

Carteret Currents Swimming Team Etiquette and Code of Conduct

- All team members and their families will display a positive and supportive attitude toward the program, coaches, teammates, team parents, officials, fellow competitors, and the public.
- All team members will treat fellow team members, parents, and coaches with respect at all times. Discourteous or disrespectful language, behavior, expression or anger or violence, including profanity, will not be tolerated.
- All team members will accept responsibility for own behavior. Do not touch, take, or break someone else's property. Any damage to team property or the property of others (including other team's), will be the financial responsibility of the individual swimmer inflicting the damage. Running, pushing, or horseplay on the deck area will not be permitted.
- The use of tobacco, alcohol, non-prescription controlled substances, or misuse of prescription controlled substances is prohibited. Any team member being, or suspected of being, in the presence of others (regardless of team affiliation) partaking in any of the above activities is prohibited. Team members will refrain from any illegal or inappropriate behavior that would detract from the positive image of the Carteret Currents Swim Team.
- All team members will refrain from inappropriate physical contact.
- Leaving the pool to use the restroom is at coaches' discretion and highly discouraged.
- Swimming is a family activity. Swimmers and their families are expected to participate in all team functions, fundraisers, etc. in order to support the team and promote team unity.
- Swimmers and their families will respect all staff members at the swim facilities and abide by all pool/facility rules. Please see the following specific rules regarding the Sports Center and Cape Carteret Aquatic and Wellness Center practice sites.

FACILITY RULES:

1. Team members will **NOT** be permitted to use the hot tub or steam room/sauna the 30 minutes prior to practice or 30 minutes after practice. *This rule applies to EVERYONE – regardless of age or facility membership.*
2. Team members will bring their own towels to use and **NOT** use the towels from the facility. *This rule applies to EVERYONE – regardless of facility membership.*
3. Locker room use is for **QUICK** changes only, **NOT SHOWERS**. Showering will be done on deck **ONLY** or not at all. *This rule applies to EVERYONE – regardless of facility membership.*

These rules are **MANDATED** by the facility management and a memorandum of these rules has been disseminated to the staff by the management. The Board of Directors and coaches take these rules very seriously and infractions *will not be tolerated*. This is because our team can be refused the practice site and the entire team could be disallowed from practices because of the actions of a few individuals.

All team members will:

1. Practice courteous behavior.
2. Practice good sportsmanship.
3. Respect of self, peers, authority, and facilities.
4. Follow administrative rules.

These rules apply both at our home pools and while traveling with the Carteret Currents Swim Team. The coaching staff holds the final word on any rules, regulations, or disciplinary action. Any one or all of the following penalties will be applied:

1. **FIRST OFFENSE:** Swimmer will be removed from that day's practice.
2. **SECOND OFFENSE:** Swimmer will be suspended from the team for five days.
3. **THIRD OFFENSE:** Swimmer will be suspended from the team for 30 days and removed ("scratched") from any swim meets/functions taking place during that suspension.
4. **FOURTH OFFENSE:** Swimmer will be suspended from all team functions/meet/practices (excludes volunteer commitments) for the remainder of the swim year and/or a specific period determined by the Head Coach and until the swimmer and parent(s) have had a conference with the coaching staff and/or Board of Directors and appropriate disciplinary actions have been implemented.
5. **FIFTH OFFENSE:** Membership termination.

During the periods of suspension, swimmers remain a member of Carteret Currents Swimming and thereby all dues and fees are still due in full from the swimmer. The swimmer cannot be reinstated until any fees and/or dues that are in arrears are paid in full. Additionally, during periods of suspension, all volunteer requirements remain the responsibility of the swimmer/family and any missed volunteer time must be made up at the first opportunity.

Each team member and his/her parent or guardian must sign a copy of the *Team Etiquette and Code of Conduct*. Your signature on this document constitutes unconditional agreement to comply with the *Carteret Currents Team Etiquette and Code of Conduct*. Should a swimmer fail to comply with the rules, he/she may lose team privileges. We want each swimmer to have fun and be safe.

Printed Swimmer Name: _____

Swimmer Signature/Date: _____

Parent Signature/Date: _____