



# Swimmer Code of Conduct

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**As a swimmer & member of Piedmont Swim Team, I will abide by the following code of conduct:**

1. I will conduct myself with dignity and respect for others and for the property of others.
2. I will be on time for practice, training sessions, and meets.
3. I will comply with all team rules.
4. As a matter of team pride I will leave the team area in a neat & clean condition at the conclusion of each practice session. I understand this also applies to pool locker/rest rooms, pool decks, etc.
5. I will practice and teach good sportsmanship.
6. I will promote positive team spirit and morale, and actively support inclusion.
7. I will offer congratulations and encouragement to our opponents.
8. 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.
9. I will follow verbal directions of the coaching staff. At no time will disrespectful attitudes by any swimmer be tolerated.
10. I will respect the rights and space requirements of other groups using the swimming facility.
11. I will report any known or suspected injury to the coaching staff immediately. This will ensure injuries are promptly addressed, reducing risk of further harm and promoting a safer environment.
12. I will follow the Code of Conduct at home, at away events and at any event where PST is represented.



**Prohibited Behavior:**

I understand that at no times 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.

**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 reason for a maximum of 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, 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

