

HSA Athlete Code of Conduct

Philosophy

The purpose of this conduct policy is to insure that every swimmer is provided an environment, which allows him or her the opportunity to reach his or her individual goals. Therefore, underlying this policy are the following assumptions:

- 1) A swimmer's conduct should provide a healthy physical and emotional environment for themselves and others.
- 2) A swimmer's conduct should support every other swimmers ability to learn.
- 3) A swimmer's conduct should support the coach's ability to teach other swimmers.
- 4) Each swimmer should be committed to striving for their goals and for the good of the team.

Conduct Expected of All Swimmers

Swimmers are encouraged to learn because they choose to do what is in their best interest, not to avoid punishment for "breaking rules." However, it is in everyone's best interest for basic rules to be clear and unambiguous.

1. HSA swimmers are expected to represent themselves and HSA well at all times.. Swimmers, coaches, and parents should represent the HSA name with excellence, team spirit, good sportsmanship, and politeness. This conduct extends to all facets of a swimmer life, including their activity in digital media.
2. HSA swimmers are expected at all times to follow the appropriate directions of any member of the coaching staff, Natatorium Staff, and any person who is a chaperone. Disrespect or failure to obey appropriate instructions will not be tolerated from any athlete.
3. Specifics
 - a. HSA swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
 - b. There shall be no drinking of alcohol, use of tobacco products, illegal drugs, or any substance banned by FINA or the IOC.
 - c. HSA swimmers are expected to respect each other. Fighting, intentional touching, or striking another athlete will subject the swimmer to the most severe discipline.
 - d. HSA swimmers are expected to respect and care for the property of others. Vandalism, intentional damage to property, or theft of property will not be tolerated.
 - e. Swimmers may leave team activities early only with the permission of a member of the coaching staff.
 - f. Changing of clothes (either into or out of swimsuits), other than in a designated dressing area or bathroom, is strictly prohibited. No swimmer shall change clothes while on the pool deck or in other public areas.
 - g. Any kind of physical or emotional abuse is strictly prohibited.
4. Other Expectations

- a. Follow all of the coach's, natatorium staff, or chaperone's appropriate orders completely and exactly. If any clarification is needed, inquire politely.
 - b. HSA swimmers are expected to support their teammates in a positive way through their words and actions at all times.
5. Discipline
Failure to follow the above rules may result in disciplinary measures, including:
- a. Suspension from events or practices.
 - b. Removal from any trip. In this case parents will be required to pick their child up immediately.
 - c. Suspension from the team.
 - d. Expulsion from the team.

The coaching staff reserves the right to use these examples of discipline in order to protect the team as a whole. The uses of discipline will be administered based on the severity of any offense. Any suspension or expulsion from the team may be appealed to the board of directors in writing.

Swimmers are expected to follow the spirit of the rules as well as the specific rules. The coach must adapt the philosophy to an infinite number of situations. Swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive environment for all. The spirit of the above rules is to provide a safe and effective training and competition situation.