



Blue Dolphins Swim Team Swimmer Code of Conduct Agreement

1. As a swimmer representing BDST, I'll conduct myself with dignity and behave in a way that reflects positively on me and the team at all times.
2. I'll be on time and ready to swim for practice, training sessions and meets.
3. I'll be responsible and remember to check-in using my pool pass prior to practice, as required by Dallas Aquatic Center.
4. I'll put forth my best effort during every practice I attend and complete any training set my coach gives me with honesty and integrity. My focus is only on my own practice no one else's.
5. I'll demonstrate sportsmanlike behavior and respect for officials, coaches, parents, volunteers and swimmers at all times.
6. I'll never interfere with the progress of another swimmer; this includes pushing or pulling other swimmers under the water.
7. I won't bully or cause harm to another swimmer during practice and/or at any other swim team function. This includes practice, warm-ups, meets, locker rooms or off-site functions. If I witness this behavior, I'll report it to a trusted adult right away.
8. I will not gossip about or be unkind to my teammates.
9. I'll be supportive of my teammates at practice and in competitions. I understand that working as a unit will benefit each team member and is an important part of the BDST spirit.
10. I'll respect the staff and other guests at Dallas Aquatic Center (DAC) by following the safety rules, keeping the locker rooms clean, keeping my voice low in the locker room, showering in a timely manner and showing my respect for the building by leaving all areas as clean as, or cleaner than when I arrived.
11. During away meets, I'll be courteous to meet hosts and pool facility operators. I'll leave the BDST team area in a neat and clean condition at the conclusion of each meet. This applies to pool locker rooms, bleacher areas, pool decks, outdoor waiting areas, etc.
12. I'll support and encourage my teammates and other fellow competitors.
13. I'll know all my events/relays I'll be swimming at swim meets and check-in with my coach before and after each event.
14. As a member of USA Swimming, I will uphold the USA Swimming's Code of Conduct.



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Please sign and return this signature page to your coach and keep the BDST Code of Conduct page for your review.

As a member of the Blue Dolphins Swim Team I, _____
have read and understand my responsibilities as a member of the Blue Dolphins Swim Team.

If for any reason I do not conduct myself under this code, my actions may result in disciplinary action. This can range from, but is not limited to: reprimands, repetitions of a drill, push-ups, etc., being sent home, being removed from competition or receiving any other disciplinary action the Coaching Staff and/or Board of Directors deems appropriate.

Swimmer Signature: _____ Date: _____