read everything carefully before agreeing.

CODE OF CONDUCT FOR ATHLETES

The purpose of a code of conduct for athletes is to establish a consistent expectation for athlete's behavior. By electronically signing this code of conduct, I agree to the following statements:

- I will obey all USA Swimming Rules and Code of Conduct.
- I will obey all of Clark County Family YMCA Rules and Code of Conduct.
- I will respect and show courtesy to my teammates and coaches at all times.
- I will demonstrate good sportsmanship towards all teams, swimmers, parents, fans, officials, coaches and board members at all practices and meets.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will make every effort to win a contest and avoid deliberate actions which could cause harm to other swimmers.
- I will be respectful of my teammate's feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- I will attend all team meetings and training sessions unless I am excused by my coach.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities. Vandalism, intentional damage or theft of property will not be tolerated.
- I will not use an audio or video recording device, including cell phones, for any reason, in any changing area, restroom, or locker room of any facility I swim at.
- I will refrain from bullying, foul language, violence, behavior deemed dishonest, offensive, or illegal. I will not drink alcoholic beverages, use tobacco/vaping products or take illegal drugs or any substances banned by USA Swimming.
- I will avoid the spreading of rumors or gossip that would be detrimental to fellow teammates.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.

Violation of the Code 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 board of directors to include but not limited to the following:

1. First incident: Meeting between swimmer, parent, coach and board member to determine what occurred. Will make decision on next steps, if required. Documented with team safety representative.
 2. Second incident: Minimal one week period time out from practice
 3. Third incident: Can result in termination from the team.
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LOCKER ROOM POLICY

Purpose

The following guidelines are designed to maintain personal privacy as well as to reduce the risk of misconduct in locker rooms and changing areas.

Facilities

This location has a changing area that is shared with the general public. As such, there are likely to be people who are not associated with the Tornadoes Swim Team in the changing area around the time of practice. Swim Team Members are to conduct themselves in a manner that would be appropriate for all ages of YMCA members.

Monitoring

Code of conduct violations and locker room conduct violations should be reported on the team Incident Report Form. Violations of these policies may result in disciplinary action.

Use of Cell Phones and Other Mobile Recording Devices

Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras increase the risk for different forms of misconduct in locker rooms and changing areas. The USA Swimming Athlete Protection Policies prohibit the use of such devices in the locker room or other changing area: 305.3 Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.

Tornadoes Locker Room Rules

- Honor the Tornadoes Code of Conduct and all YMCA policies.
- Children 8 and younger must have adult supervision.
- Children 11 and under must have a designated adult responsible for them in the facility.
- Show respect to others at ALL times. No Ethnic, Racial, Sexual Comments or Behavior. No Disrespectful Comments, Bullying, or Hazing.

- No profanity or inappropriate language. The locker rooms are shared with children of all ages and other YMCA members.
- Report any injuries to your coach.
- Don't linger in the locker rooms. The locker room is a place to get ready for practice and to change afterwards. It is not a social place.
- Absolutely no horseplay. No pushing, shoving, running or chasing anyone. No boxing. No chin-ups from the shower curtain bars. No throwing of soap/water. No snapping of towels at individuals in the locker room.
- Do NOT stand on the benches or climb in the lockers.
- No screaming or shouting.
- Keep the locker room clean. Discard all trash in trash cans (including rec pool wristbands) and leave the locker room cleaner than when you arrived.
- Do not take items that do not belong to you. If it appears an item has been left behind, give it to a coach or YMCA staff member so they can try to return it to the owner. The team is not responsible for lost items.
- Bring your bags out to the pool deck, do not leave them unattended in the locker room.
- Food, Gum, Beverages (besides water), and Glass items are prohibited in the locker room.
- Members will be held personally responsible for the destruction of any property.

Use of the locker room is a privilege. If you choose to break any of the above listed rules, you will be subject to disciplinary action including suspension and/or termination from the Tornadoes. The Tornadoes will not tolerate behavior problems in the locker rooms.

ANTI-BULLYING PLAN

Bullying of any kind is unacceptable at the Tornadoes Swim Team (the Club) and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. The Club is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, board member or athlete/mentor.

What is bullying?

The USA Swimming Code of Conduct prohibits bullying. Generally, bullying is the use of aggression, whether intentional or not, which hurts another person. Bullying may result in pain and distress. The USA Swimming Code of Conduct defines bullying in 304.3.7.

Bullying is the severe or repeated use by one or more USA Swimming members of oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any

combination thereof, directed at any other member that to a reasonable and objective person has the effect of:

- Causing physical or emotional harm to the other member or damage to the other member's property;
- Placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property;
- Creating a hostile environment for the other member at any USA Swimming activity;
- Infringing on the rights of the other member at any USA Swimming activity; or
- Materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC).

Reporting Procedure

An athlete who feels that he or she has been bullied is asked to do one or more of the following things:

- Talk to your parents;
- Talk to a Club Coach, Board Member, or other designated individual;
- Write a letter or email to the Club Coach, Board Member, or other designated individual;
- Make a report to the USA Swimming Safe Sport staff.

There is no express time limit for initiating a complaint under this procedure, but every effort should be made to first bring the complaint to the attention of the appropriate club leadership as soon as possible to make sure that memories are fresh and behavior can be accurately recalled and the bullying behavior can be stopped as soon as possible.

How We Handle Bullying

If bullying is occurring during team-related activities, we will:

- Stop bullying on the spot
- Find out what happened
- Support the kids involved

CONCUSSION INFORMATION

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a ding or a bump on the head can be serious. You can't see a

concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- Pressure in head
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patternsAmnesia
- Don't feel right
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if an athlete keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion must be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and athletes is the key for athlete safety.

What should an athlete do?

Any athlete even suspected of suffering a concussion must be removed from the meet or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. Remember it's better to miss one meet or practice than miss the whole season. And when in doubt, the athlete sits out.