

## Athlete Code of Conduct

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. 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. I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- I will not bully or harass my teammates in any way and realize that doing so will result in disciplinary action.
- I will attend all team meetings and training sessions, unless I am excused by my coach.
- I will show respect for and follow rules set forth by all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- I will refrain from 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 obey all of USA 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 and the swim club's board of directors. Some infractions may result in immediate suspension or expulsion from the team.

### Disciplinary Procedure

- First offense – Warning
- Second offense – Removal from pool for ten minutes and/or limited locker room usage.
- Third offense – Removal from workout. Parent and Board informed of action and offense.
- If a swimmer is asked to leave practice two or more times in a month, a parent or guardian will be required to attend all practices, meets, or team events that the swimmer is at for a length of time determined by the Board of Directors and/or the Head Coach.
- Swimmers who repeat the third offense behavior within the same month can be suspended from team participation.

The full disciplinary policy can be found in the Storm Handbook.

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Swimmer Name

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Signature

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Date

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Parent's Signature

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Date