



# Mallards Swim Team Code of Conduct

## Athlete Rules

1. Obey the provincial law, the federal law, or the law of the country you are visiting.
2. No drinking alcohol, no carrying alcoholic beverages, no smoking or chewing tobacco, no carrying or using any social or non-prescription drugs.
3. Behave morally, dress respectably, and use only acceptable language.
4. Act in a manner that brings credit to your family, your team and yourself.
5. Show respect for and co-operate with meet management, pool management, team staff, and all fellow competitors.
6. Follow all team, camp, meet and facility rules

The code is in effect from the time of departure until returning home. Anyone signing the attached Code of Conduct agreement must abide by it.

**Any athletes breaking the code will be faced the possibility of being removed from the event and sent home at their expense, pending future review by the disciplinary committee.**

### **As an athlete, you are responsible for:**

- Observing and following the Code of Conduct
- Displaying a commitment to excellence and maintaining a positive attitude
- Being pro-active in your communication with team staff and finding out what is expected of you
- Co-operating with all staff in an atmosphere of trust and mutual respect
- Observing curfew
- Respecting others' needs for sleep, quiet and safety
- Being punctual for all team meetings, transportation to and from the event, workouts or meet warm-ups
- Wearing team apparel, when requested
- Having all training and racing equipment prepared and ready for use
- Keeping your room clean and orderly
- Any damages to your room or its contents
- Any expenses associated with the telephone, movie rentals, room service etc.
- Maintaining the best possible diet for optimal performance
- Propping doors open whenever a member of the opposite gender is in the room
- Requesting staff permission to have visitors from outside the team in your room
- Requesting staff permission to leave the team location for any extended period of time

**The Mallards Swim Team is aware that the above conditions may infringe on some of the athletes' legal freedoms. However, this is not about individual freedoms, it is about doing everything in your power to help you and your teammates perform at the highest possible levels.**

### **AGREEMENT AND CONSENT FORM**

I have carefully read the Mallards Swim Team Code of Conduct, understand it, and agree to abide by it.

If I break the Code of Conduct, I may be dismissed from the team, pending a further review by the Disciplinary Committee.

----- Return this portion of the Code of Conduct with Registration form -----

**AGREEMENT AND CONSENT FORM**

I have carefully read the Mallards Swim Team Code of Conduct, understand it, and agree to abide by it. If I break the Code of Conduct, I may be dismissed from the team, pending a further review by the Disciplinary Committee.

Swimmer's Name \_\_\_\_\_ (please print)

Swimmer's Signature \_\_\_\_\_

Guardian's Signature (if under 18yrs of age) \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_\_  
Day Month Year

**Anyone not agreeing with any part of the code may refuse to sign this agreement and will be not allowed to travel with the team.**