

1SIERRA NEVADA SWIMMING HONOR CODE

Each athlete or staff member of any team representing Sierra Nevada Swimming during any LSC sponsored event (which includes travel to the meet, the duration of the competition, as well as travel back from the meet) is required to sign Sierra Nevada's Swimming Honor Code. All issues as set forth within the Honor Code apply to all swimmers, officials, coaches and adult chaperones unless otherwise designated.

SIERRA NEVADA SWIMMING HONOR CODE

I, as a member and/or participant of Sierra Nevada Swimming understand and will comply with the following as approved by the Sierra Nevada Swimming Board of Directors:

1. The possession by any swimmer or the use of alcohol, tobacco products, or controlled substances is prohibited throughout the event.
2. As an adult representative of Sierra Nevada Swimming as either a Coach, Parent Chaperone or Official, the possession of a controlled substance is prohibited throughout the participation of the trip. Additionally, there will be no use of alcohol or tobacco products around the swimmers at any time.
3. Curfews will be established and adhered to during the trip.
4. As to all swimmers, attendance is required at all team functions which include, but are not limited to, meetings, practices, exhibitions, press conferences, and competitions unless otherwise excused or instructed by the head coach, the head chaperone, or designated person in charge of the team.
5. As to all adult chaperones, attendance is required at all team functions which include, but are not limited to, meetings, practices, exhibitions, press conferences, and competitions unless, otherwise excused or instructed by the head chaperone, or designated person in charge of the team.
6. As to all coaching staff and adult volunteers the Head coach is in charge of all issues relating to the conduct of the meet and attendance by the swimmers. Any and all questions or concerns are to be brought to the attention of the head coach. All decisions made by the head coach are final and are to be followed.
7. As to all adult chaperones, the Team Manager is in charge of all issues relating to the supervision and control of the swimmers with the exception of those matters that fall within the head coaches authority. Any and all questions or concerns are to be brought to the attention of the Team Manager. All decisions made by the Team Manager are final and are to be followed. By agreeing to attend the meet as a chaperone, you understand and agree that you will not be allowed to chaperone your child or their age group.
8. With the permission of the adult chaperone, male and female athletes may be in the same room

as long as the hallway door remains open.

9. Uniform requirements that are established for the trip will be followed.
10. Proper respect, sportsmanship, and courtesy toward coaches, officials, administrators, competitors, chaperones and the public will be displayed at all times.
11. The manner by which one behaves will present a positive image of Sierra Nevada Swimming and will provide an atmosphere to meet the competitive performance objectives.
12. Additional guidelines may be established as needed to assure the safety and well-being of the team members and will be adhered to during the trip.

I understand that failure to comply with the Sierra Nevada Honor Code as set forth in this document or additions necessary for the safety and well-being of the team members may result in disciplinary action which may include but is not limited to the following:

As to Swimmers:

1. Disqualification from one or more events of the competition.
2. Dismissal from the team and return home at my own expense.
3. Reimbursement of all expenses paid by Sierra Nevada Swimming on your behalf relating to this trip.
4. Disqualification from future Sierra Nevada sponsored activities pending LSC Board of Review.

As to All Coaches, Officials and Adult Chaperones:

1. Dismissal from the team and return home at my own expense.
2. Reimbursement of all expenses paid by Sierra Nevada Swimming on your behalf relating to this trip.
3. Disqualification from future Sierra Nevada sponsored activities pending LSC Board of Review.

I may appeal any disciplinary action in accordance with Part Four of the U.S. Swimming Rules and Regulations and the Articles of the Sierra Nevada Swimming Bylaws.

Event: _____ Event Dates: _____

Signature: _____ Date: _____
(Athlete/staff member)

Signature: _____ Date: _____
(parent or legal guardian if under 18)