



Code of Conduct / Honor Code

The Club Development Committee strongly encourages teams and LSCs to create a Code of Conduct or Honor Code as a companion document to the team travel policies.

All team members, team staff, and parents of minors are apprised in writing of this Code of Conduct and the attached USA Swimming Code of Conduct. A signature on this document constitutes unconditional agreement to comply with the stipulations of both documents.

1. Team members will display proper respect and sportsmanship toward coaches, officials, administrators, teammates, fellow competitors and the public at all times.
www.usaswimming.org/protect
2. Team Members will refrain from gossiping, “talking trash,” or disparaging teammates, coaches, or others that are part of the Cougar Aquatic community. during practice, in locker rooms, at team functions and meets, via social media, or in other spaces. Respect and collegiality are essential for team success and culture.
3. 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.
4. The possession or use of alcohol or tobacco products by any athlete is prohibited.
5. The possession, use, or sale/distribution of any controlled or illegal substance or any form of weapon is strictly forbidden.
6. No “deck changes” are permitted. Athletes are expected to use available change facilities.
7. Swimmers are to refrain from inappropriate physical contact at team activities and events.
8. Swimmers are to refrain from use of inappropriate language.
9. 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 Cougar Aquatics. Athlete behavior must positively reflect the high standards of the club (or LSC).

Failure to comply with the Honor Code as set forth in this document may result in disciplinary action. Such discipline may include, but may not be limited to:

1. Denied access to locker room
2. Dismissal from the trip and immediate return home at the athlete's expense;
3. Disqualification from one or more events, or all events of competition;
4. Disqualification from future team travel meets;
5. Financial penalties;
6. Dismissal from the team; and/or
7. Proceedings for a LSC or USA Swimming National Board of Review.