

## APPENDIX A PACIFIC SWIMMING ATHLETES HONOR CODE

This Honor Code and any additional guidelines regarding conduct will be reviewed by the Head Coach at the first team meeting.

Upon notification of any violation of the Honor Code, a review committee (consisting of the Age Group Chair or his delegate, the Head Coach, the Age Group Coach(es) of the individual(s) involved, a female athlete, a male athlete, and a non-coach member) shall promptly investigate the circumstances of the violation, notify the individual(s) charged of a time for hearing, and shall conduct an informal hearing on the evidence. This review committee shall then promptly determine what disciplinary action, if any, shall be taken. Code of Conduct violations will be immediately referred to the Zone Board of Review. All other violations and disciplinary actions will be reported to the Pacific Swimming Administrative Review Board.

I, \_\_\_\_\_, as a member of Pacific Swimming understand and will comply with the following as approved by the Pacific Swimming Board of Directors:

(Athlete)

1. The possession or use of alcohol, tobacco products or controlled substances is prohibited throughout the designated duration of the trip.
2. Curfews will be established and adhered to during the trip.
3. Attendance is required at all team functions which include, but are not limited to, meetings, practices, exhibitions, press conferences, and competitions unless otherwise excused or instructed by the head coach, or designated person in charge of the team.
4. The hallway door will be left fully open (so the interior of the room can be viewed from the hallway) when any athletes other than those assigned to occupy the room are in the room.
5. Uniform requirements established for the trip will be followed.
6. Proper respect, sportsmanship and courtesy towards coaches, officials, administrators, competitors, and the public, will be displayed.
7. The manner in which one behaves will present a positive image of Pacific Swimming and will provide an atmosphere to meet the competitive performance objectives.
8. Additional guidelines may be established as needed to ensure the safety and well-being of the team members and will be adhered to during the trip.

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I understand that failure to comply with the Pacific Swimming Honor Code as set forth in this document or additions necessary for the safety and well-being of the team members may result in disciplinary action which may include but is not limited to the following:

1. Disqualification from one or more swimming activities.
2. Dismissal from team and return home at my own expense.
3. The infraction(s) will be reported to the Pacific Swimming Administrative Review Board who may take additional disciplinary action including but not limited to disqualification from future Pacific Swimming sponsored activities.

I may appeal any disciplinary action in accordance with USA Swimming Rules and Regulations Part Four and Pacific Swimming Bylaws Article 10.

\_\_\_\_\_  
(Printed Name of Athlete)

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Printed Name of Parent or Legal Guardian)

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)