



HONG KONG ISLAND STINGRAYS SWIM CLUB

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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 conduct myself with dignity and respect for others and for the property of others.
- I will respect and show courtesy to my teammates and coaches at all times.
- I will be on time for practice, training sessions, and meets.
- I will comply with all team rules.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- I will practice and teach good sportsmanship.
- I will promote positive team spirit and morale.
- I will offer congratulations and encouragement to his/her opponents.
- I will support my teammates at practice and at competition. Working together as a unit will benefit each team member and is an important part of HIS spirit.
- I will follow verbal directions of the coaching staff. At no time will disrespectful attitudes by any swimmer be tolerated.
- I will respect the rights and space requirements of other groups using the swimming facility.
- I will follow the Code of Conduct at home, at away events and at any event where HIS is represented.

Prohibited Behavior: I understand that at no time will the following be accepted:

- Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
- Destructive behavior.
- Inappropriate or unruly behavior, including fighting or striking another athlete.
- Inappropriate language (swearing or derogatory comments) or lying.
- Stealing and vandalism.
- Bullying.
- Interference with the progress of another swimmer during practice or at any other time

Consequences for Violation of the Code of Conduct: This code shall be in force for all HIS swimmers during practice, during swim meets, and at events sponsored by, or in which, HIS is

represented. Disciplinary actions can range from, but are not limited to; being sent home from practice or meets at the parents' expense, expulsion from the team, being barred from competition, or receiving any other disciplinary action that the Board deems necessary if a member fails to adhere to the Code in part or in whole.

Suspension: Coaches may suspend a swimmer from practice for disciplinary reason for a maximum of three days. Coaches may also recommend to the board that a swimmer be expelled from the club if in his/her judgment, the swimmer is unable to conform to the disciplinary guidelines established for swim practice and club participation.

Safety and Behavior: The Hong Kong Island Stingrays Board of Directors reserves the right to terminate the membership of any individual whose behavior places the HIS in an unfavorable light or jeopardizes our participation in any pool use or sporting event. All swimmers are expected to demonstrate good sportsmanship and act as appropriate ambassadors for the club. They should act as role models for other swimmers at all times

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the swim club's board of directors.

Swimmer's signature

Date

Parent's signature

Date