



## *UCity Swim Club Swimmer Ethical Code*

(This policy can also be found at [universitycityswimclub.com](http://universitycityswimclub.com).)

### As a UCity swimmer I will be

#### Responsible:

Comply and conform to all federal, state and local laws and to all team rules and regulations.

Exercise self-control: not resort to fighting or excessive displays of anger and frustration.

Live a healthy lifestyle: safeguard my health and those of others, not use any illegal or unhealthy substances.

Be a good role model: consistently exhibit good character and remember participation in UCSC is a privilege and not a right.

Protect the integrity of the sport.

#### Respectful:

Treat all people with respect at all times and behave appropriately toward myself and others in and out of the pool.

Be a good sport: gracious in victory and defeat. Help my opponents, compliment performances and be sincerely mindful of others feelings.

Not engage in profanity, obscene gestures, offensive remarks, trash talking, bullying, harassment, taunting, boastfulness or any other actions that demean individuals or the sport.

Not engage in any use of social media that would detract from the positive image of UCity Swim Club, its staff or its athletes.

Abide by officials' rulings.

#### Trustworthy:

Demonstrate integrity: live up to high ideals of ethics and sportsmanship and do what is right.

Be honest.

Be reliable: fulfill commitments and do what I say I will do. Be on time to meets, competitions and meetings.

Be loyal: put the team above my personal glory.

Be fair: live up to high standards of fair play and be willing to listen and learn.

#### Caring:

Be concerned for others: never intentionally injure or engage in reckless behavior that may cause harm to me or others.

Help promote my teammates, coaches and program through positive talk, feedback and encouragement and by reporting any unhealthy or dangerous situations or conduct.

#### A good citizen:

Know, honor, abide and enforce the spirit and letter of the rules of practice and competition.

Failure to comply with this code may result in penalties which might include, but are not limited to, any of the following actions:

- o The member will not be allowed to participate in team activities; including practices, meets and travel.
- o The member will be sent home at parents' expense from training sessions, competitions or any other team activity.
- o The member suspension or expulsion from the UCity Swim Club.