



Seattle Metropolitan Aquatic Club
Swimmer Code of Conduct

The purpose of the swimmer code of conduct is to establish consistent expectations for athlete behavior. By signing this code of conduct, I agree to the following statements:

- ☐ I will respect and show courtesy to teammates, coaches, officials, and parents.
- ☐ 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 wear SMAC swim caps at all practices and meets.
- ☐ I will be respectful of my teammates' feelings, belongings and personal space and refrain from any and all actions that can be perceived as intimidating, racist, homophobic, sexist or otherwise inappropriate.*
- ☐ I will attend and be punctual to all team meetings, training sessions and meets, unless excused by my coach.
- ☐ I will refrain from using / abusing alcohol, drugs, tobacco and other prohibited substances.
- ☐ I will show respect for 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.
- ☐ I will adhere to the SMAC Swimmer Code of Conduct in all online and social media activity and set a good positive example which includes respectful language and images of my teammates, club, and coaches.
- ☐ I will refrain from posting or spreading any misinformation about teammates, coaches or SMAC.
- ☐ I will obey all of USA Swimming's rules and codes of conduct.

Violations of Swimmer Code of Conduct

The penalty or penalties levied on the athlete will be decided at the discretion of the coaching staff. These penalties may include, but are not limited to the following:

- Verbal warning
- Parent / Swimmer / Coach Meeting
- Withdrawal from team events (practice, meets, etc.)
- Suspension
- Expulsion

***SMAC is openly committed to creating a secure, welcoming, and friendly environment, free from any and all forms of racism, sexism, homophobia, sexual misconduct, violence and bullying.**

The signatures below signify that you (parent / guardian(s) and swimmer) have read and agree to abide by the SMAC Code of Conduct. You also understand that failure to abide by the SMAC Code of Conduct will result in the penalties stated above.

Signed _____ Parent/Guardian

_____ Parent/Guardian

Signed _____ Swimmer