

OPST CODE OF CONDUCT: ATHLETES

The OPST Code of Conduct reflects our core values, and it applies to all members, existing, pending or in consideration, including parents, swimmers, staff and other volunteers.

CORE VALUES

- Teaching proper stroke technique is incredibly important
- Exhibit honesty, integrity, and good sportsmanship
- Individual encouragement from the leadership team
- Promote a wholesome, fun and enjoyable lifetime activity
- Individual progress is emphasized over championship qualification

PURPOSE

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. Membership with OPST requires all athletes to agree to the following statements:

- I will respect and show courtesy to my teammates, coaches, and competitors at all times.
- I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- I will be on time and prepared (both equipment and mentally) for scheduled practices and swim meets.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal. If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will obey all of USA Swimming's rules and codes of conduct.
- I will obey all of Safe Sport policies; which includes but not limited to, no cell phones or any devices that include a camera or video capabilities in locker rooms at practices and meets.