

Scarlet Aquatics: Swimmer Code of Conduct

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Commitment to Team Membership

As a member of Scarlet Aquatics, I understand that being part of this team is a privilege that carries responsibilities. Every day, through my actions, attitude, and commitment, I represent my teammates, coaches, family, and the Scarlet Aquatics program.

I understand that I am expected to conduct myself in a respectful, responsible, and sportsmanlike manner at all times, whether I am at practice, competition, team events, traveling with the team, at school, online, or in my community.

By signing this Code of Conduct, I agree to uphold the values and standards of Scarlet Aquatics and to accept responsibility for my actions.

General Expectations

As a Scarlet Aquatics swimmer, I will:

- Treat teammates, coaches, officials, volunteers, competitors, and facility staff with respect.
- Demonstrate good sportsmanship before, during, and after practices and meets.
- Follow all team, facility, and competition rules.
- Respect the facilities and equipment entrusted to our use.
- Leave all facilities clean and in good condition.
- Act in a manner that reflects positively on myself and Scarlet Aquatics.
- Support a positive and safe team environment.

I understand that not every situation can be addressed by a specific rule. Therefore, I agree to use good judgment, common sense, and respect for others when making decisions.

Team Travel and Representation

As a Scarlet Aquatics swimmer, I may earn the opportunity to travel with the team to competitions, training camps, and other events. I may also have the honor of representing Scarlet Aquatics as part of select teams, championship teams, zone teams, or national-level teams.

When representing Scarlet Aquatics, I understand that I am expected to demonstrate maturity, responsibility, and good judgment. I will follow all instructions from coaches and team staff and conduct myself in a manner that reflects positively on the team.

Accountability

I understand that I am responsible for my behavior and the choices I make.

Violations of this Code of Conduct may result in disciplinary action, including but not limited to:

- Verbal or written warnings
- Loss of privileges
- Suspension from practices, meets, or team activities
- Demotion to another training group
- Removal from team travel opportunities
- Permanent dismissal from Scarlet Aquatics

The severity of any disciplinary action shall be determined by the coaching staff and team administration based upon the nature and circumstances of the violation.

I also understand that coaches may take reasonable steps to investigate allegations involving safety concerns, prohibited substances, dangerous items, or other serious violations of team policies.

Duty to Protect the Team Environment

I understand that the safety and well-being of my teammates is important.

If I become aware of conduct that could threaten the safety, health, or welfare of another athlete, I will promptly notify a coach, parent, or trusted adult.

Unacceptable Conduct

The following behaviors are strictly prohibited:

1. Physical Aggression

Any act of fighting, physical intimidation, assault, unwanted physical contact, hazing, bullying, or behavior intended to cause physical harm to another person.

2. Harassment, Bullying, or Threatening Behavior

Any verbal, written, electronic, or physical conduct that demeans, intimidates, threatens, humiliates, or harasses another athlete, coach, official, volunteer, or team representative.

This includes conduct occurring through:

- Social media
- Text messages
- Email
- Online gaming platforms
- Group chats
- Any other electronic communication

3. Disrespect Toward Coaches, Teammates, Officials, or Volunteers

Profanity directed toward others, insubordination, deliberate defiance, abusive language, or conduct that undermines the positive culture of the team.

4. Vandalism or Property Damage

Intentional destruction, misuse, theft, or disrespect of facilities, equipment, hotel property, transportation, or personal belongings.

5. Attendance, Effort, and Coachability

Scarlet Aquatics swimmers are expected to demonstrate commitment to their training, teammates, and personal development.

The following behaviors are considered unacceptable:

- Repeated unexcused absences from practices, competitions, or team functions.
- Chronic lateness to practices, meets, dryland sessions, or team activities.

- Failure to communicate absences according to team policies.
- Refusal to participate in assigned workouts or training activities.
- Consistently giving less than a reasonable effort during practices or competitions.
- Disrupting practices, team meetings, or coach instruction.
- Demonstrating a negative attitude that adversely affects teammates or the training environment.
- Refusal to follow reasonable coaching instructions or repeated resistance to constructive feedback.

Athletes are expected to arrive prepared, focused, and ready to contribute positively to the team environment. While coaches understand that athletes may occasionally have difficult days, consistent patterns of poor attendance, lack of effort, or unwillingness to be coached may result in disciplinary action, including loss of privileges, changes in training group placement, suspension from competition, or dismissal from the team.

6. Unsportsmanlike Conduct

Poor behavior before, during, or after practices and competitions, including cheating, disrespecting officials, taunting opponents, or bringing discredit to the team.

7. Alcohol, Tobacco, Nicotine, or Controlled Substances

Possession, use, distribution, or being under the influence of alcohol, tobacco products, vaping devices, nicotine products, illegal drugs, or controlled substances.

8. Violation of Laws

Conduct that violates local, state, or federal laws may result in disciplinary action by Scarlet Aquatics, regardless of whether the conduct occurs during a team activity.

Team Commitment

I pledge to be a positive representative of Scarlet Aquatics through my actions, words, effort, and attitude.

I understand that being an elite athlete requires accountability, discipline, respect, and integrity. By signing below, I acknowledge that I have read, understand, and agree to abide by this Code of Conduct.

Print Swimmer's Name

Swimmer's Signature

Date