



As a member of the Nation's Capital Swim Club (NCAP), you agree to adhere to the following team policies and rules. NCAP reserves the right to discipline our athletes at any time. This may include, but is not limited to probation, suspension, dismissal, etc. These policies are intended to promote a positive swimming environment for all our families.

SWIMMER CODE OF CONDUCT-

When representing Nation's Capital Swim Club, athletes are expected to behave in an exemplary manner. The reputation of NCAP, as well as the other athletes with you, is dependent on your behavior. NCAP swimmers must always follow the directions of the coaching staff— disrespectful attitudes will not be tolerated from any swimmer.

- 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 and will not be tolerated. **Cell phones cannot be used in the locker room at any time.**
- Swimmers will be respectful of teammates' feelings and personal space. Any athletes who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will result in consequences.
- At NCAP, we respect each other always. We will not tolerate any harassment or inappropriate language towards another athlete based on age, gender, race, ethnicity, culture or religion.
- At NCAP, we value each and every swimmer and appreciate each swimmer's contribution. We will not tolerate any behavior that exploits sexual orientation, gender expression, gender identity, genetics, mental or physical disability.
- At NCAP, our swimmers honor others. Swimmers will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- As a member of NCAP, you are expected to follow the rules of sportsmanship. Any unsportsmanlike conduct towards swimmers, coaches, parents, other teams, or officials at any time is unacceptable and will result in consequences.
- NCAP does not tolerate bullying. Any bullying or allegations of bullying of any athlete will be investigated and disciplinary action will be at the discretion of the NCAP staff, and potentially the PVS and USA Swimming SafeSport Committee.
- Any act of dishonesty or theft in connection with any swimmer will be investigated by the NCAP staff and appropriate actions taken.
- Any non-consensual physical contact, obscene language or gesture, or other threatening language is not acceptable.
- The consumption of alcohol, the use of tobacco, or use of any non-prescribed drugs or illegal substances of any kind will not be tolerated and will result in an appearance with NCAP staff.



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The finest swimming in the Nation's Capital

- Athletes must obey all of USA Swimming's rules and codes of conduct.