



SWIMMER CODE OF CONDUCT

As a member of California Dolphin Swim Team, we are expected all members conduct in a proper manner acceptable to the general standards of good behavior. It is our responsibility to enforce the rules and regulations and every member's responsibility to follow them.

- Swimmers shall demonstrate good sportsmanship, respect, and show courtesy to their teammates, parents, coaches, competitors, and meet officials at all times.
- Swimmers shall maintain self-control at all times. Know your role: Swimmers – Swim
- Swimmers shall be supportive and cheering for their teammates during the practice and swim meet.
- Swimmers shall show up for practice on time. Be ready to get in the water on time for practice and meet warm-ups. Be prepared to swim. Have your equipment ready. Bring extra caps and goggles.
- Swimmers should keep their absences to a minimum so you can benefit from all that is offered and improve your times.
- Dunking, inappropriate language and/or foul language, sitting on lane lines, splashing, spitting, hitting, trash talking, and belittling are not allowed.
- Swimmers shall be accountable for your own action.
- Any tobacco products, performance enhancing drugs, and alcohol are strictly prohibited for all members.

VIOLATION OF ANY OF THE ABOVE RULES WILL RESULT IN IMMEDIATE SUSPENSION WHICH LEADS TO POSSIBLE DISMISSAL FROM THE CALIFORNIA DOLPHIN SWIM TEAM.