



Swimmer Code of Conduct

Effective 1/1/25

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. As a swimmer and member of Piedmont Swim Team, by signing this code of conduct, I agree to the following statements:

1. I will respect and show courtesy to my teammates and coaches at all times.
2. I will demonstrate good sportsmanship at all practices and meets.
3. I will set a good example of behavior and work ethic for my younger teammates.
4. I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
5. I will promote positive team spirit and morale, and actively support inclusion.
6. I will offer congratulations and encouragement to our opponents.
7. I will support my teammates at practice and at competition. Working together as a unit will benefit each team member and is an important part of PST spirit.
8. I will be on time for practice, training sessions, and meets.
9. I will show respect for all facilities and other property (including locker rooms) used during practices, competitions and team activities. This includes leaving the team area (including locker/rest rooms, pool decks, etc) in a neat and clean condition at the conclusion of each practice session.
10. I will respect the rights and space requirements of other groups using the swimming facility.
11. I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
12. I will follow the verbal directions of the coaching staff. At no time will disrespectful attitudes by any swimmer be tolerated.
13. If I disagree with an official's call, I will talk with my coach and not approach the official directly.
14. I will report any known or suspected injury to the coaching staff immediately. I understand that this will ensure injuries are promptly addressed, reducing risk of further harm and promoting a safer environment.
15. I will comply with all team rules, and by all of USA Swimming's rules and codes of conduct at home, at away events and at any event where PST is represented.



Prohibited Behavior:

I understand that at no times when representing PST will the following be accepted:

1. Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
2. Destructive behavior including defacing physical locations where the team or individual swimmers represent PST (practice, meets, during team travel).
3. Inappropriate or unruly behavior, including fighting or striking another athlete.
4. Inappropriate language (swearing, derogatory or sexualized comments) or lying.
5. Discrimination against any member or participant on the basis of age, gender, race, ethnicity, culture, religion, sexual orientation, gender expression, genetics, mental or physical disability, or any other status protected by federal, state or local law (USA Swimming Code of Conduct 304.3.3).
6. Any language or action either intended or felt to be hostile or discriminatory towards any members.
7. Stealing and vandalism.
8. Hazing another swimmer.
9. Bullying or isolating another swimmer.
10. Posting on any social media site with the intent to hurt, intimidate or humiliate any swimmer, coach, official or spectator.
11. Interference with the progress of another swimmer during practice or at any other time.

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.

Consequences for Violation of the Code of Conduct:

This code shall be in force for all PST swimmers during practice, during swim meets, in electronic media and at events sponsored by, or in which, Piedmont Swim Team is represented. Disciplinary actions can range from, but are not limited to: counseling and education, reprimands, repetitions of a drill, push ups, etc., being sent home from practice or meets at the parents' expense, expulsion from the team, being barred from competition, or receiving any other disciplinary action that the Board deems necessary if a member fails to adhere to the Code in part or in whole.

Suspension:

Coaches may suspend a swimmer from practice for disciplinary reasons for a maximum of three days, unless extenuating circumstances make it unsafe for the swimmer to return to practice after three days. Coaches may also recommend to the board that a swimmer be expelled from the club if in his/her judgment, the swimmer is unable to conform to the disciplinary guidelines established for swim practice and club participation.

Safety and Behavior:

The Piedmont Swim Team Board of Directors reserves the right to terminate the membership of any individual whose behavior places PST in an unfavorable light or jeopardizes our participation in any pool use or sporting event. All swimmers are expected to demonstrate good sportsmanship,



PST promotes a team environment which champions healthy athletes and individual excellence.

act as appropriate ambassadors for the club, and as role models for other swimmers at all times.



Swimmers' Name



Swimmers' Signature



Date



Legal Guardians' Name



Legal Guardian's Signature



Date



Legal Guardians' Name



Legal Guardian's Signature



Date

