

Athlete Code of Conduct

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:

1. Honor the Sport: Respect Rules, Opponents, Officials, Teammates, and Self.
2. I will always respect and show courtesy to my teammates and coaches. Unsportsmanlike conduct such as taunting, refusing to shake hands, or using profane or obscene language or gestures is unacceptable.
3. Compete and train fairly and honestly.
4. Treat all training and competition venues with the utmost respect, putting away all training equipment in its storage location after each work out and assisting in the cleanup of the team area after each day's competition.
5. Comply with all pool, facility and locker room rules. Remember that BeFirst Swim Team (B1ST) athletes are guests at these venues.
6. Resolve conflicts without resorting to, or threatening, hostility or violence.
7. Treat other athletes, coaches, officials and spectators with respect, regardless of race, creed, color, sex or ability on any other protected status.
8. I will demonstrate good sportsmanship at all practices and meets.
9. I will Refrain from engaging in hostile, abusive, intimidating, bullying, threatening or demeaning behavior when dealing with other athletes, coaches, officials and spectators.
10. I will Refrain from sexual, racial, ethnic and all other forms of unlawful harassment and/or inappropriate behavior.
11. I will Refrain from destroying or stealing the property of others.
12. I will Refrain from any illegal or inappropriate behavior that would detract from a positive image of BeFirst Swim Team (B1ST) or be detrimental to its performance objectives.
13. I will set a good example of behavior and work ethic for my younger teammates.

14. I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
15. I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
16. I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
17. If I disagree with an official's call, I will talk with my coach and not approach the official directly.
18. I will obey all of B1ST, AFC Fitness Feasterville and AFC Fitness Radnor LLC, USA Swimming's rules and codes of conduct are available through the web site www.B1STswim.com, www.afcfitness.com, www.usaswimming.org, www.maswim.org
19. Swimmers should be punctual and arrive on time and fully prepared to all practices and meets. For practices: with swim gear and required swim equipment. For meets: in BeFirst Swim Team team gear and team suits (tech suits are prohibited without prior coach approval).
20. Always practice and teach good sportsmanship.
21. Promote positive high team spirit and morale.
22. Offer congratulations to my opponents, win or lose, and cheer on my teammates.
23. Be a responsible goodwill ambassador between the sport of swimming and the public, as well as representing the BeFirst Swim Team in the appropriate manner.
24. Swimmers must notify the coach in advance if they are planning to leave practice or swim meets early.
25. Swimmers are expected to wear BeFirst Swim Team caps and swimsuits at all swim meets. This displays team pride and makes it easier to identify swimmers on the blocks and in the water.

The following conduct will not be tolerated and may result in suspension or dismissal from the team:

1. Unsportsmanlike conduct toward coaches, officials, adults, or other swimmers

2. Use of inappropriate language
3. Use of alcoholic beverages, illegal drugs or chemical substances
4. Smoking or other use of tobacco products
5. Destructive or indiscreet behavior, including defacing property
6. Inappropriate or unruly behavior, including failure to adhere to team standards
7. Theft of any kind
8. **Inappropriate use of cell phones in locker rooms (i.e. no photographs)**
9. **The BeFirst Swim Team (B1ST) will not provide direct supervision for youth enrolled in B1ST programs during scheduled programs. The B1ST will not be held responsible for the supervision of children outside program areas or beyond indicated program times. During non-scheduled programming, children under age 15 must be accompanied by an individual over the age of 18 at all times.**
10. **Children under age 15 must be accompanied by an adult over age 18 while practice with BeFirst Swim Team in the AFC Fitness Feasterville and AFC Fitness Radnor LLC. Please make sure you are accompanying your children under age 15 into the building and bring them down to the pool for practice. Please be there to supervise them in the locker rooms, inside and outside of the building. Our coaching staff is not responsible for the swimmers outside of the program area (the pool). The AFC Fitness Feasterville and AFC Fitness Radnor LLC buildings is very large and we want your children to be safe.**
11. **Athletes under age 15 years old must be accompanied by an adult over age 18 while practice with BeFirst Swim Team in the AFC Fitness Feasterville and AFC Fitness Radnor LLC. Please make sure you are accompanying your children under age 15 into the building and bring them down to the pool for practice. Please be there to supervise them in the locker rooms, inside and outside of the building. Our coaching staff**

is not responsible for the swimmers outside of the program area (the pool). The AFC Fitness Feasterville and AFC Fitness Radnor LLC buildings is very large and we want your children to be safe.

- 12. Athletes under age 15 years old cannot be in the AFC Fitness Feasterville and AFC Fitness Radnor LLC building and locker rooms without adult supervision. Athletes under age 15 years old must be accompanied by an adult over 18 years old at any time. BeFirst Swim Team coaches and staff is not responsible for the children, athletes outside of the program (pool) area.**
- 13. All children and Athletes regardless of age, are prohibited from being in the pool before and after practice.**
- 14. All children and athletes, regardless of age, are prohibited from entering the AFC GYM unless accompanied by an adult over 18 years of age.**
- 15. All children and athletes, regardless of age, are prohibited from dive and run around the pool and pool aria.**
- 16. All children and athletes, regardless of age, are prohibited from use the phone, make pictures in the locker rooms.**

Due to the fact that swimming lessons and team activities of BeFirst Swim Team (B1ST) are held in the AFC Fitness Feasterville and AFC Fitness Radnor LLC. Athletes and Parent must follow the all AFC Fitness Feasterville and AFC Fitness Radnor LLC policies, Code of Conduct, Behavior Policy and Pool Rules of AFC Fitness Feasterville and AFC Fitness Radnor LLC which are available through the web site www.afcfitness.com , in your contract with AFC Fitness Feasterville and AFC Fitness Radnor LLC or deck pool.

Athletes and Parents must follow the all BeFirst Swim Team (B1ST) and USA Swimming policies, Code of Conduct, Behavior Policy are available through the web site www.B1STswim.com, www.usaswimming.org, www.maswim.org

No swimmer will be allowed to register for BeFirst Swim Team without B1ST having received legitimate acknowledgement and confirmation that these policies, Code of Conduct, Behavior Policy and Pool rules have been read by the families and swimmer(s).

It is the parent's responsibility to ensure their swimmer(s) have read the B1ST, USA swimming and AFC Fitness Feasterville and AFC Fitness Radnor LLC program policies, Code of Conduct, Behavior Policy and Pool rules.

USA Swimming member clubs and LSCs are required to implement this Minor Athlete Abuse Prevention Policy and USA Swimming Safe Sport policies in full. The Minor Athlete Abuse Prevention Policy must be reviewed and agreed to in writing by all athletes, parents, coaches and other non-athlete members of member clubs on an annual basis with such written agreement to be retained by the club. The Minor Athlete Abuse Prevention Policy (MAAPP) and USA Swimming Safe Sport policies are available through the web site www.B1STswim.com, www.maswim.org, www.usaswimming.org.

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.

I have read and acknowledged all AFC Fitness Feasterville and AFC Fitness Radnor LLC, B1ST, USA swimming policies, Code of Conduct, Behavior Policy and Pool rules.

I agree to abide by the provisions stated in all AFC Fitness Feasterville and AFC Fitness Radnor LLC, B1ST, USA swimming policies, Code of Conduct, Behavior Policy and Rules of AFC Fitness Feasterville and AFC Fitness Radnor LLC pool, B1ST, USA swimming.

I understand the above expectations and that my failure to adhere to them may result in disciplinary action.

I have read and agree to the above statement

