



## CODE of CONDUCT

Participation as a member of the Lander Swim Club is a privilege that comes with certain obligations and expectations. The following points of conduct are the baseline expectations the club has of its member athletes.

1. Swimmers are encouraged to support their teammates at practice as well as at competition. Working together as a unit for the benefit of all individuals in the group is an important part of the Lander Swim Club experience.
2. Lander Swim Club swimmers are expected at all times to follow the verbal directions of the coaching staff. At no time will disrespectful attitudes be tolerated from any swimmer. The penalty for this is that you will be asked to leave the workout until the coach determines that you may return.
3. Inappropriate language (swearing or derogatory comments), lying, stealing, vandalism, and physical violence and/or intimidation are intolerable. These behaviors are detrimental enough to the group to warrant strict disciplinary action, up to termination and expulsion from the club.
4. Any and all illegal substances (i.e. alcohol in the possession of minors, drugs, tobacco) that are in possession or consumed while participating in a Lander Swim Club activity may result in a 30 day suspension from the club. Second offenses may result in termination expulsion from the club.
5. Parents and swimmers must show restraint and self discipline during swimming competitions. The officials are not to be bothered or approached. Disruptive parents and swimmers may be asked to leave.
6. USA Swimming members will adhere to the USA Swimming Code of Conduct (Article 304) and all rules and policies set forth by the Lander Swim Club.
7. Failure to sign this document and return it to the coach will result in suspension from the club until it is signed.

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Athlete Signature

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Parent or Legal Guardian Signature(s)

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Date