

Cascadia Swimming

CODE OF CONDUCT

The following rules are designed to help insure a safe and quality experience for everyone and insure conditions which are conducive to achieving exceptional performances. Anyone who, in the opinion of the staff, acts in a manner that would interfere with these objectives will be subjected to immediate disciplinary action.

I, _____, understand and agree to take responsibility for my actions at all times while being a member of **Cascadia Swimming** and will follow the rules set below which will be signed by myself and parent's and/or guardian's.

1. Each swimmer shall be considerate of his/her teammates, and realize that the reputation of **Cascadia Swimming** is dependent on the behavior of each team member.
2. Team members are expected to exhibit polite and proper behavior and sportsmanship **at all times**.
3. Possession of alcoholic beverages, tobacco products, or non-prescription drugs is prohibited.
4. Anyone found in the presence of others partaking in illicit activities will be subject to the same punishments and probable expulsion from the team.

The strictest punishment will be imposed for these infractions. Severity of punishment varies with the severity of the infraction, the most serious of which is expulsion from the team .

Parents will be notified immediately of such abuse and disciplinary action.

I have read the above code of conduct and agree to abide by the terms set forth above, and understand the consequences of a violation(s) of the code.

Athletes' signature: _____ Date: _____

Parents'/Guardian signature: _____ Date: _____