



Laramie Swim Team CODE OF CONDUCT: ADULT ATHLETES

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. Each team members is a representation of Laramie Swim club during meets, practices and other team sponsored events. Adult Athletes have added responsibilities with in the code of conduct to ensure safety of minor athletes.

By signing this 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 not put down my teammates during practices, meets or any LSC sponsored events.
- I will demonstrate good behavior during practices and meets. This means I will try my best, listen to my coaches, and take my role at practice and meets seriously.
- 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. This includes refraining from comments that can be seen as put downs or bullying.
- I will not take any belongings that are not mine. Stealing my result in suspension and disciplinary consequences outside of the swim club
- I will not falsely accuse teammates or coaches of ill behavior or make any false reports about others' behaviors during practice, meets or other LSC activities
- 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. This includes taking Athletic Protection Training, a requirement by the US center for Safe Sport. Found at the following link: <https://www.usaswimming.org/resource-center/athlete-protection-training>
- I will follow safe sport guidelines to ensure myself and my team mates maintain safety.
- I will maintain appropriate boundaries with all minor athletes; ensuring I am never alone with a minor athlete during a Laramie Swim Club sponsored event. This includes times in locker rooms, isolated areas during events, hotel rooms during travel meets etc...
- I will conduct my relationships with minor athletes as team mates and not cross boundaries during Laramie Swim Club events.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the swim club's board of directors, this may include suspension from the team or being asked to leave the club.

Print Name

Swimmer's signature

Date