



# Sandpipers of Nevada

## SafeSport Policies and Procedures

### Team Travel Policies



As a condition to participation as a member of any *Sandpipers of Nevada* Travel Team group, a swimmer must agree they shall be a responsible member of the travel team and behave in a manner reflecting well on them, teammates, coaches, managers and Sandpipers of Nevada.

Swimmers, parents/guardians must understand and agree that smoking, consumption of beverages containing alcohol, use of drugs (other than prescriptions listed on a medical release or prescribed for the swimmer by a physician during the trip), or behavior in violation of the laws of Nevada or Traveling States shall cause swimmer to be expelled from the SAND Travel Team, disqualified from competition in the team's meets, sent home at the expense of the parent/guardian, and may lead to additional disciplinary action including suspension by Sandpipers of Nevada. Further, swimmer and parent/guardian must understand and agree that swimmer shall be deemed conclusively to have been participating in such behavior if swimmer is in the presence or company of someone engaging in such behavior.

Swimmer and parent/guardian understand and agree that the team will be in charge of picking the locations to provide housing. Swimmer and parent/guardian understand and agree that they are responsible for and shall pay the cost of any damages caused by swimmer and/or other charges ex: lost key, telephone, movie, and room services or any other charges not mentioned. Further, swimmer understands and agrees that girls are not permitted in the boys' rooms, and boys are not permitted in the girls' rooms.

#### **Representation:**

- a. Team members will display proper respect and sportsmanship toward coaches, officials, administrators, teammates, fellow competitors and the public at all times.
- b. All swimmers are required to attend each finals sessions through the last awards ceremony, unless excused by the Head Coach.
- c. When not preparing for their own events, swimmers are expected to remain in the team area to support their teammates.
- d. Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
- e. The possession or use of alcohol or tobacco products by any athlete is prohibited.
- f. The possession, use, or sale/distribution of any controlled or illegal substance or any form of weapon is strictly forbidden.
- g. No "deck changes" are permitted. Athletes are expected to use available change facilities.
- h. Team members are reminded that when competing in meets, traveling on trips, and attending other meet-related functions, they are representing both themselves and the Sandpipers of Nevada. Athlete behavior must positively reflect the high standards of the club.
- i. All team members will be expected to demonstrate proper respect for the American flag and national anthem.
- j. After a swimmer has swum his/her last event, attendance at all remaining sessions (including prelims) is required.
- k. Swimmers are to refrain from inappropriate physical contact at team activities and events.
- l. Swimmers are to refrain from use of inappropriate language.



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#### Rules:

- a. Be quiet and respect the rights of teammates and others in hotel;
- b. Needs and wellbeing of the team come first.
- c. Swimmers are expected to stay focused on swimming fast and minimize walking, sunbathing, sightseeing, etc. until they have finished their last event.
- d. Team members and staff traveling with the team will attend all team functions including meetings, practices, meals, meet sessions, etc. unless otherwise excused or instructed by the head coach or his/her designee.
- e. Nutrition – high level of nutrition standards will be expected at all times
  - i. Fries, Chips, and other related items should be substituted for Vegetables
  - ii. Greens (Vegetables) should be present at all meals when possible.
  - iii. Items with high amounts of sugars are not permitted.
- f. Must stay in assigned rooms and floors
  - i. No gathering in the hallways, gathering only allowed in designated area.
  - ii. To ensure the property of the athletes, there will be no athletes in other rooms even of the same sex without coaches' permission.
  - iii. Athletes must stay on assigned floor unless coach or chaperone has been notified and cleared by the head coach to be on to be on another floor.
- g. Be prompt and on time;
- h. Cell phone usage
  - i. No cell phones at competition.
  - ii. No cell phones at meals and/or meetings.
  - iii. Cell phones turned in prior to room check.
  - iv. Cell phone usage will be limited starting the first day of competition.
- i. Computer usage will be allowed for homework under supervision of the chaperone or coach.
- j. Respect travel vehicles.
- k. Use appropriate behavior in public facilities.
- l. Two curfews will be established – in rooms times and lights out.
- m. After room checks, doors are to remain closed. Anyone opening their door after room check will be considered leaving your room. If an athlete needs to leave the room or open the door you must notify the head coach. Athletes are expected to stay in their rooms until breakfast is available the next day. (Fire alarm and hotel emergencies supersede this rule).
- n. When visiting public places such as shopping malls, movie theatres, etc. swimmers will stay in groups of no less than three persons. 12 & under athletes will be accompanied by a chaperone.
- o. Swimmers are expected to remain with the team at all times during the trip. Swimmers are not to leave the competition venue, the hotel, a restaurant, or any other place at which the team has gathered without the permission/knowledge of the coach or chaperone.
- p. The directions & decisions of coaches/chaperones are final.



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#### Dress Code:

- a. Travel days' team;
  - i. Team designated warm ups
  - Or, Business dress:
    - i. Men dress slacks, shirt, tie and dress shoes
    - ii. Women Dress slacks and a dressy blouse. (Skirts allowed but must be just above the knee) blouse must be conservative and no under garments showing
- b. Team uniform caps as prescribed by the Head Coach must be worn during warm ups/competition.
- c. Team warm ups must be worn to and from competition.
- d. In finals ready room and parade team warm ups must be worn.
- e. Team warm ups must be worn when receiving an award. Nike warm ups and/or Sandpiper apparel must be worn at all other times on deck or during official team functions (athletes may wear the apparel of their choice during their personal time).
- f. No hats or head covering should be worn when receiving awards
- g. No flip-flops or open toed shoes
- h. \$25 fine can be placed on your account for not having or wearing team uniform.
- i. Uniform items not worn will be ordered for you at your expense.

#### Financial:

- a. No room service without permission;
- b. Swimmers responsible for all incidental charges;
- c. Swimmers responsible for any damages or thievery at hotel;
- d. Must participate in contracted group meals; and
- e. Payment for travel must be received before travel or 25% will be added to total cost of the trip, payment by check or cash, any charge to Team Unify account will incur a 5% processing fee.
- f. If swimmer declines to participate after commitment any charges or expenses accrued by the club because of the cancellation will be billed to the swimmers account.

#### Action:

- a. Failure to comply with the Travel Polices as set forth in this document may result in disciplinary action. Such discipline may include, but may not be limited to:
  - i. Dismissal from the trip and immediate return home at the athlete's expense;
  - ii. Disqualification from one or more events, or all events of competition;
  - iii. Disqualification from future team travel meets;
  - iv. Financial penalties;
  - v. Dismissal from the team; and/or
  - vi. Proceedings for a LSC or USA Swimming National Board of Review.