

## HSA TEAM CODE OF CONDUCT: ATHLETE

### PURPOSE

The purpose of this policy is to ensure that every athlete is provided with an environment, which allows him or her the opportunity to reach his or her individual goals. Therefore, underlying this policy are the following expectations:

1. An athlete's conduct should provide a healthy physical and emotional environment for themselves and others.
2. An athlete's conduct should support every other athlete's ability to learn.
3. An athlete's conduct should support the coach's ability to teach other athletes.
4. Each athlete should be committed to striving for their goals and for the good of the team.

### CONDUCT EXPECTED OF ALL ATHLETES

Athletes are encouraged to learn because they choose to do what is in their best interest, not to avoid punishment for "breaking rules." However, it is in everyone's best interest for basic rules to be clear and unambiguous.

1. **HSA** athletes are expected to represent themselves and HSA well at all times. Athletes, coaches, and parents should represent the HSA name with excellence, team spirit, good sportsmanship, and politeness. This conduct extends to all facets of an athlete's life, including their activity in digital and social media.
2. **HSA** athletes are expected at all times to follow the appropriate directions of any member of the coaching staff, Aquatics Center Staff, and any person who is a chaperone. Disrespect or failure to obey appropriate instructions will not be tolerated from any athlete.
  - a. **HSA** athletes are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
  - b. There shall be no drinking of alcohol, use of tobacco products, illegal drugs, or any substance banned by FINA or the IOC.
  - c. **HSA** athletes are expected to respect each other. Fighting, intentional touching, or striking another athlete will subject the athlete to the most severe discipline.
  - d. Bullying of another athlete, in any form or fashion, will not be tolerated.
    - i. Reference: **HSA** Anti-Bullying Policy
  - e. **HSA** athletes are expected to respect and care for the property of others. Vandalism, intentional damage to property, or theft of property will not be tolerated.
  - f. Athletes may leave team activities early only with the permission of a member of the coaching staff.
  - g. Disruption of practice by an athlete will be grounds for removal. (Continual cheating in a practice will be considered a disruption of practice.)

- h. Changing of clothes (either into or out of swimsuits), other than in a designated dressing area or bathroom, is strictly prohibited. No athlete shall change clothes while on the pool deck or in other public areas.
- i. Any kind of physical or emotional abuse is strictly prohibited.

### **DISCIPLINE**

Failure to follow the above rules may result in disciplinary measures, including:

- 1. Suspension from events or practices
- 2. Removal from any trip. In this case parents will be required to pick their child up immediately.
- 3. Suspension from the team
- 4. Expulsion from the team

An athlete's first offense may warrant a one-day suspension from practice and the notification to the athlete's parents.

A second offense may warrant a three-day suspension from the team, and the athlete and parents will have to meet with the coach at the coach's earliest convenience to be reinstated.

A third offense may result in an expulsion from the team.

Furthermore, suspension from school may constitute grounds for suspension from practice during the term of any such school suspension. Expulsion from school may also warrant suspension or expulsion from practice or from the team.

The coaching staff reserves the right to use the above examples of discipline in order to protect the team as a whole. The uses of discipline will be administered based on the severity of any offense. Any suspension or expulsion from the team may be appealed to the board of directors in writing.

Athletes are expected to follow the spirit of the rules as well as the specific rules. The coach must adapt the philosophy to an infinite number of situations. Athletes are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive environment for all. The spirit of the above rules is to provide a safe and effective training and competition situation.

The purpose of this code of conduct for athletes is to establish consistent expectations for athletes' behavior. By signing this code of conduct, I have read the entirety of this document and agree with the following statements:

- ☐ I agree to abide by the **HSA** code of conduct.
- ☐ 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 set a good example of behavior and work ethic for my younger teammates.
- ☐ I will be respectful of my teammates' feelings and personal space. Athletes who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- ☐ 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 understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and **HSA's** board of directors.

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Athlete Signature

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Date

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Parent / Guardian Signature

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Date