

Athlete Code of Conduct

I agree to the following statements:

- I will respect and show courtesy to my teammates and coaches at all times.
- I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will face consequences.
- I will attend all team meetings and training sessions, unless I am excused by my coach.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will obey all of USA Swimming's rules and codes of conduct.

Athlete Behavior Policy & Expectations

1. Conduct unbecoming to PX3 members—even if it occurs outside of team events—may result in suspension or termination of membership at the discretion of the Head Coach.
2. PX3 has a no tolerance drug and alcohol policy for all swimmers at home and away functions.
3. At team events, the possession or use of alcohol, tobacco products, or recreational drugs by any team member of PX3 is prohibited and will result in suspension or termination of membership. The use of alcohol or drugs in any setting outside of team events may result in suspension or termination of membership.
4. Athletes will not display inappropriate affection or physical contact with another athlete while at PX3 activities, including swim meets, swim practice, team events, or during team travel. During travel events, unrelated male and female athletes will not enter one another's rooms except in the presence of a supervising adult. Any form of sexual misconduct or sexual harassment is strictly prohibited and will result in suspension or termination of membership.
5. Athletes participating in team travel will comply with the Team Travel Policy. Team travel is a privilege, and participation may be denied at the discretion of the Head Coach.
6. During official team events, athletes will attend all team functions including meetings, warm-ups, competitions, practices, exhibitions, and other events unless excused by the Head Coach.
7. Athletes will wear prescribed team apparel at meets or team events as directed by the Head Coach.
8. Athletes will swim all events in which they are entered at a swim meet unless excused by the Head Coach.
9. At all meets, athletes will check in with the coaches before and after every race, and before going to their parents. In a meet with preliminaries and finals, athletes who qualify for a final are expected to swim that final unless excused by the Head Coach.
10. Any athlete who is injured at practice or a meet must report this to their coach immediately following the injury. Any athlete who is ill or has an open wound must disclose the condition to the coach before joining practice. Revised July 2016
11. Athletes will arrive on time, prepared, and with necessary gear for all practices and meets.

12. Athletes understand that any coach at any time has the authority to remove an athlete from the pool, facility, or event for disciplinary or safety reasons.

13. Athletes will follow all directions given by coaches. Membership with PX3 is a privilege and not a right. PX3 maintains the right to terminate any membership with or without cause in the interest of its mission and objectives.

Implementation for Athletes

All athletes, parents, and staff are apprised in writing of this policy. Annual signature of the Waiver, Release, Authorization and Agreement Form constitutes unconditional agreement to comply with the Code of Conduct as set forth by PX3.

Failure to comply with the Code of Conduct may result in disciplinary actions, which may include but are not limited to:

1. Removal from pool, training facility, or event venue to sit all or part of out the activity.
2. Removal from the training facility and dismissal from the team for a period of days or weeks.
3. Dismissal from the team and immediate return home from an event at the expense of the parent.
4. Disqualification from one or more events, or all events of competitions.
5. Suspension from further team activities for a specified duration.
6. Disqualification from future meets.
7. Termination of membership.

Formal follow-up actions will be taken if an athlete is involved in any disciplinary action more severe than a single day suspension. If an athlete is involved in disciplinary actions #2-7 above, the following sequence of events will occur:

1. Coach will contact the village sports team director to discuss disciplinary action.
2. The athlete will be required to attend a meeting that will occur within seven days of the incident and will include the following: athlete, parent or guardian, head coach, additional coaching staff involved in incident, and the village sports team director.
3. The athlete will be allowed to present any information or evidence at that time and a decision will be rendered as to any further course of disciplinary action.

Athletes and their parents or guardians must indicate their willingness to comply with this Code of Conduct by agreeing to the policy during season registration.

Parent Code of Conduct

1. Parents will support PX3 team values of commitment, hard work, team spirit, and positive encouragement. Parents will not criticize, name-call, or use abusive language or gestures

towards any coaches, athletes, officials, or other parents either in person or via social media. Parents must model positive communication, good sportsmanship, and self-control at all times.

2. Parents will treat all officials and meet volunteers with respect. Any issue involving a meet official decision or action will be resolved by the coaching staff only. Parents will never interfere with officials on the pool deck. Parents will follow the directions of meet volunteers who are in positions of authority.

3. Parents will respect coach decisions regarding: group placement, relay team selection, individual event selections, and meet selection.

4. Parents will not disrupt practices in any way. Parents will remain off deck during swim practices and may observe practices from designated areas away from the immediate pool deck. Communications with coaches during practice is unsafe and ineffective, and it detracts from the athlete-coach-team relationship and training environment.

5. Parents will not coach or instruct the team or any athlete in any way at practices or meets. Parents understand that any swimming advice they give their athlete may only confuse the athlete. Parents should discuss any coaching concerns with the coach.

6. Communication between parents and coaches is highly encouraged. Parents will communicate with their athlete's coach at the coach-prescribed times (office hours) and in the method preferred by the coach. Parents may request phone calls or in-person conferences.

7. The PX3 coaching staff decides which meets will be attended by the team each year. Families will not attend local or away meets not approved by PX3.

8. Parents understand they are expected to assist the team with timing requirements at meets and additional volunteer positions throughout the year. Parents agree to abide by the team Volunteer Policy.

9. Parents will ensure that non-swimming children are supervised by a responsible adult while present at any USA Swimming or PX3 sanctioned activity.

10. Parents will drop off and pick up their athletes on time.

11. Parents understand that conduct bringing discredit or discord to PX3 will not be tolerated. Membership with PX3 is a privilege and not a right. PX3 maintains the right to terminate any membership with or without cause in the interest of its mission and objectives.

Implementation for Parents All athletes, parents, and staff are apprised in digital writing of this policy. Bi-Annual signature of the policy during season registration constitutes unconditional agreement to comply with the Code of Conduct as set forth by PX3. Failure to comply with the Code of Conduct may result in disciplinary actions, which may include but are not limited to:

1. Removal from the practice, meet, or event where the misbehavior occurs.

2. Suspension of membership.

3. Termination of membership. PX3 is not liable for refund or proportion of membership fees due to suspension or termination.

If a parent or member family is involved in conduct resulting in disciplinary action, the following sequence of events will occur:

1. It is the responsibility of the individual (coach, member, volunteer, parent) recognizing an infraction to contact the Village sports director immediately.

2. The parent member charged with an infraction will be required to attend a meeting that will occur within seven days of the incident and will include the following: parent member(s) and any individual(s) involved in incident, Head Coach, and village sports director.
3. The parent(s) involved in the incident will be allowed to present any information or evidence at that time and a decision will be rendered as to any course of disciplinary action.

Athletes and their parents or guardians must indicate their willingness to comply with this Code of Conduct by agreeing to the policy during season registration.