



OCA Swim Team: Athlete Code of Conduct

As a member of the OCA Swim Team, I understand that my actions and attitude affect not only my own experience but also that of my teammates, coaches, and the broader community. I agree to uphold the following standards to contribute to a respectful, inclusive, and supportive team environment.

Team Values: We believe in building a culture that is inclusive, respectful, and positive. Every swimmer is a valued part of this team.

Athlete Commitments:

1. Inclusion & Team Unity
 - I will include and support all teammates, making everyone feel welcome.
 - I will strive to get along with others and help build a strong, united team.
2. Respect & Kindness
 - I will treat all individuals with respect—teammates, coaches, officials, and competitors.
 - I will not make racist, sexist, or otherwise discriminatory remarks.
 - I will avoid saying or doing things that are unkind or hurtful.
 - I will treat others how I would like to be treated.
3. Positivity & Support
 - I will uplift my teammates and offer encouragement in and out of the pool.
 - I will not bring others down or make negative comparisons.
 - I will celebrate the success of my teammates as well as my own.
4. Fun & Safety
 - I will help create a fun, positive, and safe environment at practices, meets, and team events.
 - I will follow all team and facility safety rules.
5. Social Media Responsibility
 - I will use social media in a respectful and responsible manner, always representing the team positively.
 - I will not post or share anything that could harm others or reflect poorly on the team.

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

*OCA 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 OCA Code of Conduct. You also understand that failure to abide by the OCA Code of Conduct will result in the penalties stated above.

Athlete Name (Print): _____

Signature: _____

Parent Name (Print) _____

Signature if under 18: _____

Date: _____