



ATHLETE CODE OF CONDUCT

Swimming for Tampa Bay Aquatics is a privilege that comes with responsibilities. All athletes are expected not only to abide by this code of conduct themselves, but to be always mindful that they are an example to others, both on and off of the team. The goal of the code of conduct is to protect team members and ensure a healthy, successful swim experience.

At Practice:

1. Attend practice daily; arrive on time; be prepared to begin workout at the start of practice; stay for the entire workout.
2. Bring my equipment with me to every practice and keep my equipment clean and organized.
3. Stay hydrated, rested, and energized with proper nutrition.
4. Help keep the pool and locker room areas clean and organized every day. Show respect for the facilities that we use. Follow any rules that are in effect for any pool or facility that is used for practice.
5. Pay attention to the coaches at practice. Listen and learn from all instruction. Complete the sets as required.
6. Treat teammates with respect and as I wish to be treated by others. Avoid foul-language, bullying, name-calling, intimidation and cruelty, at practice and outside of practice.
7. Wear team practice cap.

At Meets:

8. I am part of a team and will attend all of the meets that are part of the published team schedule.
9. Dress in team uniform, including suit, warm ups, t-shirts, cap and any other required item to display pride and unity with my team.
10. Always arrive in time to begin warm up at the announced time.
11. Check in if required. It is my responsibility to know which events I am swimming and which heats and lanes to which I am assigned.
12. Talk to my coach before and after every swim for direction and feedback.
13. Warm up and warm down in the assigned area in a responsible fashion.
14. At no time will I rough house or engage in any activity that puts myself or others in danger, including running on deck, diving in to the pool, pushing or shoving, or any similar physical action.

- 15. I will always show good sportsmanship, congratulate my competitors, avoid "trash-talk," and cheer for my teammates.
- 16. I am at the meet to do my best and will be dignified in victory and maintain self-control in defeat.
- 17. Show respect for officials, volunteers and coaches during meets.

When Traveling:

- 18. Possession or use of alcohol, tobacco, controlled substances (drugs) is prohibited at all times, either as a direct participant or even as an observer of others who are using.
- 19. When staying at hotels, eating at restaurants, traveling in rented cars or buses, or staying with host homes, I will be quiet, well-mannered, and careful in the care for others' and the public's property.
- 20. Intimate physical activity will be avoided. Male and female athletes will not be in one another's rooms without a coach or chaperone present.
- 21. Swimmers must stay with the group when traveling. I will not leave the pool, hotel, or restaurant without the coach's or chaperone's permission.

General:

- 22. Comply with all guidelines and regulations set forth by Florida Swimming and USA Swimming.

If there is a failure to comply with these rules or any other rules or regulations set for the team, athletes may be subject to discipline, including but not limited to suspension, and/or expulsion from the team. When traveling, the coach has the discretion to require an athlete to return home at any time, at the athlete's family's expense. Ultimately, the coach, and the team board of directors may impose discipline to protect the athlete and the team. Parents are responsible for any and all liabilities resulting from misconduct of any kind on the part of their child.

Athlete Signature _____ Date _____

Parent Signature _____ Date _____

Parent Signature _____ Date _____