

PENNRIDGE AQUATIC CLUB:

Code of Conduct / Drug, Alcohol & Tobacco Policies

General Swim Meet Policies

1. No swimmer shall attend a meet unless accompanied by a parent or a chaperone arranged for by the swimmer's parents.
2. No swimmer shall drive a car to, from, or at an away swim meet unless accompanied by a parent or chaperone. Swimmers 19 years of age and older may drive themselves, but may not be accompanied by younger swimmers.
3. Meet warm-up times, which are set by the staff and published in the team meet information, are to be strictly adhered to by all team members.
4. In general, it is preferred that team members check with the coaches prior to leaving a meet. Should it become necessary for a swimmer to leave a meet early, his/her coach must be notified.
5. Swimmers are expected to meet with their coach before and after each of their events.
6. In prelim & final meets, all swimmers who qualify to compete in the finals are expected to participate in the finals. All team members are strongly encouraged to return to the finals sessions to support the team and take advantage of the opportunity to learn from watching the finals. At times, alternate and relay positions open up that need to be filled.
7. All team members are expected to follow the team uniform policy. Your personal appearance shall be neat and appropriate at all times.
8. Swimmers are expected to sit with the team and participate in all team meet activities and team meetings.
9. Team members and parents are expected to display proper respect and sportsmanship toward coaches, officials, meet administrators, and fellow competitors.
10. As a matter of team pride and courtesy to the meet host, swimmers are expected to leave the PAC team area in a neat and clean condition at the conclusion at each session of the meet.
11. All questions swimmers or parents may have concerning meet results, an officiating call, or the conduct of a meet, should be referred to the PAC coaching staff only. Our coaches, in turn, will pursue the matter through appropriate channels.
12. In accordance with USA Swimming rules, parents are expected to remain in the spectator area and off the immediate competitive deck unless they are working the meet in an official capacity.

CITIZENSHIP = TEAMMANSHIP

1. We will refrain from judging or criticizing others. We will not discuss individuals when not in our presence.
2. We will "PRAISE IN PUBLIC AND CORRECT IN PRIVATE".
3. We will treat all members of the team (coaches, swimmers, parents) and our opponents with dignity and respect.
4. We will refrain from using drugs, alcohol, and tobacco.
5. We are all responsible for the care and proper use of equipment. Practice is not finished until all supplies are returned to storage. Everyone helps.
6. Physically or verbally abusive behavior is unacceptable for members of Pennridge Aquatic Club.
7. We will be dedicated and loyal to our club and teammates. We will be vocally supportive. Team caps and suits should be worn when competing.

8. We will remain silent and make an honest effort to listen and look when anyone is speaking.
9. We will arrive to practice allowing enough time to begin on time.
10. We will be committed to our best effort everyday. An honest effort does not include cutting laps, pulling on the lane line or missing send off/sets.

Drug, Alcohol & Tobacco Policies

The PAC Philosophy

The use of drugs, alcoholic beverages and tobacco products poses a risk to the health and safety of young people. In addition to this risk, the possession or use of drugs or alcoholic beverages can have serious legal consequences for youth. The Pennridge Aquatic Club is a high quality; competitive youth swimming organization committed to excellence at all levels. The club will strive to instill in its swimmers a commitment to abstain from the illegal use of drugs and alcoholic beverages and the use of tobacco products. The club will maintain a wholesome and safe environment in which the swimmers can develop their athletic potential and grow into mature young adults. To these ends, the club has adopted the following policies:

The Team Rules Regarding Drugs, Alcohol & Tobacco

1. A swimmer shall not engage in any behavior involving the illegal use of alcoholic beverages, illegal drugs or controlled substances, which tend to bring discredit to the swimmer or the Pennridge Aquatic Club or knowingly remain in the presence of those engaged in such behavior(s). This prohibition shall apply at all times.
2. A swimmer or parent/guardian shall not possess, use, or be under the influence of an alcoholic beverage while on the club premises or during a team event.
3. A swimmer shall not possess or use a controlled substance on the club premises unless it has been prescribed for the swimmer by a physician and is in the original container with the prescription label attached. A "controlled substance" is any drug for which a prescription is required.
4. A swimmer shall not use, possess, be under the influence of, or distribute to another person any drug paraphernalia or any illegal drug. "Drug paraphernalia" means any device designed or used for the purpose of introducing a drug into the body, including, for example, rolling papers, bongs and crack pipes. "Illegal" drug means any drug, which is illegal under the laws of the State of Pennsylvania and any drug or substance, which is banned, by USA Swimming, the United States Anti-Doping Agency, the International Olympic Committee, or the World Anti-Doping Agency. Illegal drugs include, for example, marijuana, cocaine and steroids. This prohibition shall apply at all times.
5. If it is discovered that a swimmer is in possession of, using, or distributing illegal drugs, drug paraphernalia, alcoholic beverages or tobacco, a parent or the legal guardian of the swimmer will be notified.
6. A "team event" includes any swim meet, travel trip, event or activity in which the swimmer participates as a member of the Pennridge Aquatic Club. "Club premises" includes any facility owned, leased or used by the Pennridge Aquatic Club for a meet, practice or any other club sponsored event or activity.

Penalties/Consequences for Violations of the Team Rules

1. If the head coach determines that a swimmer has or may have violated a Team Rule, the head coach will determine the penalty/consequence for the violation after consultation with the swimmer's coach and parent or legal guardian. The penalty or consequences for a violation of the Team Rules will be at the discretion of the head coach. The penalties or consequences may include, but are not limited to one or more of the following.
 - a. Counseling by the coach or designee;
 - b. Restriction from team trips and/or swim meets;
 - c. Probation;
 - d. Suspension; or
 - e. Dismissal from the club.

2. If a swimmer is suspended from the club, there will be no refund or abatement of dues for the period of suspension. If the swimmer is dismissed from the club, the contract between PAC and the swimmer's parent or legal guardian will terminate on the date the dismissal becomes effective. However, the parent or guardian will be liable for the dues incurred up to the effective date of the dismissal.

I recognize my responsibility to abide by the rules and requirements of the Penridge Aquatic Club I am representing and I acknowledge that I have received and read such.

_____	_____
Swimmer/Diver Signature	Date
_____	_____
Parent or Guardian Signature	Date