



TEAMGOLDUSA

www.teamgoldusa.com

Character before results — unity, respect, excellence.

TEAMGOLDUSA ATHLETE CODE OF CONDUCT

Purpose TEAMGOLDUSA is committed to providing a safe, positive, and challenging environment where swimmers can grow as athletes and as people. This Athlete Code of Conduct outlines the expectations for behavior at all practices, meets, events, and team-related activities (including online). By signing this document, you agree to uphold these standards and to represent yourself, your team, and your community with integrity.

1. General Expectations As a TEAMGOLDUSA athlete, I agree to:
 - Give my best effort in practices, meets, and dryland sessions.
 - Show respect to all athletes, coaches, officials, volunteers, and spectators.
 - Follow team rules, Safe Sport guidelines, MAAPP, and all facility rules.
 - Use appropriate language and behavior at all team activities.
 - Take responsibility for my actions and choices, in and out of the water.
2. Practice & Training I will:
 - Arrive on time and prepared with suit, cap, goggles, water bottle, and any required equipment.
 - Listen attentively when coaches are giving instructions and ask questions respectfully.
 - Focus on learning and improving technique, not just yards or times.
 - Avoid disruptive behavior that distracts others from learning.
 - Follow all safety instructions around the pool and in the facility.
3. Meets & Competition I will:
 - Demonstrate positive sportsmanship in both victory and defeat.
 - Cheer for my teammates and celebrate their successes.
 - Follow the directions of coaches and officials at all times.
 - Remain in designated team areas unless given permission to leave.
 - Treat other teams, officials, and meet staff with courtesy and respect.
4. Safe Sport, Bullying & Harassment I understand that:
 - Bullying, hazing, harassment, or discrimination of any kind is not allowed.
 - Inappropriate physical contact, sexual comments, or gestures are prohibited.
 - I must not engage in, encourage, or ignore behavior that could harm another person. If I see or experience something that makes me uncomfortable, I will:
 - Tell a trusted adult (coach, parent, Safe Sport Club Coordinator), and/or
 - Use official reporting channels (USA Swimming, U.S. Center for SafeSport, or anonymous text line 888-270-SWIM).
5. Locker Rooms, Travel & Social Media I will:
 - Respect the privacy of others in locker rooms and changing areas. No cameras, videos, or social media use in these areas.
 - Follow team rules for travel, curfew, and rooming assignments on trips.
 - Use social media responsibly and never post content that is hurtful, threatening, or embarrassing to others.
 - Remember that I represent TEAMGOLDUSA online as well as on deck.
6. Discipline I understand that failing to follow this Code of Conduct may result in:
 - Verbal warnings and/or a meeting with coach and parent.
 - Removal from practice or competition.
 - Loss of travel or leadership privileges.
 - Suspension or dismissal from TEAMGOLDUSA in serious or repeated cases.
7. Acknowledgment & Signatures I have read and understand the TEAMGOLDUSA Athlete Code of Conduct. I agree to follow these expectations and understand the possible consequences if I do not.

Athlete Name (print): _____ Athlete Signature: _____
Date: _____ Parent/Guardian Name (print): _____



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Parent/Guardian Signature:

Date: _____