

TIDE SWIMMING
TEAM TRAVEL POLICIES AND PERMISSIONS (Revised Nov 2025)

Rules for Team Travel

All swimmers must abide by the rules for team travel. The decisions of coaches/chaperones are final.

Safety

- Swimmers must stay with the team at all times and attend all team functions
- Respect the privacy of each other
- Passengers must wear seat belts and remain seated in vehicles

Behavior

- Swimmer and parent must sign TIDE Code of Conduct
- Remember you represent TIDE Swimming at the pool, in the hotel, and while out for meals or recreation
- Be respectful of teammates and other hotel guests by keeping voices down and staying out of the hallways
- Be prompt and on time to all team gatherings
- Cell phones: After lights out, cell phones should be used for alarm clocks and emergency purposes ONLY. All other use is prohibited.
- Social media should be used responsibly and with discretion
- Respect travel vehicles: keep vans tidy and clean up upon swimmer drop-off
- Swimmers must follow dress code for meet sessions
- Use appropriate behavior in public facilities – you represent TIDE Swimming at all times
- Obey curfews – in own rooms and lights out
- Must stay in assigned hotel room
- No male athletes in female athletes' rooms; no female athletes in male athletes' rooms
- Team first

Hotel / Financial

- No ordering services (e.g., premium WiFi, pay per view TV/games, room service) that are charged to rooms
- Swimmers are responsible for all incidental charges
- Swimmers will not damage or remove (steal) hotel property
- Swimmers must participate in all contracted group meals

I have read and agree to abide by these rules.

Signature of Swimmer Date

Tide Swimming Code of Conduct

Note: This Code of Conduct MUST be read and signed BEFORE any swimmer will be allowed to take part in team travel. By signing below, an acknowledgement of the contents of this Code of Conduct is made and that the swimmer agrees to abide by the same.

I, the undersigned athlete, participating in training and competitions with TIDE SWIMMING, understand and agree to comply with the below-listed guidelines as set forth by TIDE SWIMMING. The Head Coach may establish any additional guidelines as needed.

General Behavior

1. The transportation, possession or use of alcohol, tobacco products, or illegal drugs by any team member is prohibited.
2. TIDE swimmers will display proper respect and sportsmanship toward coaches, officials, administrators, competitors, teammates and the public to include both their person and their property.
3. Illegal or inappropriate behavior that will reflect negatively on TIDE SWIMMING or be detrimental to performance objectives will not be tolerated.

Travel Behavior

1. No athlete will travel when any illness is evident to the parents or coaching staff.
2. Curfews established by the staff will be adhered to each day.
3. Unless otherwise excused or instructed by a coach, participants in a team trip will attend all team functions (on time), to include meetings, practices, and any other team-sanctioned event.
4. There will be no male athletes in female athletes' rooms and no female athletes in male athletes' rooms.
5. Any additional guidelines will come from the staff as needed.

IMPLEMENTATION

1. Failure to comply with these guidelines will subject the swimmer to discipline, up to and including suspension and/or dismissal from the TIDE SWIMMING program.
2. If any failure to comply with these guidelines occurs during a travel trip, the swimmer may be sent home at the swimmer's expense.

Participant's Signature Date

FOR ATHLETES OF MINORITY AGE (under the age of 18): This is to certify that I, as the parent/guardian of this participant, have explained to my son/daughter the aforementioned conditions and their consequences.

Parent/Guardian's Signature Date

Authorization to Treat a Minor and Permission to Participate in Swim Team Activities

The minor (defined as an athlete younger than age 18) whose name is listed below has my (our) permission to participate in the activities of TIDE SWIMMING. The undersigned agrees to hold TIDE SWIMMING, its officers, directors, agents, employees, and volunteers harmless from any claim for injury to the below-named minor arising out of or in any way connected with swim team activities.

