

The Nation's Capital Swim Club

Swimmer's Code of Conduct



The Nation's Capital Swim Club has put together a Code of Conduct for our swimmers in order to foster a positive competitive environment for all its members. All Nation's Capital Swim Club Swimmer agree to the following standards of conduct outlined below in conjunction with the Swimmer's Code of Conduct as a member of USA Swimming.

1. When representing NCAP, everyone is expected to behave in an exemplary manner. The reputation of NCAP, as well as the other athletes with you, is dependent on your behavior.
2. Any inappropriate use of cell phones, social media, or other devices is prohibited, especially in private areas such as the locker room or hotel room. **Cell phones cannot be out in the locker room at any time.**
3. Swimmers will not taunt, "boo", or show any unsportsmanlike conduct towards other teams, parents, swimmers, or officials at any time.
4. Any bullying or allegations of bullying of any athlete shall be investigated and disciplinary action will be at the discretion of the coaching staff. Swimmers are expected to learn and understand the NCAP Communications Policy of cyber bullying and shall comply to the standards set forth by the team.
5. Any act of fraud, deception or dishonesty in connection with any swimmer will be investigated by the team and appropriate actions taken.
6. Any non-consensual physical contact, obscene language or gesture, or other threatening language will not be tolerated.
7. First impressions are very important to the swimmer's personal image, to NCAP, to PVS, and to the sport of swimming. If the team attends special functions, travels by air, etc., appropriate attire is required (no jeans, t-shirts, etc). Check the coach if unsure what to wear. During competitions swimmers will wear NCAP attire, and may not wear apparel that represents any other teams.
8. NCAP swimmers are expected at all times to follow the directions of the coaching staff. At no time will disrespectful attitudes be tolerated from any swimmer.
9. No thievery or misuse of other swimmer's property will be tolerated.
10. The consumption of alcohol, the use of tobacco, or use of any non-prescribed drugs or illegal substance of any kind will not be tolerated. 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 and probable expulsion from the NCAP.
11. The NCAP coaching staff holds the final word on any rules, regulations, or disciplinary actions. As most practice groups rent the use of space, all rules set forth by the facility must be followed at all times.

Failure to comply with this Code of Conduct may result in, but not limited to, any or all of the following actions: Swimmer will not be allowed to participate in team activities, Swimmer may not be allowed to participate in upcoming team trips, or possible suspension or expulsion from Nation's Capital Swim Club.