



Code of Conduct for Swimmers  
"Demand Respect of Yourself by Respecting Others"

**SWIMMER DO NOTs**

NO swimmers should enter the pool area unless a coach is present.  
NO running, shoving, or horseplay on deck or in the locker rooms.  
NO demeaning or obscene language to or about any other person.  
NO diving in the shallow end of the pool.  
NO inappropriate use of the diving board (no standing or playing on the board or its supports).  
NO throwing or mishandling of equipment.  
NO swimmer with an open wound should be in the pool.  
NO inappropriate behavior in the pool or locker rooms, on deck or in the bleachers.

**SWIMMER DOs**

DO obey any and all local rules pertaining to a particular facility.  
DO listen to your coaches.  
DO respect your coaches, teammates, and competition.  
DO arrive on time for practices and meets.  
DO come to practice and meets with a positive attitude.  
DO encourage and support your teammates.  
DO work hard and DO have fun!

Dear Swimmers & Parents:

Safety is our primary concern. Please read and make sure you understand the Code of Conduct for Swimmers. If you have questions, please speak with one of us before or after practice.

If a swimmer's behavior is deemed unsafe or inappropriate by the coaching staff, the following will occur:

- The first offense—swimmer receives verbal warning from the coach.
- The second offense—swimmer removed from pool and sits on bench for a timeout period.
- The third offense—swimmer's parents are called.
- The fourth offense—swimmer is suspended from practice for three days.
- If a serious issue arises, a swimmer may be suspended automatically.
- We will no longer tolerate locker room mischief. If for some reason problems arise, your son or daughter will not be permitted to use the locker room facilities.

Swimmers, parents, and coaches should focus on having a positive experience together. We all want the same thing: accomplishing good things as a team. Only in a safe and supportive environment can we accomplish our goals and have fun. If we support one another, there is no limit to what we can achieve.

Sincerely,

USC Swim Club Coaching Staff, 2007-2008

We have received and agree to comply with the Swimmer's Code of Conduct.

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

\_\_\_\_\_  
Parent(s) Signature

\_\_\_\_\_  
Date