

## Swimmer Code of Conduct

As a swimmer & member of the Aptos Cabrillo Swim Club, I will abide by the following code of conduct:

1. I will conduct myself with dignity and respect for others and for the property of others.
2. I will be on time for practice, training sessions, and meets.
3. I will comply with all team rules.
4. As a matter of team pride & courtesy to meet hosts, pool facility operators, & janitorial staff members, and other swimmers, I will leave the ACSC team area in a neat & clean condition at the conclusion of each practice session. I understand this also applies to pool locker/rest rooms, bleacher areas, pool decks, etc.
5. I will practice and teach good sportsmanship.
6. I will promote positive team spirit and morale.
7. I will offer congratulations and encouragement to his/her opponents.
8. I will support my teammates at practice and at competition. Working together as a unit will benefit each team member and is an important part of ACSC spirit.
9. I will follow verbal directions of the coaching staff. At no time will disrespectful attitudes by any swimmer be tolerated.
10. I will respect the rights and space requirements of other groups using the swimming facility.
11. I will follow the Code of Conduct at home, at away events and at any event where ACSC is represented.
12. Prohibited Behavior: I understand that at no times will the following be accepted:
  1. Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
  2. Destructive behavior.
  3. Inappropriate or unruly behavior, including fighting or striking another athlete.
  4. Inappropriate language (swearing or derogatory comments) or lying.
  5. Stealing and vandalism.
  6. Bullying or isolating another swimmer.
  7. Interference with the progress of another swimmer during practice or at any other time.
13. Consequences for Violation of the Code of Conduct: This code shall be in force for all ACSC swimmers during practice, during swim meets, and at events sponsored by, or in which, ACSC is represented. Disciplinary actions can range from, but are not limited to; reprimands, repetitions of a drill, push ups, etc., being sent home from practice or meets at the parents' expense, expulsion from the team, being barred from competition, or receiving any other disciplinary action that the Board deems necessary if a member fails to adhere to the Code in part or in whole.
  1. SUSPENSION: Coaches may suspend a swimmer from practice for disciplinary reasons for a maximum of three days. Coaches may also recommend to the board that a swimmer be expelled from the club if in his/her judgment, the swimmer is unable to conform to the disciplinary guidelines established for swim practice and club participation.
  2. The ACSC Head Coach and board of directors reserves the right to terminate the membership of any individual whose behavior places ACSC in an unfavorable light or jeopardizes our participation in any pool use or sporting event. All swimmers are expected to demonstrate good sportsmanship and act as appropriate ambassadors for the club. They should act as role models for other swimmers at all times.