

Border Swimming, Inc – LSC Team Travel Policy

Purpose: Athletes are most vulnerable to misconduct during travel, particularly overnight stays. This includes a high risk of athlete-to-athlete misconduct. During travel, athletes are often away from their families and support networks, and the setting – new changing areas, locker rooms, workout facilities, automobiles and hotel rooms – is less structured and less familiar. The overall guideline is to ensure the safety of all athletes, coaches and chaperons as a first priority.

Team Travel is defined as overnight travel to a swim meet or other team activity that is planned and supervised by the club or LSC.

Section 1 – USA Swimming Required Policies

Club travel policies must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the club. (305.5.D)

Team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming-administered criminal background check. (305.5.B)

Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete (unless the coach is the parent, guardian, sibling, or spouse of that particular athlete). (305.5.A)

When only one athlete and one coach travel to a competition, the athlete must have his/her parents' (or legal guardian's) written permission in advance to travel alone with the coach. (305.5C), signature of this document is proof.

Section 2 – Additional Border LSC Policies

Athlete expectation

Conduct yourself in a professional and courteous manner at all times. You are representing your club, LSC and your city.

No team meetings or practices may be missed. Be punctual to all warm up and departure times.

Athletes should not ride in a coach's vehicle without another adult present who is the same gender as the athlete, unless prior parental permission is obtained.

During overnight team travel, if athletes are paired with other athletes they shall be of the same gender and should be a similar age. Coaches, chaperones and/or team managers would ideally stay in nearby rooms. Athletes are not allowed to leave their rooms, unless in a case of emergency, after curfew. If there is a situation that the athlete needs to leave their room, the athlete must call the coach at their hotel room number prior to leaving.

No athlete is allowed to consume any drink, food or supplement containing substances & quantities banned by USA Swimming, WADA (World Anti-Doping Agency), NCAA, UIL or a product that does not list its ingredients.

To ensure the propriety of the athletes and to protect the staff, there will be no male athletes in female athlete's rooms and no female athletes in male athlete's rooms (unless the other athlete is a sibling or spouse of that particular athlete).

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.

No athlete will share/receive any medication, supplements, vitamin with another athlete.

Any individual damages or thievery incurred on the trip will be at the expense of the swimmer, and further disciplinary action will be taken. Such behavior will not be tolerated.

Anyone who acts in a manner that would interfere with the travel objectives listed below, will be subject to immediate return home (at the expense of the parent and/or swimmer) and other punishments including barring from future LSC trips or competition may be imposed.

Meet with your parents and coaches about any allergies and medications that might need to be administered.

To ensure the safety of all athletes, all medications prescribed by a doctor, EXCEPT for Epipens and inhalers, must be turned into the coaching staff for administration. OTC pain relievers like Bio Freeze, Tylenol, Advil and Motrin will be left at the parents and athletes' discretion. Athletes are allowed to keep on their person in any quantity: cough drops, Hydrate IV, scratch, honey.

Coaches/Chaperon expectations

During team travel, when doing room checks, attending team meetings and/or other activities, two-deep leadership and open and observable environments shall be maintained.

When only one athlete and one coach travel to a competition, at the competition the coach and athlete should attempt to establish a "buddy" club to associate with during the competition and when away from the venue.

Curfews shall be established by the team or LSC staff each day of the trip as appropriate.

Meet with parents and athletes for any food allergies and/or medications that are administered to the swimmer.

Any athlete that has a medical emergency requiring first responder medical attention shall not be allowed to resume participation until they are cleared in writing by a board-certified medical provider.

The head coach is responsible for submitting any accident or incidents reports.

The Head Coach or his/her designee shall make a written report of travel policy violations to the appropriate club or LSC leadership and the parent or legal guardian of any affected minor athlete no later than 2 hours after the initial incident.

Parents Expectations

Parents are encouraged to discuss travel logistics, allergies, medications with their swimmer and coaches in preparation for a successful meet. Complete travel medical form prior to team departure

Parents and the swimmer physician's must approve any substance for swimmers consumption that contains the words "not recommended for children under the age of 18." Physician's note must accompany this document, if not noted on

I do/do not (circle one) allow my child to ride in a coach's vehicle without another adult present who is the same gender as the athlete. _____ (parent's initials)

By signing this document the parent's will not hold Border Swimming Inc responsible for any injuries or accidents that occur during team travel.

Granting authority of this policy:

The directions & decisions of General Chair/Coaches/Chaperones are final, in that order of authority. The General Chair is only allowed to give directions and make decisions that affect the health, safety and well-being of those traveling or if there is a possible liability (fiscal or legal) for the LSC or USA Swimming.

Violations of any of these travel policies could result in penalties up to and including the removal of the athlete, coach or chaperone from the remainder of the events during the current travel and be banned from travel with Border Swimming for future functions.

Required Signatures:

Athlete: _____	Date: _____
Parent: _____	Date: _____
Coach: _____	Date: _____
Chaperone: _____	Date: _____