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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **MANTA RAYS SWIM TEAM ATHLETE CODE OF CONDUCT**

The purpose of this code of conduct for athletes is to establish consistent expectations for athletes' behavior both in and out of the water.

By signing this code of conduct, I agree to the following statements:

- I am expected to behave in an exemplary manner and will display proper respect and sportsmanship towards fellow team members, fellow competitors, coaches, officials, parents, facility staff, and the public at all times.
- As a representative of the Manta Rays Swim Team, Iowa YMCA Swimming and USA Swimming, I will always act with respect and with positive support towards coaches, swimmers, officials and the swimming community. Behavior that reflects poorly on the Manta Rays Swim Team will not be tolerated.
- I will not engage in any inappropriate or dangerous physical contact with my teammates, coaches, parents, officials, or others.
- I will set a good example of behavior and work ethic for my teammates.
- I will arrive on time or early, ready to swim and willingly participate in all scheduled activities during practices and will not enter the water until given permission by a coach.
- I will show respect for all facilities and other property used during practices, competitions, and team activities.
- I will use locker rooms only for their intended purposes and respect others who may be using the locker rooms at the same time.
- I will follow all facility rules at practices, competitions, overnight hotel stays, camps, clinics, etc...
- I will refrain from using obscene, profane or abusive language.
- I will refrain from all illegal or inappropriate behaviors that would detract from a positive image of the team or be detrimental to its performance objectives, which would include but is not limited to violence of any kind, dishonest behavior, offensive or illegal actions, and exhibiting racist, sexist, homophobic or otherwise inappropriate behavior.
- I understand that I am prohibited from the possession and use of illegal substances and/or use of tobacco and alcohol. I will not abuse prescription or non-prescription drugs.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will obey all YMCA of the USA, USA Swimming's rules and codes of conduct.
- I will not post any negative or derogatory comments, posts or photos on any social media platforms towards the Manta Rays Swim Team, The Muscatine Community YMCA, my teammates, parents, coaches or other teams/athletes.
- I will work with my coaches to set, plan and strive to achieve reasonable goals for myself and for my relay teammates.
- I will share my successes and disappointments with my team and coaches and communicate my needs with all involved.
- I will uphold and practice the core values of the YMCA (caring, honesty, respect, responsibility).
- I understand that bullying is prohibited and will not be tolerated. Bullying is defined as: "The severe or repeated use by one or more swim team members of an oral, written, electronic or other





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technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other Member that has the effect of:

- Causing physical or emotional harm to the other member or damage to the other member's property.
- Placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property.
- Creating a hostile environment for the other member at any swimming activity.
- Infringing on the rights of the other member at any swimming activity.
- Materially and substantially disrupting the training process or the orderly operation of any swimming activity.

I understand that at competitions I am expected to:

- Arrive and check in with the coaches at least 15 minutes before our scheduled warm-up time, unless instructed otherwise.
- Wear shoes, sandals, socks at all times when walking around any facility.
- Go to our designated swimmer holding area and remain there except for: Warm-ups, Event calls (to report to Clerk of Course), Restroom visits, and/or Concession stand visits.
- Sit with the team whenever possible.
- Stay out of locker rooms unless showering, changing, or using the restroom facilities.
- Stay out of any "off-limit" areas. Limit time in spectator seating whenever possible.
- Talk to the coaches after each event.
- Report for my events promptly and behave appropriately in staging/holding areas prior to my swims.
- Assist with the clean up camp areas, practice equipment, etc...

I understand that any swimmer who disrupts a practice or a meet, interferes with other swimmer's workouts, damages the property of others, or threatens, intimidates, or injures others will be in violation of this code of conduct.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches, the YMCA Aquatics Director, and/or The YMCA Executive Director including, but not limited to:

- Restricted participation in team activities (practices, competitions, social events, etc...)
- Removal from practices, competitions, social events at the swimmer's expense.
- Suspension or dismissal from the team.
- Reported to USA Swimming/Safe Sport (depending on the severity).

\_\_\_\_\_  
Swimmer Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
PRINT Swimmer Name

