



Swimmer Code of Conduct

THIS CODE OF CONDUCT CONTRACT FOR LAKESIDE AQUATIC CLUB SWIMMERS
GOVERNS ELIGIBILITY FOR PARTICIPATION IN THE PROGRAM

Purpose

The purpose of this code of conduct is to be consistent with the Lakeside Aquatic Club and USA Swimming mission, and will act to promote the pursuit of excellence in all aspects of the sport of swimming.

Swimmer Promise

I, _____, as a member of Lakeside Aquatic Club, I understand that I am a part of an organization that believes in teamwork, integrity, respect and good sportsmanship. I promise to show respect, demonstrate common courtesies, and exemplify good sportsmanship to team members, coaches, fellow competitors, officials, and parents while I am at practices, meets, or other team activities. I promise to follow the direction of the coaching staff. By signing this Code of Conduct, I agree to follow behavioral rules set forth while a member of Lakeside Aquatic Club. In addition, I understand that any standards set forth by USA Swimming take precedence and must be followed.

Swimmer Responsibility Pledge

- I will strive to be an active participant in team practices, competitions, fundraising events, and other team activities.
- I will attend all team sponsored events in appropriate attire.
- I will strive to arrive on time to practices, meets, and other team events.
- I will make every effort to avoid guilt by association with swimmers who violate the code of conduct rules.
- I will report concerns to my parent and/or coach.

Part I: General Code of Conduct Rules

All swimmers must abide by the code of conduct set forth. Unacceptable behavior will not be tolerated, including but not limited to the following:

1. Any act considered to be an offense under federal, state, or local laws.
2. Possession or use of firearms, weapons, alcohol, tobacco, or non-prescribed medications including performance enhancing substances.
3. Vandalism, theft, or destruction of facilities, properties, or the possessions of others. Further, swimmer and family and will be responsible for any damage expenses incurred.
4. Sexual misconduct, inappropriate physical contact, and/or possession of pornography.
5. "Deck changes." All athletes are expected to use facility dressing areas or locker rooms to change.
6. Disrespectful, vulgar, or abusive spoken language, and/or written language (text, email, social media), directed toward fellow athletes, coaches, officials, or parent members.
7. Gross misconduct including but not limited to bullying, fighting, inappropriate horseplay, etc.

Part II: Violation of the Code of Conduct Rules

Failure to comply with the Code of Conduct set forth in this document may result in disciplinary action. Such actions may include but are not limited to the following:

1. Swimmer may be expelled and scratched from the meet or team function.
2. Swimmer may be sent home immediately from meet, practice, or team function at the expense of his/her family.
3. Swimmer may be suspended from the team until the swimmer and his/her parents have had a conference with the Head Coach and disciplinary actions have been implemented.
4. Swimmer may be suspended from future team travel trips.

Upon notification of any violation of the Code of Conduct, a review committee comprised of coaching staff and the Board of Directors, shall promptly investigate the circumstance of the violation and request a conduct review conference with the swimmer and his/her parents. The review committee will determine what disciplinary action, if any, shall be taken. The Head Coach and Board of Directors may terminate any LAC member in the interest of LAC's mission and objectives.

By signing below, I am stating that have read and understand the LAC Code of Conduct. I understand that if I violate any of the rules, I risk suspension and expulsion from the team.

Swimmer Signature

Date

Parent Signature

Date