I (we) the undersigned parent, parents or legal guardian of _____, a minor ("Minor"), do hereby authorize and consent to TIDE SWIMMING obtaining for Minor any x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital or emergency care ("Medical Care") to be rendered to the Minor. It is understood that this authorization is given in advance of any specific Medical Care being required, except as expressly limited below, and is given to provide authority to render Medical Care which a physician, surgeon or dentist in the exercise of his/her best judgment may deem advisable. It is understood that TIDE SWIMMING shall make reasonable efforts to contact the undersigned at the telephone numbers listed below prior to authorizing treatment of Minor, but that any of the above treatment will not be withheld if the undersigned cannot be reached, or in case of extreme emergency. It is further understood that I (we) the undersigned are responsible for all charges for the above mentioned Medical Care, and I (we) expressly hold TIDE SWIMMING harmless from and against any and all liability for said Medical Care and/or for any and all charges for said Medical Care.

Date _____ Limitations (if any) _____

Signature (Father, Mother, or Legal Guardian) _____

Address _____

THIS CONSENT SHALL REMAIN EFFECTIVE UNTIL MEMBERSHIP IS TERMINATED OR ON _____ (DATE), WHICHEVER IS SOONER

MINOR'S MEDICAL INFORMATION

Birthdate _____ Last Tetanus Booster (if known) _____

Known Allergies to Drugs or Foods _____

Special Medications or Other Information _____

TELEPHONE NUMBERS

Father's Name _____ (best phone number) _____

Mother's Name _____ (best phone number) _____

Family Physician Name & Telephone _____

Insurance Company Name & Policy Number _____

EMERGENCY CONTACT

Name (First & Last) _____ Relation to Minor _____

Phone (Home) _____ (Work) _____

Liability Release and Indemnification Form for Minor (athlete under age 18) Travel

I, the undersigned participant and parent, request voluntary participation for minor to travel to and from swimming events with TIDE SWIMMING. I consent to my/minor's participation in traveling to and from swimming events and acknowledge that I fully understand my/minor's participation in travel may involve risk of serious injury or death, including losses which may result not only from my/minor's own actions, inactions or negligence, but also from the actions, inactions, or negligence of others. This includes all travel to and from the event arranged by TIDE SWIMMING, including but not limited to all transportation being plane, boat, train, van, car, airline and/or chartered plane paid either by the participant or travel paid or reimbursed by TIDE SWIMMING. I understand that if I have any risk concerns regarding travel, I should discuss the risks associated with my/minor's participation with the coach and TIDE staff before I sign this document and before travel begins.

Release - Minor's (athlete under age 18) Rights: In consideration of allowing Minor Participant to travel to and from swimming events, I hereby release and hold harmless TIDE SWIMMING, members of its board of directors, and its officers, employees, members, volunteers, other participants, and agents (collectively, the "Released Parties"), of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that Minor Participant may have or sustain with respect to any and all damage and/or injury, of any type, arising out of his or her travel to swimming events. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Release - Parents' /Guardians' Rights: In consideration of allowing Minor Participant to travel to and from swimming events with TIDE SWIMMING, I hereby release and hold harmless the Released Parties, of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that I may have or sustain with respect to any and all damage and/or injury, of any type, arising from Minor Participant's travel to and from swimming events. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

I certify that my/minor is in good health and has no physical condition that would prevent traveling to and from any swimming events with TIDE SWIMMING. Furthermore, I agree to use my/minor's personal medical insurance as a primary medical coverage payment if accident or injury occurs. I consent to emergency medical treatment in the event such care is required.

(Print name of Parent/Guardian) (Signature of Parent/Guardian) (Date)

Indemnification by Parent/Guardian: The undersigned parent/guardian further agrees to indemnify, save and hold harmless the Released Parties from any and all claims, demands, losses, damages and liabilities for indemnities, contribution or otherwise with respect to any damage and/or injury, of any type, arising from Minor Participant's travel to and from swimming events with TIDE SWIMMING.

(Print name of Parent/Guardian) (Signature of Parent/Guardian) (Date)