

Rochester Swim Club (RSC) – Team Travel Honor Code

The following code is in effect throughout the year. This document refers specifically to team travel and any activity described as “team activity.” Anyone who acts in a manner that would interfere with the team or travel objectives will be subject to immediate return home (at the expense of the swimmer/their guardian(s)) and other disciplinary action including but not limited to no participation in team travel trips, future RSC competition, suspension from practice or expulsion from the team.

1. RSC team members will be respectful of their peers, coaches, and parents. And RSC team member not acting in such a manner will be asked to change or stop that behavior. Failure to comply will result in disciplinary action (see guidelines 2 & 11.)
2. The coaching staff has the final word on any rules, regulations or any disciplinary action taken on team travel activities.
3. The consumption, purchase or any use of alcohol, tobacco or illegal drugs or USOC banned substance of any kind will not be allowed. Any team member found or in the presence of others using the above substances will be subject to expulsion from RSC swimming.
4. Male and Female athletes will not be present in the same room unless a coach or chaperone is present/has approved the gathering. This applies regardless of team affiliation. Personal displays of affection are not allowed beyond what is deemed appropriate between team members. Respect for each other’s personal space is mandatory, no touching is recommended.
5. Team meetings are mandatory. Being punctual is mandatory – no exceptions.
6. Approved RSC TEAM WEAR is required at all times for the duration of a RSC Team Travel event.
7. No team member may be out of their room after assigned bedtime. Permission must be obtained from the coach for an athlete to leave the room past this designated time. Lights out means lights out and no talking/interaction between teammates after that designated time. Athletes will not leave a hotel or a designated team area without the permission of the Head Coach.
8. Any damages or thievery incurred at a hotel are the responsibility of all the athletes traveling on the trip or specifically the room(s) responsible for the issue. Disciplinary action will be taken for any issues arising from damage or theft. No loud or boisterous behavior will be tolerated in public areas or hallways, and please – respect those staying in the rooms around you – keep the noise level down. No phone calls on hotel phones and no television/movie purchases are to be made. No extra charges to the room are to be made without the authorization of the Head Coach. Violation of these rules will result in disciplinary action.
9. Cell Phones may be held by the coaching staff/chaperones during a travel trip. Bullying or inappropriate behavior between teammates and/or members of another team will not be tolerated and will result in disciplinary action.
10. Team members will act appropriately in restaurants. A 15 to 20% tip is expected. If there is an issue with service or product – see the Head Coach.
11. No weapons, explosives or “objectionable material” will be carried on or obtained during any team travel trip. “Objectionable material” is defined as anything that a conservative monk might find objectionable.
12. All team members must agree to follow the rules about practice and meet behavior. Be a great teammate and respect and support your friends and the RSC.

I recognize my responsibility to abide by the rules and requirements of being a member of the Rochester Swim Club. I acknowledge that I have received and read these rules, that I understand them, and am aware of the consequences of not abiding by them.

Swimmer: _____ Date: _____

Parent: _____ Date: _____

We look forward to the creation of great memories and positive results that come from a great travel experience. Remember – a good reputation requires repeated excellence over time, but a bad reputation comes from one poorly thought through act.