



**Santa Maria Swim Club
SafeSport Policies and Procedures**

TEAM TRAVEL POLICIES

As a condition to participation as a member of the Santa Maria Swim Club Travel Team (which includes *any* team travel under the SMSC, Southern California and USA Swimming banners) a swimmer must agree they shall be a responsible member of the travel team and behave in a manner reflecting well on the individual, teammates, coaches, managers and the Santa Maria Swim Club.

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 California or Traveling States shall cause the swimmer to be expelled from the SMSC 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 SMSC. 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 the 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 boy's rooms and boys are not permitted in the girls' rooms.

Representation:

1. Team members will display proper respect and sportsmanship toward coaches, officials, administrators, teammates, fellow competitors and the public at all times.
2. All swimmers are required to attend each finals session through the last awards ceremony, unless excused by the Head Coach.
3. When not preparing for their own events, swimmers are expected to remain in the team area to support their teammates.
4. 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.
5. The possession or use of alcohol or tobacco products by any athlete is prohibited.
6. The possession, use, or sale/distribution of any controlled or illegal substance or any form of weapon is strictly forbidden
7. No "deck changes" are permitted. Athletes are expected to use available change facilities.
8. 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 Santa Maria Swim Club.
9. All team members will be expected to demonstrate proper respect for the American flag and national anthem.
10. After a swimmer has swum his/her last event, attendance at all remaining sessions, (including prelims) is required.
11. Swimmers are to refrain from inappropriate physical contact at team activities and events.
12. Swimmers are to refrain from the use of inappropriate language.

Rules:

1. Be quiet and respect the rights of teammates others in all hotels and restaurants.
2. The needs and wellbeing of the team come first.
3. Swimmers are expected to stay focused on swimming fast and minimize walking, sunbathing, sightseeing etc., until they have finished their last event.
4. 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.
5. Nutrition – a high level of nutrition conducive to high performance will be expected:
 - a. Athletes will make every effort to pursue healthy choices during a trip
 - b. No soda, energy drinks and the like are permitted during travel and until the conclusion of a competition
 - c. No desserts and junk food are permitted during travel and until the conclusion of a competition.
6. All athletes will stay in assigned rooms and floors.
 - a. No gathering in the hallways, gathering only allowed in designated areas.
 - b. No athletes should be in any room other than the one assigned for a trip, without coaches permission.
7. Be prompt and on-time.
8. Cell phone usage
 - a. Cell phone usage other than music will be kept to a bare minimum at competitions.
 - b. Cell phone usage at team meetings or meals is not permitted.
9. Computer usage will be allowed for homework under supervision of the chaperone or coach.
10. Athletes will show respect for all travel vehicles.
11. Athletes will use appropriate behavior in all public facilities.
12. Curfews are generally established for all travel trips: in room and lights out.
13. After room checks, doors are to remain closed. Anyone opening their door after room check will be considered leaving their room. If an athlete needs to leave their 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).
14. When visiting public places such as shopping malls, movie theaters, etc., swimmers will stay in groups of no less than 3 persons. 12 & under athletes will be accompanied by a chaperone.
15. 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.
16. The directions and decisions of the coaches/chaperones are final.

Dress Code: (there is rarely a time during a team travel trip where you will wear anything other than SMSC team gear. Plan accordingly.)

1. Travel day –
 - a. SMSC Team gear as designated by the Head Coach
2. SMSC Team Caps will be worn during warm-up and competition. Competition caps are the SMSC GOLD Team Cap unless otherwise designated.
3. SMSC Team Warm-ups (or provided swag) will be worn to and from all competitions.
4. SMSC Team Warm-ups will be worn in all Finals ready rooms.
5. SMSC Team gear will be worn when receiving an award. (Minimum: SMSC Team Shirt plus shorts. SMSC Team jacket is preferred.)
6. Not having your SMSC Team gear is not an acceptable excuse. It is your responsibility to have all required gear.

Financial:

1. No room service without permission
2. Swimmers are responsible for all incidental charges
3. Swimmers are responsible for any damages or thievery at hotel
4. Swimmers must participate in all contracted group meals
5. Payment for travel must be received before travel
 - a. An estimate/deposit is charged to each athletes account on the 1st of the month PRIOR to departure.
 - b. Any remaining balance is charged on the 1st of the month FOLLOWING return.
6. If a swimmer declines to participate after commitment, any charges or expenses accrued by the club because of cancellation will be billed to the swimmers account. This can include airfare, meal costs, hotel fees, rental cars etc.

Action:

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