

LJST Swimmer Code of Conduct

A primary goal of LJST is to provide a fun, safe, and positive environment where our members can learn the joys of competitive swimming. For that reason we have adopted this code of conduct for all of our LJST swimmers:

- I will treat all coaches with respect.
- I will not yell and scream at my coaches.
- I will follow all of the coaches instructions.
- I will not behave negatively at practices or meets toward my coaches, teammates, or myself.
- I will keep my hands to myself, and will not hit, push, shove underwater, or inappropriately touch another swimmer.
- I will not behave in any unsafe manner while in the pool or on the pool deck.
- I will be respectful at meets to all officials, volunteers, and opposing parents to encourage a positive and enjoyable experience.
- I will behave with good sportsmanship and positive support for all swimmers at every meet, practice, or other LJST event, regardless of race, sex, creed or ability.
- I will never use profanity at any swim event.
- I will not use drugs, tobacco, or alcohol at any swim event.

I hereby pledge to follow this LJST Swimmer Code of Conduct.

Violations of the code of conduct may result in, but are not limited to:

- Warning: Swimmer may be asked to spend time out of the pool sitting on a bench, and/or a discussion with the swimmer's parent(s) or guardian(s).
- Suspension: Swimmer may be asked to leave that practice and not return for 1 day to 1 week.
- Expulsion: Swimmer will be asked not to return to the team.

All suspension and expulsion decisions will be made by the LJST Head Coach and Board President.

Swimmer Signature: _____

Date: _____