



# DOCS Code of Conduct

## PURPOSE

To promote the best possible conduct of all DOCS/PEOY members at home and away meets and at all team functions. To create the best possible individual and team impression at all times.

## GENERAL CONDUCT

- Team members will abide by this Code of Conduct at all times.
- Team members will abide by all facility rules and regulations.
- Team members will comply with National and Illinois Area YMCA, as well as USS, swimming rules and regulations.
- Unsportsmanlike behavior, indiscreet or destructive behavior, and the use of obscene language will not be tolerated.
- Every effort should be made to avoid guilt by association with any Code violations.
- If a DOCS swimmer is present when conduct rules are broken, he/she must leave immediately or be assumed to have participated.
- During practice, all members are expected to work to their fullest capacity at every session. They will be reminded to pay attention to all instructions.
- At a meet, each member is to conduct himself in an orderly manner so as not to cause embarrassment to DOCS or himself or his teammates.

## VIOLATION OF THIS CODE

At the discretion of any member of the Coaching Staff, one or both of the following penalties may be applied.

- Removal of a swimmer from a practice and a parent/guardian notified.
- Scratching of a swimmer from a meet and a parent/guardian notified.

At the discretion of the Head Coach, temporary suspension (up to 2 weeks) from the team may be imposed upon a swimmer. Any suspension over 3 days in length can be appealed to the head coach (within those first three days) by the swimmer and/or parent. The Head Coach shall decide any appeal after discussing the matter with all parties involved.

Permanent dismissal from the team may be imposed upon a swimmer by joint decision of the Head Coach, following discussion with all parties involved and the President of the Club. Any such dismissal decision may be appealed to the President of the Club.

## TOBACCO, ALCOHOL, DRUG POLICY

It is our belief that abstinence from use of tobacco products, alcohol, and/or illegal drugs is beneficial to the health and athletic performance of our swimmers. We encourage our swimmers to pledge abstinence from these substances at all times. Any swimmer who is determined to have used tobacco, alcohol, and/or illegal drugs while at practice, at a meet, or any other DOCS function (or is found to be in possession of such substance at any DOCS function) shall be subject to suspension or dismissal from the team.

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*Athlete's signature*

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*Date*

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*Parent's signature*

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*Date*