



**HAMMERHEADS**  
**P. O. Box 4**  
**Flossmoor, IL 60422**

## Code of Conduct

The purpose of the Code of Conduct is to outline some examples of behavior that is not acceptable of the members of this organization. It is not intended to be an “all-inclusive” list, but rather to supplement the basic clause contained in the By-Laws of the HFSC.

Swimmers are expected to follow all Swim Club rules. Any member who fails to meet these commitments, does not conduct themselves in an appropriate manner, who violates safety rules, or does not act in the best interest of the Swim Club, as determined by the Board of Directors, may lose their membership.

**The following are examples of conduct by swimmers and their family that will not be tolerated at any HFSC related functions, such as practice, meets, and social functions:**

1. Swimmers who challenge or dispute the direction of any coach in a manner that is disruptive to the coach’s directing practice or any other swimmer. Swimmers are expected to attempt to swim all “sets” as directed by the coach. If the swimmer persists in such challenge or dispute in a disruptive manner, he or she will be asked to leave the pool. Although we believe all swimmers should attempt to swim all sets, any swimmer choosing not to do so should exit the pool in a non-disruptive manner. He or she should ask permission to return to the water between sets so as not to disrupt other swimmers.
2. Swimmers who endeavor to incite a teammate or opponent (including taunting) or create a disturbance during a meet or practice will be asked to leave the pool.
3. Using obscene, profane or abusive language to any person or using the name of any Official or coach coupled with any vociferous remarks.
4. Using obscene gestures, or racial/ethnic slurs, in the pool or anywhere in the school or school area before, during or after any practice, meet or social function.
5. Deliberately inflicting physical harm to a coach, teammate, opponent or Official in any manner or attempting to do so.
6. Behaving in any manner that does not exhibit good sportsmanship.
7. Behaving in any manner which is critically detrimental to the conducting of any meet or practice, including defaming any opponent, teammate, spectator, meet or team Official, or verbally threatening a meet or team Official with physical harm.
8. Stealing.
9. Damaging property of Homewood Flossmoor High School, any host school, HFSC, other swimmers or any property that does not belong to the swimmer or swimmer’s family.
10. Illegal use of alcohol, drugs or tobacco products by a swimmer during any swim team function or while wearing any HFSC apparel.

As previously stated, the above list is intended to outline some examples of behavior that is not acceptable of members of the Club. It is not intended to be an “all-inclusive” list, but rather to supplement the basic clause contained in the By-Laws.

## **DISCIPLINARY PROCEDURES**

If a swimmer violates any of the above rules, a parent will be contacted and the incident will be documented. Continued abuse of the rules by a swimmer or a family will result in a meeting between the Coach, Board of Directors, the swimmer and his/her parents or guardians to attempt to resolve the problems. All swimmers are expected to follow all Swim Club rules. Any member who fails to meet these commitments, do not conduct themselves in an appropriate manner, who violate safety rules, or do not act in the best interest of the Swim Club, as determined by the Board of Directors, may lose their membership. No fees will be refunded.

### **In addition to the above, parents or guardians are expected to:**

1. Meet all financial obligations to the Club.
2. Drop off and pick up swimmers in the pool area. Parents should advise their children not to leave the building without proper supervision. The safety of your child is your responsibility before and after practice. Do not expect our coaches to provide babysitting services. Swimmers should not be dropped off for practice too early. Please be punctual when returning to pick up your child.
3. Check the bulletin board and mailbox frequently. Additional sources of information include the HFSC website and the team hotline.
4. Stay off the pool deck during practice. Any discussions with your child’s coach should take place before or after practice.
5. Volunteer their time to assist in Club functions.
6. Remain off deck during HFSC hosted meets unless working as a meet volunteer.
7. Advise coaches before practice if your child needs to leave early. Remember, the safety of your child is your responsibility before and after practice.
8. The HFSC email distribution list is confidential Club property and is only to be used with the approval of the HFSC Board of Directors.



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## **Code of Conduct**

We acknowledge receipt of the Code of Conduct of the Homewood Flossmoor Swim Club and agree to abide by its terms so long as we remain members of HFSC.

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Signature ( Parent or Guardian)

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Parent or Guardian's Name Printed

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Signature (Swimmer)

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Swimmer's Name Printed

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Signature (Swimmer)

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Swimmer's Name Printed

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Signature (Swimmer)

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Swimmer's Name Printed