



## **Allegheny North Swim Club Swimmers Code of Conduct**

As a member of Allegheny North Swim Team, I understand and will comply with the following guidelines:

1. I will follow all instructions given by the coaches at practices, meets, and all other team activities.
2. I will display proper respect and sportsmanship toward coaches, teammates, officials, parents, and the public, and refrain from any behavior that may discredit, or embarrass the team.
3. I will be respectful of other people's possessions and property and will refrain from activities that cause damage to either. Team members are financially responsible for any damage they cause.
4. Any physical or verbal harassment of others is strictly prohibited.
5. The possession or use of alcohol, tobacco products, or controlled substances is prohibited at any time.
6. I am expected to follow all pool rules and facility rules at practices and meets.
7. I am expected to use appropriate language at all times at practice, meets, and all other team activities.
8. I am expected to display a positive attitude and refrain from any disruptive behavior at practices and meets, and give an honest effort in training and competition.

Any failure to comply with this Code of Conduct may result in disciplinary action within the coaches' discretion. These disciplinary measures may include, but are not necessarily limited to: a verbal warning, removal from practice, suspension, or dismissal from the team.