

- The rules and regulations have been approved as of the date listed below and are valid until otherwise determined.

CNSL Operations & Coach Supervisors

CNSL League Official

Date Approved April 2025

Appendix A / CNSL Code of Conduct

All swimmers, coaches and families (including non-participating members) are team members and representatives of the Columbia Neighborhood Swim League (CNSL). Proper behavior by all team members has a positive influence on individual and team performance and reflects a strong image of our league.

As a CNSL family, we agree to abide by the standards of conduct outlined below for the summer season we are registered for and are participating with the CNSL:

- Team members will display proper respect and sportsmanship toward fellow team members, competitors, coaches, officials, parents, family of team members, facility staff and the public at all times, including team practice sessions, meets and team social activities.
- Team members will not engage in inappropriate physical contact. Team members will not interact with another team member in a manner that they would not be willing to use with any teammate of either gender.
- Team members will not use obscene, profane or abusive language in the presence of any swimmer, parent, coach or official during or while traveling to and from practices, meets or team activities.
- Team members will not display bullying, harassing or hazing behavior that is aggressive or intended to scare or hurt another person. Such behavior may involve but is not limited to hitting, teasing, taunting, name-calling, rumor spreading or social exclusion.
- Team members will not use social or electronic media to harass, threaten or cause harm to other team members by sending threatening, derogatory, false or misleading email or posting threatening, derogatory, false or misleading information or pictures.
- Team members will respect the personnel at all practice facilities and abide by all rules concerning use of those facilities.

- Team members are prohibited from possession and use of illegal substances and/or use of tobacco and alcohol.
- Team members will not abuse prescription or non-prescription drugs.
- Team members will refrain from all illegal or inappropriate behaviors that would detract from a positive image of the team and/or league or be detrimental to its performance objectives.
- All swimmers will follow the directions of the coaching staff and/or parent volunteers when under team supervision.

Failure to comply with this Code of Conduct may result in, but is not limited to, any of the following actions:

- Team members may be restricted from participating in some or all team activities, including practices, meets and social activities.
- Team members may be sent home from team practice sessions, meets or team social activities.
- Team members may be suspended or dismissed from the team and/or league.

Upon notification of any violation of the Code of Conduct, Columbia Association shall investigate circumstances of the violation and notify the team member and his/her parent(s) of any disciplinary action to be taken as a result of the violation.

All disciplinary decisions are within the sole discretion of Columbia Association and are final and not subject to review. Disciplinary decisions are to be kept private between Columbia Association and the team member and his/her family (unless disclosure is required by law). No refunds will be given as a result of a team member's suspension or dismissal from the league due to a violation of this Code of Conduct.

Appendix B / Weather Protocol

- Cancellations or delays will be communicated via email by the head coach and/or team managers and posted on the CNSL website.
- In the event of light rain, practices and meets will be held as scheduled.
- In the event where lifeguards cannot clearly see to the bottom of the pool, practices and/or meets may be suspended until the matter is resolved.
- In the event of local severe weather, the manager on duty and head coach make any weather-related decisions.

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