

## **Swimmer and Parent Code of Conduct**

As a member of Neptune Swimming, I acknowledge that following certain basic rules of conduct is important to my development as a swimmer; my relationship with my parents, coaches and teammates; the community reputation of my team; and the preservation of the many relationships which contribute to the success of Neptune Swimming. I realize that not acting in a proper way while engaged in team activities is harmful to myself and to my team, and prevents me from becoming the best swimmer and person I can be. Therefore, I pledge and commit to observe the following basic rules of conduct while involved in Neptune Swimming related activities.

I pledge to treat with courtesy and respect my fellow swimmers, coaches, team parents, City of Santa Rosa employees, meet officials, parent volunteers, swimmers, coaches and parents of other swim teams.

I pledge that my behavior at practice and at meets will be safe and appropriate.

I pledge not to interfere with the workouts of swimmers.

I pledge to obey all lawful directions of adults with appropriate authority, promptly and respectfully.

I pledge not to threaten City or team staff members, adults, or swimmers.

I pledge not to fight with, hit or trip, bully or engage in other harmful acts toward other swimmers and adults.

I pledge to use appropriate language and to refrain from swearing, name calling, or racial/ethnic/gender or homophobic slurs.

I pledge that I will not vandalize property, steal or possess weapons or other dangerous items.

I pledge not to use or possess alcohol, drugs or other controlled substances.

I understand that the consequences for violating Neptune Swimming Code of Responsibility could lead to and may include requiring a conference with my parents, loss of practice and/or meet privileges and suspension or removal from the team.

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**Swimmer Name (printed)**

**Swimmer Signature**

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**Parent/ Guardian Name (printed)**

**Parent Signature**