



Swimmers agree to abide by the code of conduct whilst travelling and representing North Shore Swimming Club.

- Conduct yourself in a sportsperson-like manner and respect fellow swimmers, coaches, managers, staff, officials and the achievement of opponents.
- Your behaviour must positively reflect the high standards of the club.
- Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, manager, team mates and opponents.
- The possession and consumption of illicit substances is prohibited and will be dealt with severely. This includes a 'no alcohol' rule during training camps and competitions.
- Comply with training, competition, curfew and behaviour requirements directed by the North Shore Swimming staff and management team whilst under their care.
- Swimmers are expected to meet with their coach before and after every event.
- All team members are expected to follow the team uniform policy.
- Swimmers are expected to sit with the team at all times and participate in all team activities. Swimmers must ask permission to leave the group.
- Rooms and travel vehicles are to be treated with respect and kept neat. Any damage to rooms or vehicles will be the responsibility of the parties involved.
- Male swimmers are not permitted in female swimmers' rooms or facilities, nor are female swimmers permitted in male swimmers' rooms or facilities under any circumstances. Swimmers found to be breaking this rule will be dealt with in the appropriate manner.
- Swimmers are to refrain from inappropriate physical contact.
- All swimmers are expected to strictly adhere to the curfew established by the coaching staff. At curfew, all lights, TV's and electronic equipment must be turned off.
- Swimmers are expected to be quiet and respect the rights of team mates and other hotel guests at all times.
- Use of phones & electronic equipment may be restricted and up to the discretion of the coach & or managers present.
- Swimmers are expected to travel with and stay with the team. Any exceptions to this policy must be approved by the Head Coach of the camp/swim meet.
- Violation of any of these rules may result in disciplinary action. This could include the swimmer being sent home at the family's expense.