



CODE OF CONDUCT: ATHLETES

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. By signing this code of conduct, I agree to the following statements:

- I will show respect and kindness to my teammates, coaches, YMCA staff and other members at all times.
- I will obey instructions from coaches, lifeguards, officials, YMCA staff and other authority figures.
- I will demonstrate good sportsmanship at all practices, meets and team activities. I will handle failure and frustration with dignity, and success with humility and gratitude.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will listen and be respectful of my teammates' feelings and personal space. I understand that sexist, racist, homophobic, and other hurtful comments and behavior will not be tolerated, and I will play a part in spreading positivity and squashing negativity.
- I will attend all team meetings and training sessions, unless excused by my coach.
- I will show respect for all facilities and other property used during practices, meets and team activities. I will do no damage and will play a part in keeping the facility neat and clean.
- I will refrain from foul language, violence, and all other behavior that is dishonest, offensive, or illegal.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will obey all of USA Swimming's and YMCA's rules and codes of conduct.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and YMCA staff.

Athlete's signature

Date

Parent/Guardian's signature

Date