



Raleigh Swimming Association

www.swimrsa.org

RSA Expectations and Code of Conduct

As representatives of Raleigh Swimming Association (RSA), athletes are expected to uphold the following rules and regulations, in addition to all the applicable USA Swimming rules and regulations (including the [USA Swimming Code of Conduct](#), SafeSport policies and [MAAPP 3.0](#)), at all team functions, including meets and practices.

- Athletes will respect teammates, coaches, parents, opponents, officials and the public.
- Athletes will respect team property, the property of opponents and any property they visit or utilize. Property damaged by an athlete will be repaired or replaced immediately by the athlete's family.
- Athletes will follow coach instruction at all times.
- Athletes will give their best effort for their coaches, teammates and themselves.
- Athletes will not embarrass their teammates, coaches, parents, RSA or themselves with inappropriate behavior.
- Athletes will not drink alcoholic beverages, use drugs other than those prescribed by their doctor(s), and/or use tobacco products at any time.
- Athletes will adhere to the Bullying Policy.
- Athletes will follow all [Sonner Facility Rules](#).
- Athletes will honor their sport by showing good sportsmanship at all times.
- Athletes represent RSA at all times, so athletes will strive to make a positive impression at all times.

Violation of the RSA Expectations and Code of Conduct for Athletes may result in disciplinary action as follows:

- First Violation will result in a verbal warning from the Lead Coach
- Second Violation will result in expulsion for the rest of that practice session and an email, phone call and/or a parent/athlete/coach meeting
- Third Violation will result in expulsion for the rest of that practice session (or up to five (5) practice sessions) and an email, phone call and/or a parent/athlete/coach meeting
- Fourth Violation may result in expulsion from the team

Please note the RSA Expectations and Code of Conduct for Athletes is not all inclusive. Situations not expressly identified may arise that warrant corrective action. Also note that serious conduct violations may result in immediate expulsion from the team at the Head Coach's and/or RSA Board of Director's discretion. Violations of the RSA Bullying Policy and/or ANY USA Swimming SafeSport policies or MAAPP 3.0 are considered serious violations that may result in immediate suspension or expulsion.

Fees will not be adjusted for suspended or expelled athletes. Acceptance of the RSA Expectations and Code of Conduct for Athletes in the registration process constitutes unconditional agreement to comply with the RSA Expectations and Code of Conduct for Athletes.