



Ladera Oaks Swim Team Code of Conduct

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior before, during and after all swim team practices, meets and team events/functions.

By signing this code of conduct, I agree to the following statements:

- ☐ I will respect and show courtesy to my teammates and coaches at all times. All swimmers will follow the directions of the Ladera Oaks staff including coaches, lifeguards, and administrators.
- ☐ I will demonstrate good sportsmanship at all practices.
- ☐ I will set a good example of behavior and work ethic for my teammates.
- ☐ I will be respectful of my teammates' personal space and keep my hands to myself. Team members will not engage in any inappropriate physical contact.
- ☐ I will not exhibit ableist, sexist, racist, homophobic, or otherwise inappropriate and/or discriminatory behavior
- ☐ I will be respectful of my teammates' feelings, and I will appreciate my teammates regardless of our differences. Bullying is prohibited and will not be tolerated.
- ☐ I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities. This includes staying out of the adult only areas (hot tub, member lounge, adult locker rooms) until you are 16 years old and a member of the club.
- ☐ I will refrain from theft, foul language, violence, behavior deemed dishonest, offensive, or illegal.
- ☐ If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- ☐ I will immediately notify Ladera Oaks staff of any violation of the Code of Conduct. Ladera Oaks will not tolerate retaliation against anyone who in good faith reports a suspected violation.
- ☐ I will obey all Ladera Oaks 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. Failure to comply may result in a swimmer being suspended or completely removed from the Ladera Oaks Swim Team.

Swimmer's signature

Date

Parent's signature

Date



Ladera Oaks Swim Team Disciplinary Procedures

Failure to Comply with Ladera Oaks' Code of Conduct will result in the following:

First Warning

Sit down meeting with parents, swimmer and coaches
Cannot attend practice until this meeting occurs
Some privileges may be taken away from the swimmer at this time

Second Warning

Suspension from all team events for a maximum of 2 weeks

Third Warning

Immediate removal from Ladera Oaks Swim Team

The Ladera Oaks staff has the final word and has the right to suspend or expel an athlete at their discretion.