

Athlete Code of Conduct

Mountain Club

Revised, March 2023

As a swimmer and member of the Mountain Club, I will abide by the following code of conduct:

- I will conduct myself with dignity and respect for others and for the property of others.
- I will be on time for practice, training sessions, and meets.
- I will comply with all club rules.
- As a matter of team pride and courtesy to hosts, I will leave the Mountain club area in a neat and clean condition at the conclusion of each swim meet. I understand this also applies to pool changing rooms, pool decks, and equipment storage, etc.
- I will practice and teach good sportsmanship.
- I will promote positive team spirit and morale.
- I will support my teammates at practice and at competition. Working together as a unit will benefit each team member and is an important part of Mountain club spirit.
- I will follow verbal directions of the coaching staff. At no time will disrespectful attitudes by any swimmer be tolerated.
- I will respect the rights and space requirements of other clubs using the swimming facility.
- I will handle training equipment in a proper way without damaging it due to reckless behavior.
- I will follow the Code of Conduct at home events, at away events and/or any event where Mountain club is represented.