



## Swimmer Code of Conduct

As a HDST swimmer, you agree to follow the rules for behavior and sportsmanship wherever and whenever HDST is represented.

**Show respect and be polite to EVERYONE.**

- Follow USA Swimming Safe Sport and Code of Conduct Policies.
- Respect the property of HDST and of others. Do not use others' property without their permission.
- Do not steal or vandalize anything that doesn't belong to you.
- Do not use Dolphin functions, facilities and meets always represent the team in a positive and respectful manner.
- DO NOT bully, degrade, make fun of, or insult any swimmer from our team or not.
- DO NOT harass or post negativity on social media about any swimmer from our team or not.

### Swim Practice Etiquette

Swim for the fun of it, not just to please your parents or coach.

- Arrive 5 minutes before your scheduled practice time. Be prepared to start practice at the time it is scheduled to start. Pool time is very valuable.
- Make every team practice, meet participation and activity as an opportunity to learn.
- Do not short yourself at practice; Focus on every drill and every set. Be committed to putting forth your best effort every day. An honest effort does not include cutting laps, pulling on lane lines or missing send offs/sets.
- If you are given a direction at practice by a member of the coaching staff or a member of the pool facility, you are to follow that direction.
- Do not disrupt your coach or bother others in your lane.
- Practice good sportsmanship and encourage your teammates.
- Excess complaining and whining will get you removed from practice.
- Disruption of practice by an athlete will be grounds for removal. Continual cheating in a practice will be considered a disruption of practice.

### Prohibited Behavior

Use of profane or abusive language or obscene gestures will not be tolerated (this includes rolling your eyes at your coach).

- The coaching staff WILL NOT TOLERATE any bullying to a fellow team member, or a member of another team. This includes all bullying at school and on social media.
- If you have an issue with another swimmer please report to your coach, legal guardian, or through Safe2Talk form found on the Dolphin website, so Coach Beth and Alana can find the best way to resolve the situation.
- Use or possession of illegal drugs, firearms, alcohol, tobacco, or any other hazardous substances.

- Use of any substance that is banned by the United States Anti-Doping Agency that is not prescribed by a licensed physician or medical professional.
- Conviction for any unlawful act.
- Extreme demonstration of disrespect to property or individuals (vandalism, bullying, harassment).
- Anything that is against our governing body's rules: USA Swimming or Fina.
- Swimmers are expected to respect each other. Fighting, intentional touching or striking another athlete will subject the swimmer to the most severe discipline.

## Discipline Policy

- Swimmers who are being disruptive or disrespectful to other swimmers or coaching staff will be dismissed from practice.
- Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- Continued disruptive behavior may result in suspension or dismissal from the team.
- Swimmers are expected to follow the spirit of the rules as well as the specific rules. The coach must adapt this philosophy to an infinite number of situations.
- Swimmers are expected to respect the coach's directions and give their full cooperation.
- If you violate the swimmer code of conduct or behave in a manner that brings discredit or discord to HDST or USA Swimming, you may be subject to disciplinary action.
- hDST maintains the right to suspend or terminate any membership with or without cause.

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

- ☐ I will always respect and show courtesy to my teammates and coaches.
- ☐ 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.
- ☐ 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.
- ☐ I will not post any negative or derogatory comments, posts or photos on social media (Facebook, Twitter, TikTok Snapchat, etc.) toward the team, my teammates, parents, or coaches. This also applies to other teams.
- ☐ 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 owner.

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Swimmer's Signature

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Date

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Parent's Signature

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Date

