

Please read and sign the following Code of Conduct:

## **GMA Team Travel Trip Policies and Code of Conduct**

All swimmers participating in the training trip are expected to follow all of the rules and standards set by the coaches and the chaperones on the trip.

1. You will be expected to travel with the group at all times unless you have made other arrangements ahead of time that have been approved by the coaches. You are NEVER permitted to travel alone. Please use the buddy system at all times and stay with your assigned trip group.
2. You are expected to be on time for all team meals, team meetings and departures. You are expected to warm-up with the team at EVERY warm-up session, regardless of your participation in the session. Please check in with your chaperones at the assigned times. Failure to do so will result in your immediate return home at the expense of your parents.
3. A signed medical release is on file for the swimmers with the coaches. Any serious medical condition will be communicated to the parents of the participants as quickly as possible.
4. Please remember that you are representing the Green Mountain Aquatics and New England Swimming. You are expected to present the best possible image of the team at all times. We expect polite, courteous behavior when traveling, at the hotel and on deck.
5. There will be a swim vendor and a concessions area away from the pool deck. You are expected to let your coach know when you leave the deck to visit these areas.
6. Once the team has arrived at and entered the pool, no swimmer is allowed to leave the building until the time of team departure unless accompanied by a coach or chaperone.
7. No swimmer is allowed to leave the hotel for any reason other than team departures.
8. At the hotel, no swimmer should be in a room of the opposite sex for any reason unless a chaperone or coach is present.
9. A coach or a chaperone MUST ALWAYS know where you are whether at the pool or at the hotel.
10. The consumption or purchase of alcohol, smoking, or chewing tobacco, or use of any other illegal drug or substance of any kind will not be allowed. In addition, any team member found or suspected to be in the presence of others (regardless of team affiliation) partaking in any of the above activities will be subject to the same punishments. The consequences for the illegal use of these substances may result in the swimmers' expulsion from the team.
11. Any damages or thievery incurred during the trip will be at the expense of the swimmers and further disciplinary action will be taken. No loud or boisterous behavior will be tolerated in the hallways or public areas, and such behavior should be kept to a minimum in your rooms. Make all long distance calls on a credit card or collect.
12. You are expected to be shining example of team spirit, cheering and sportsmanship at all times while on the team travel trip. Nothing but the best attitudes and effort will be tolerated.

These travel regulations have been set with your safety in mind. We want you, and future participants, to benefit from this experience in the most positive way. By working together and acting responsibly, every participant is assured a wonderful team event. **INFRACTIONS OR VIOLATIONS OF THESE POLICIES WILL RESULT IN A SWIMMER RECEIVING DISCIPLINARY ACTION OR IN BEING SENT HOME EARLIER THAN SCHEDULED AT THE PARENTS EXPENSE.**

*I have read the policies outlined above and agree to abide by them*

Swimmers' signature \_\_\_\_\_

*I have read the policies and agree with them in their entirety.*

Parents' signature \_\_\_\_\_