



As a USA Down Syndrome Swimming athlete, I pledge that I will show:

RESPECT FOR OTHERS

- I will respect the rights, dignity and worth of other athletes, coaches, volunteers, friends, and spectators in USA Down Syndrome Swimming events.
- I will treat equally regardless of sex, ethnic origin, religion, or ability.
- I will display control, respect, dignity, and professionalism to all involved including athletes, coaches, opponents, officials, administrators, parents, spectators and media.

SPORTSMANSHIP

- I will practice good sportsmanship.
- I will not use bad language. I will not swear at, taunt, or insult other persons. I will not fight with other athletes, coaches, volunteers, staff, or spectators.
- I will train regularly and commit to knowing and playing by the rules of my sport.
- I will listen to my coaches and the officials and ask questions when I do not understand.
- I will always try my best during training/competitions. I will not “hold back” in preliminaries just to get into an easier final heat.

RESPONSIBILITY FOR MY ACTIONS

- I will dress and act, always, in a professional manner that will be a credit to USA Down Syndrome Swimming.
- I will not engage in any type of inappropriate behavior, sexual activity, and/or verbal or physical abuse with either USA Down Syndrome Swimming athletes, Staff, officials, or other volunteers.
- I will not take part in the consumption of alcoholic beverages and/or controlled substances during any USA Down Syndrome Swimming Training or competitions.
- I will not take part in smoking or chewing tobacco at any training or competition site areas.
- I will respect the property of hotels, dormitories, athletic facilities, and dining facilities.
- I will obey all laws and USA Down Syndrome Swimming rules.

By signing below, I am saying that:

- I have read (or have had read to me) this Athlete code of Conduct.
- I understand the words and meaning of this Athlete Code of Conduct.
- I agree to obey this Athlete Code of Conduct.
- I understand that this Athlete Code of Conduct is a general guide for my conduct and does not describe all types of good and bad behavior.
- I understand that to the extent that I am able, I am responsible for my own actions, health, and safety.
- I understand that if I do not obey this Code of Conduct my Program or Games Organizing Committee may not allow me to participate.

I agree that this agreement may be electronically signed. I agree that the printed name appearing on this agreement is the same as my handwritten signature for the purposes of legal validity, enforceability, and admissibility. I have explained this Code of Conduct to my child/athlete and they understand to the best of their ability. I agree that my child/athlete will be held accountable for their behavior as specified in this Code of Conduct.

Athlete's Signature	Date of Birth: mm/dd/yyyy	Date: mm/dd/yyyy
Parent/Guardian Signature		Date: mm/dd/yyyy

As a USA Down Syndrome Swimming athlete, I pledge that I will show:

Respect for Others



I will respect the rights, dignity and worth of other athletes, coaches, volunteers, friends, and spectators in USA Down Syndrome Swimming events.



I will treat everyone equally regardless of sex, ethnic origin, religion, or ability.



I will display control, respect, dignity, and professionalism to all involved including athletes, coaches, opponents, officials, administrators, parents, spectators, and media.

Sportsmanship



I will practice good sportsmanship.



I will not use bad language. I will not swear at, taunt, or insult other persons. I will not fight with other athletes, coaches, volunteers, staff, or spectators.



I will train regularly and commit to knowing and playing by the rules of my sport. I will always try my best during training and competitions and commit to knowing and playing by the rules of my sport. I will not "hold back" in preliminaries just to get into an easier final heat.



I will listen to my coaches and the officials and ask questions when I do not understand.

Responsibility for My Actions



I will dress and act, always, in a professional manner that will be a credit to USA Down Syndrome Swimming.



I will not engage in any type of inappropriate behavior, sexual activity, and/or verbal or physical abuse with either USA Down Syndrome Swimming athletes, staff, officials, or other volunteers.



I will not smoke, vape, chew tobacco, consume alcoholic beverages, or use drugs (controlled substances) during any USA Down Syndrome Swimming training or competition.



I will respect the property of hotels, dormitories, athletic facilities, and dining facilities.

I will obey all laws and USA Down Syndrome Swimming rules.

I understand that to the extent that I am able, I am responsible for my own actions, health, and safety.

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