

TUALATIN HILLS SWIM CLUB ATHLETE CODE OF CONDUCT

We understand the Tualatin Hills Swim Club (THSC) values, build character for life and drive our behavior in and out of the pool.

INTEGRITY
RESPECT FOR ONESELF AND OTHERS
HARD WORK AND DEDICATION
HONESTY AND HUMILITY
GENEROSITY
TEAMWORK
PRIDE IN COMMUNITY

Code of Conduct

- ☐ We respect the time commitment of our family, coaches, and teammates. We will attend and be punctual for all training sessions and competitions, unless excused by a coach. We will arrive prepared and ready to perform.
- ☐ We understand the importance of consistent practice attendance for success in competitive swimming. We are expected to attend all practice sessions and competitions recommended by our coaches. If we have a matter to discuss with a coach, we will arrange to do so outside of practice time.
- ☐ We understand our responsibility to ensure a quality practice environment for our teammates, coaches, and ourselves, and will not interfere or interrupt. We will set an example of good behavior and work ethic for our teammates.
- ☐ We respect our teammates' feelings and personal space. We will not exhibit offensive (ex: sexist, racist, homophobic foul) or inappropriate behavior, either in person, in writing, or via social media. We will refrain from offensive language, violence, or behavior deemed dishonest or illegal. We will refrain from sharing personal and private conversations and information deemed hurtful to others.
- ☐ We understand that our behaviors and choices reflect on the entire THSC community, and we will abstain from vaping and the use of tobacco products, marijuana, alcohol, and illegal drugs. We will respect personal property and pool facilities (including locker rooms) used during practices, competitions, and team activities. This includes refraining from swearing on deck, and ensuring that we keep the spaces we utilize at THPRD and away pools clean.
- ☐ I will obey all THSC and USA Swimming 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 the swim club's board of directors.

Competition Code of Conduct

- ☐ As Thunderbolts, we will support and encourage the efforts of our teammates and recognize that the success of an individual reflects positively on the team.
- ☐ We will proudly wear team gear and follow the assigned dress code for practice and competition.

- ☐ We will show respect, courtesy and good sportsmanship to our teammates, coaches, fellow competitors, officials, and spectators. We will talk with our coaches when we disagree with an official's call.

Travel Code of Conduct

- ☐ We represent the entire Thunderbolt community, Oregon Swimming and USA Swimming. Our conduct and dress will reflect this.
- ☐ We follow the guidelines and instructions of the coaches and chaperones and understand that they have full discretion to determine appropriate levels of conduct.
- ☐ We recognize the added importance of punctuality for group travel and will not inconvenience our teammates by being late for transportation, meals, or competition.
- ☐ We always respect the property of others. Hotel property, rental vehicles, buses, and team areas are always kept clean and orderly. It is our responsibility to clean up after ourselves.
- ☐ We stay in our assigned hotel rooms unless permitted to switch by a coach or chaperone. We understand that under no circumstances are female athletes allowed in male athletes' rooms or male athletes in female athletes' rooms.

I will support the mission and values of being a member of THSC at meets, in practice, and when traveling or representing THSC. I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the THSC board of directors.

Athlete Name [printed]

Athlete Signature

Date